



Social Media & Mental Health: What Parents Need to Know

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A Presentation to TASD



Outline of Presentation

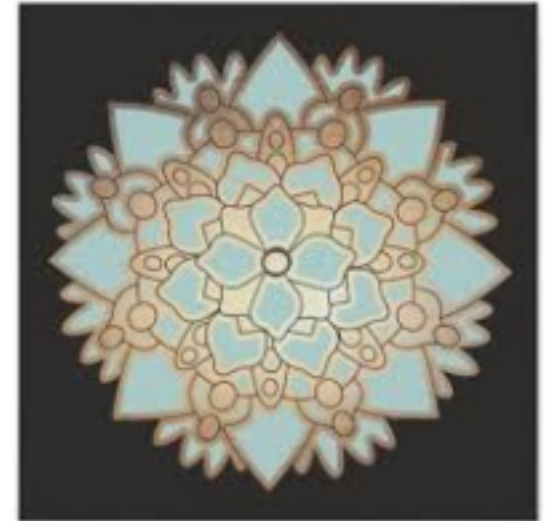
- Introduction
- Our connection to T ASD
- Resources for adolescents and parents
- Social Media's impact
- Mental health issues in today's adolescent population
- Helping kids in need



Associates in Counseling & Wellness, LLC

ACW has experience and expertise providing the following services to school districts:

- **Mental Health Therapy Services**
- **Trauma Counseling**
- **Individualized Educational Plan/504 Consultation**
- **Student Assistance Program (SAP) consultation and expertise**
- **Crisis Intervention**
- **Drug and Alcohol Assessment**
- **Functional Behavior Assessments**
- **Faculty and Administrator Training on working with children with behavioral and emotional needs**
- **Collaboration and coordination of care**





Resources available through T ASD

School Counseling/Guidance

Student Assistance Program

K-12 Emotional Support

Social Work (Intermediate Unit 1)

Centerville Clinic

Therapy Services (ACW)



Crisis Intervention Services (SPHS)

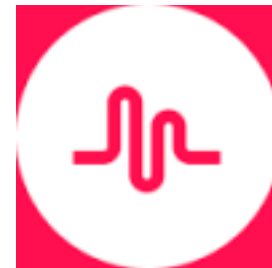
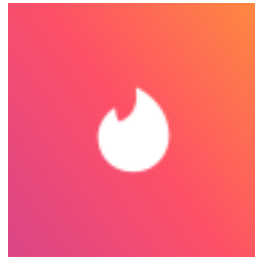


Social Media

What Parents Ought to Know



POP QUIZ!





Careful what you post...

- Caution your student from posting where they are and who they are with
- FOMO

Challenge: Can you find your student online?

Before You



THINK!

T - is it true?

H - is it helpful?

I - is it inspiring?

N - is it necessary?

K - is it kind?


Because nothing goes away once it is posted online...not even on



Social Media and Your Adolescent



What we know about teens:

- They are constantly trying to define themselves.
 - They crave positive feedback to help them see how their identity fits into their world.
 - They use social media for this feedback... but they are looking in a dangerous place.
- 

How is this harmful:

- The danger exists in the possibility of a very public rejection because negative feedback is there for anyone and everyone to see.
- Another danger is that teens ask for feedback without learning first that not everyone will respond in a supportive way.

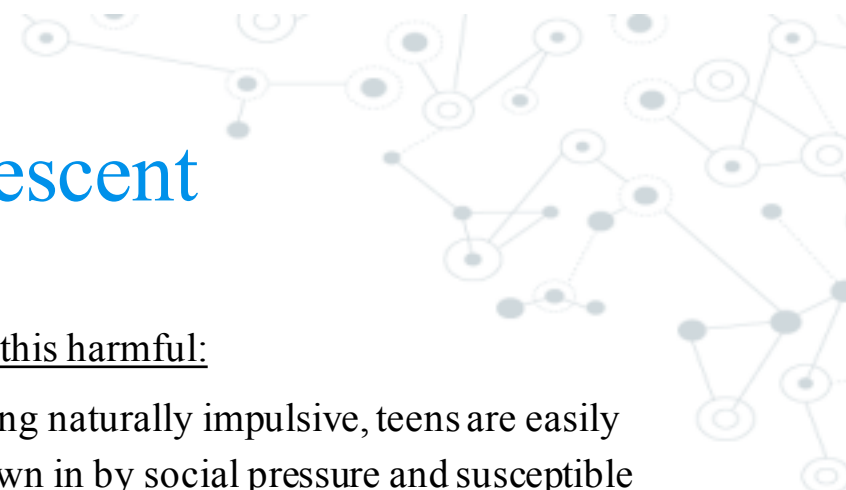
Social Media and Your Adolescent

What we know about teens:

- Kids / teens have not quite learned impulse control.
- The idea of calling on the phone or “talking in person” is not cool anymore!

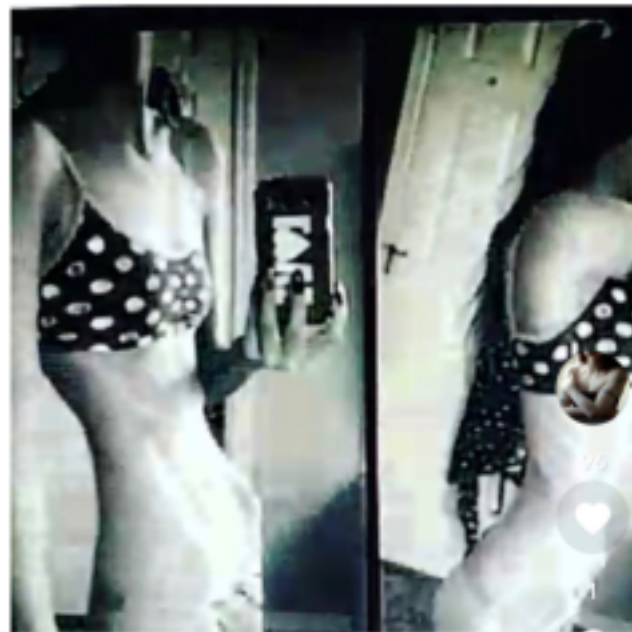
How is this harmful:

- Being naturally impulsive, teens are easily drawn in by social pressure and susceptible to peer pressure. Teens impulsively comment, post, judge others in inappropriate ways.
- Ignoring human connections contribute to social skills not fully developing
- Adolescents miss key developmental non-verbal skills like tone, body language, and eye contact (facial cues)



Even the most “benign” social media
may be harmful...

Porn Is Not the Worst Thing on Musical.ly



Comments

Open in app

95

[Profile picture]

I wish I could look like that 🍑

Engage your family

- Talk to your teen about internet use/social media
- Validate your teen's reality and their need to be connected
- Engage your child in drafting the rules for the family:
 - guidelines for use
 - consequences for breaking those rules
- Model appropriate use of technology:
 - minimize texting
 - don't use cell phone/laptop at meals
 - don't use cell phone in the car



Hold On to Your Teen

1. Recognize that your teen's fierce need for independence doesn't mean he can't stay connected to you.
2. Listen. Empathize. Keep advice to a minimum.
3. Be available when your teen wants to talk.



Hold On to Your Teen

- Keep conversations about bullying, body image, self worth, identity, self esteem present in conversations.
- Reinforce that you understand the pressure to “keep up with the.....” and even parents (grown-ups, etc.) feel the struggle of comparison.

Confidence is not, “They will like me....”

Confidence is: “I’ll be fine if they don’t...”



Hold on to Your Teen

Privacy vs. Safety

“I do not check my child’s phone, I want them to know I respect their privacy.”

- Parents are responsible for monitoring social media for their child.
- Exposure to safety risks online is an EVERYONE problem.
- Inform children that you, as their parent, always have the right to access their phone, not to be invasive, but to monitor their safety.



Media and Mental Health

What is happening with today's teens?



Anxiety Disorder



One in four children in the US are affected by an Anxiety Disorder

&

80% *are never treated*

Home The New York Times Magazine Share 1273

Why Are More American Teenagers Than Ever Suffering From Severe Anxiety?

Parents, therapists and schools are struggling to figure out whether helping anxious teenagers means protecting them or pushing them to face their fears.


By BENJAMIN DENIZET-LEWIS OCT. 11, 2017



TIME

ANXIETY, DEPRESSION AND THE MODERN ADOLESCENT

By Francesca Schreier

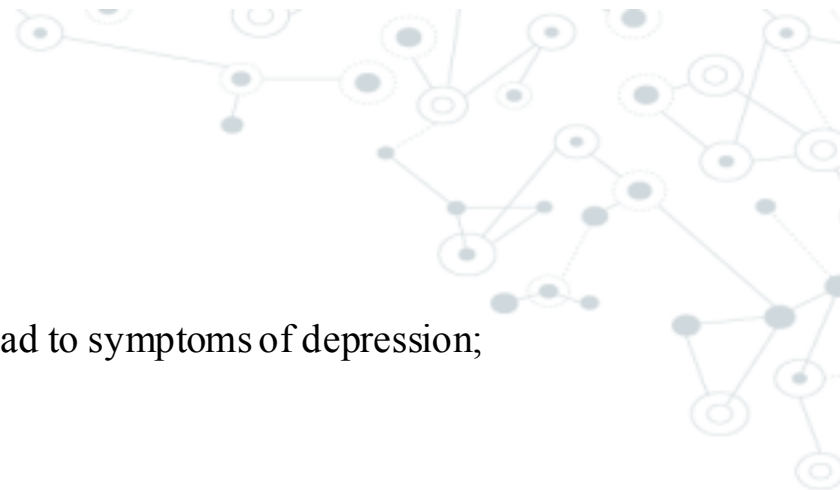


Social Media Depression

“Facebook depression” – “de-friending” and online bullying lead to symptoms of depression;

- Sadness
- Anxiety
- Pessimism
- Difficulty concentrating
- Failing or dropping grades
- Insomnia
- Loss of appetite
- Irritability

When we constantly scan the “perfect lives” or “filtered pictures” of others we are loosely connected to, intense loneliness can be overwhelming. This is the equivalent of sitting at a party alone and watching everyone else have fun!



“COMPARISON IS THE THIEF OF JOY”



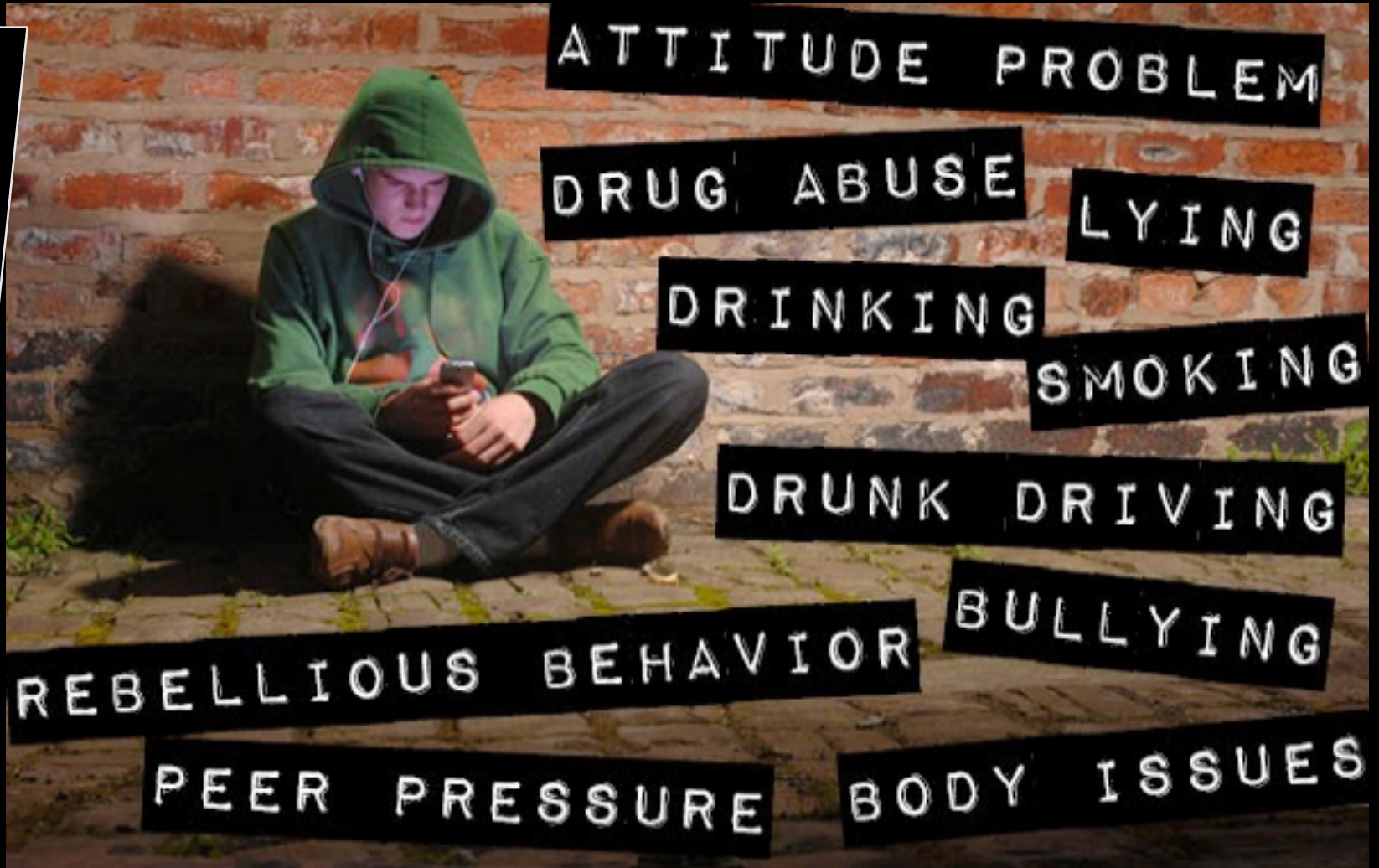
~Theodore Roosevelt



Additional Mental Health Factors

- Sleep deprivation from social media (screen time) significantly affects mental health
- Cyberbullying increases risk of depression and anxiety in children
- Facebook/Instagram creates and enhances envy
- Social media increases symptoms of ADHD
- Fuels body image/ self- esteem issues (studies conclude that increase in body image dissatisfaction in adolescent girls is linked to increased social media use)
- Feed mentality of “never enough”

***SOME
OTHER
ISSUES***



ATTITUDE PROBLEM

DRUG ABUSE

LYING

DRINKING

SMOKING

DRUNK DRIVING

BULLYING

REBELLIOUS BEHAVIOR

PEER PRESSURE

BODY ISSUES



TEEN DEPRESSION IS...

Red Flags of Depression

- ☒ Sad or irritable mood
- ☒ Restlessness or agitation
- ☒ Feelings of worthlessness or guilt
- ☒ Loss of energy
- ☒ Trouble concentrating or making decisions
- ☒ Loss of interest in favorite activities
- ☒ Change in eating habits
- ☒ Change in sleep
- ☒ Self-injury
- ☒ Thoughts of suicide

5 or more symptoms every day for **2** weeks or more

AN ILLNESS

Marked by a chemical imbalance that impacts moods, thoughts and behaviors.



COMMON

15-20% of teens will develop depression before adulthood.

SERIOUS

Depression is the **#1** risk factor for suicide.

TREATABLE

Treatment for depression can include talk therapy or a combination of talk therapy and medication.



Everyone Can Practice Good Mental Health



Eat three nutritious meals per day.



Get 2½ hours of exercise per week.



Get 8 to 10 hours of sleep per night.



Avoid harmful substances.



Do the things and surround yourself with the people that bring you happiness.

THERE IS HOPE



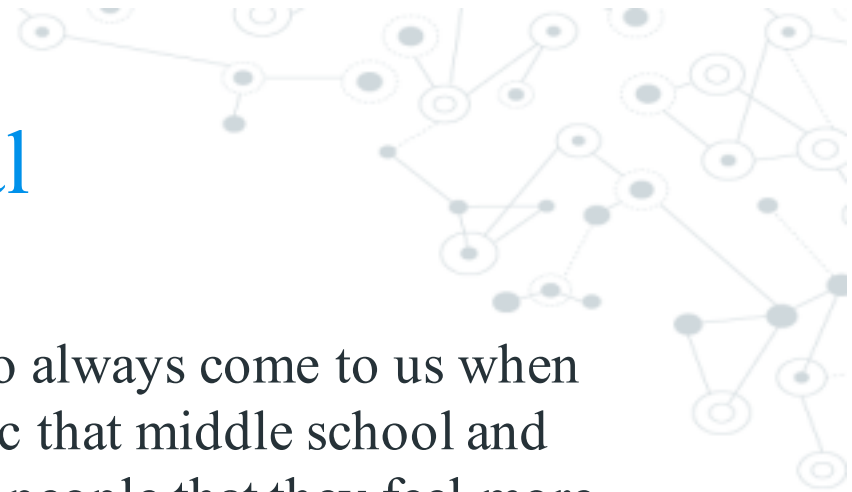
How to Get Help

Resources for Caregivers



When You Feel It Is Critical

- While we hope our children will want to always come to us when crisis issues arise, we need to be realistic that middle school and high school students may identify other people that they feel more comfortable talking with or feel less judgement.
- This age is marked with action / consequence thinking and kids simply may avoid approaching a parent for help for fear of consequences.



What To Do Next

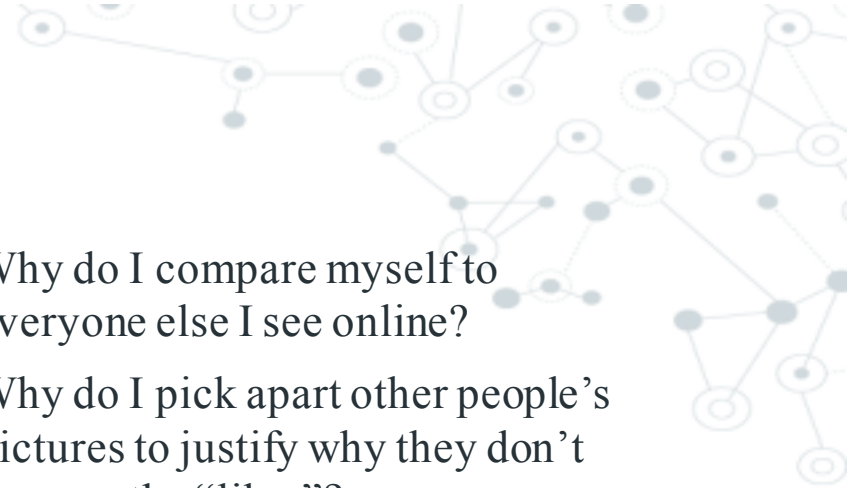
- Discuss a crisis plan with your child.
- Hodayoun (2017) suggests a crisis communication team of 3 support people and 3 clarifiers.
- “When something happens online that makes them uncomfortable, who can the child reach out to?”
- Discuss with your child that these people can include coaches, teachers, trusted family members, mom, dad, guidance counselors and even therapists.



Discuss The Mindful WHY

- Teaching kids to ask WHY slows down the impulsiveness
- Encouraging self– reflection helps the child to filter their own interactions!
- Why do I need to post this?
- Why do I need to exaggerate?
- Why do I apply all these filters?
- Why are more likes that important to me?

- Why do I compare myself to everyone else I see online?
- Why do I pick apart other people’s pictures to justify why they don’t deserve the “likes”?
- Why can’t I stop?
- Why is this device the source of so many arguments in my family life?
- Why can’t I focus anymore?
- Why do I tend to feel worse after going on my phone?



A 24 Hour Resource

- Crisis Text Line
- TEXT HOME to 741741 in the US to text a trained Crisis Counselor



CRISIS TEXT LINE |

Text HOME to 741741 in the US

Text 741741 from anywhere in the USA to text with a trained Crisis Counselor.

Every texter is connected with a Crisis Counselor, a real-life human being trained to bring texters from a hot moment to a cool calm through active listening and collaborative problem solving. All of our Crisis Counselors are volunteers, donating their time to helping people in crisis.

The image shows a mobile app interface for Crisis Text Line. At the top, there is a red button with the text "CRISIS TEXT LINE |". Below this, the text "Text HOME to 741741 in the US" is displayed. A large red horizontal bar is positioned below the text. Underneath the bar, there are four red icons representing Crisis Counselors: a woman with a laptop, a man with a mustache, a man with a laptop, and a woman with a laptop. Below the icons, the text "Text 741741 from anywhere in the USA to text with a trained Crisis Counselor." is displayed in bold. At the bottom, there is a paragraph of text: "Every texter is connected with a Crisis Counselor, a real-life human being trained to bring texters from a hot moment to a cool calm through active listening and collaborative problem solving. All of our Crisis Counselors are volunteers, donating their time to helping people in crisis."

Benefits of Mental Health Therapy Services

- Stress relief
- Increased assertiveness
- Regaining emotional balance
- Better relationships
- Greater self-confidence
- Less anxiety
- More frequent school attendance
- Ability to set boundaries
- Trauma resolution