



SOCIAL MEDIA & MENTAL
HEALTH |



STATISTICS ON SOCIAL MEDIA USE

Up to 95% of youth ages 13-17 report using a social media platform, with more than a third saying they use social media "almost constantly."

7 in 10 adults use social media with 49% reporting using it daily.

People aged 16-24 spend the most time on social media, averaging 3 hours and 38 minutes per day.



SELF CHECK IN

1. Did you use any social media today?
2. Is social media where you get information on things you are interested in?
3. Does social media make you feel connected to friends and family?
4. Do you sometimes feel like you can't go a day without social media?
5. Do you think social media is good, bad or both?
6. Do you sometimes stay up later than planned because of social media use?
7. How do you feel after you've consumed social media?

Keep in mind that technology is here to stay and we have to learn to adjust so it doesn't consume us.

ADVERSE EFFECTS OF SOCIAL MEDIA USE

- Comparison:
 - often leads us to compare our lives to those on social media platforms
- Cyberbullying
 - Allowing a platform for bullying with little accountability or consequence.
- Loss of life skills (boredom, processing emotions)
- Being disconnected/loneliness:
 - Mindless scrolling
 - No meaningful connection with others
 - Feeling inadequate or drained
 - Overwhelmed by news cycle
 - Overstimulated unable to relax



BENEFITS OF SOCIAL MEDIA USE

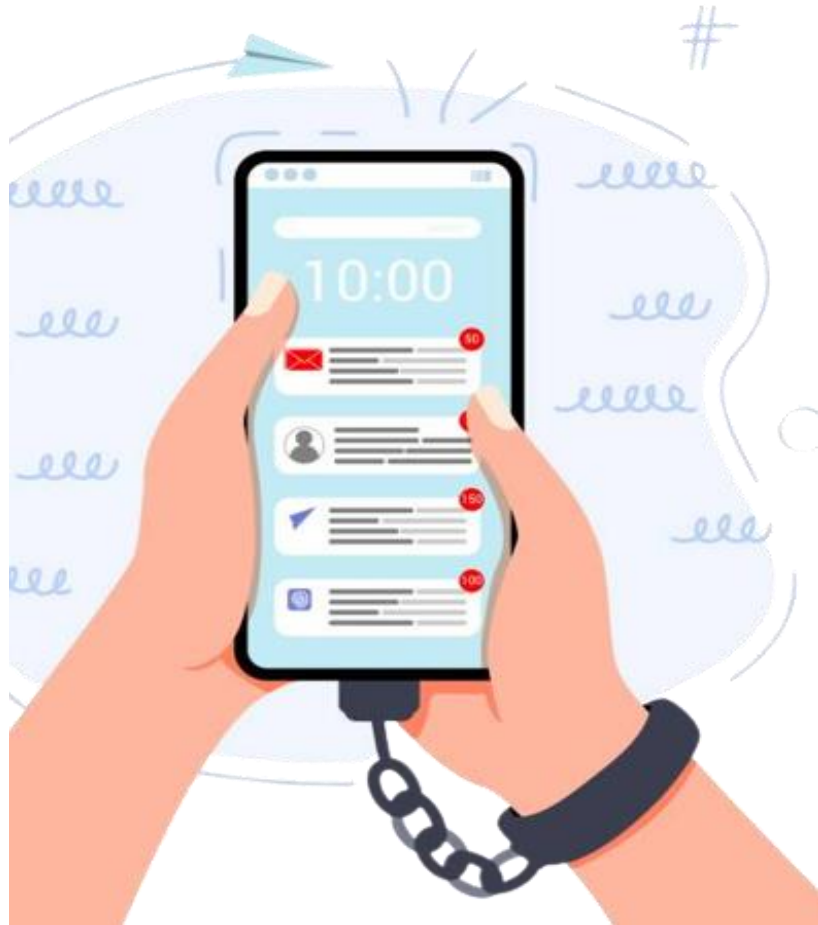


- Communication with friends and family
- Connection with those with similar interests
- Provides education and awareness to resources
- Space where we can express ourselves
- A place where we can indulge in the content we enjoy

DANGER OF SOCIAL MEDIA

If used excessively, social media may impact:

- Your work or school performance
- Your ability to partake in previous hobbies
- Relationships with friends and family
- Your self-esteem
- Your sense of authentic self



SLOW DOPAMINE VS. FAST DOPAMINE

Dopamine is a neurotransmitter that plays a role in reward and pleasure, movement, motivation, attention and focus, and mood regulations.

Slow dopamine – more gradual release of dopamine that promotes a long term sense of satisfaction and well-being.

- Exercise, reading, writing, spending time in nature, in-person social interaction

Fast Dopamine- rapid, intense dopamine release resulting in a quick “high”

- Social media scrolling, gambling, eating sugary foods

FINDING BALANCE

1. Create a family media plan (boundaries with technology)
2. Create tech-free zones and foster in person relationships
3. Model responsible social media behavior
4. Open communication/conversation about technology and social media content
5. Report cyberbullying, abuse and exploitation
6. Develop protective strategies and healthy practices
 1. Social Media Transparency/Digital Literacy (what content inspired you, angered you, made you nervous, made you happy, made you sad?)