

Inspired by the U.S. Surgeon General's Advisory

SOCIAL MEDIA & YOUTH MENTAL HEALTH



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social media on kids**

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our children**



CAUTION: Many social media platforms are NOT intended for children. The minimum age required is often 13. Despite this, 40% of children ages 8-12 use social media.



Consequently, kids are being exposed to events and content NOT developmentally appropriate.



Up to 95% of youth ages 13–17 report using a social media platform. More than 30% say they use social media “almost constantly.”

CAUTION: Social media is designed to be addictive. Excessive time online can harm their sleep, schoolwork, and real-life relationships.

Adolescents ages 12-15 who spend more than 3 hours per day on social media face double the risk of experiencing anxiety and depression.



Reduced face-to-face social interaction can delay social skills & the development of meaningful relationships.



CAUTION: Social media can foster FOMO, Fear of Missing Out. Children and adolescents feel anxious or left out when they see others engaging in events or activities.

Approximately 3 in 10 adolescents report they feel as if their friends are leaving them out.



CAUTION: Social media develops a culture of comparison. Exposure to filtered, idealized images can distort a teen's self-image with impossible beauty standards and an unrealistic quality of life.



23% report social media makes them feel worse about their own life.

29% say they feel pressure to post content that will get a lot of likes or comments.



CAUTION: Studies report that up to 46% of adolescents have been victims of at least one form of cyberbullying.



Potential psychological and emotional impacts: anxiety, depression, loneliness, somatic symptoms, behavior changes, low self-esteem, and suicidal behavior

“We must acknowledge the growing body of research about potential harms, increase our collective understanding of the risks associated with social media use, and urgently take action to create safe and healthy digital environments that minimize harm and safeguard childrens’ and adolescents’ mental health and well-being during critical stages of development.”

-The U.S. Surgeon General’s Advisory



For more information on the impact of social media and other issues influencing student & staff mental wellness, consider our professional development opportunities at thrivealliancegroup.com or call (862) 701-5110.