



# SEL + MENTAL HEALTH RESOURCES

August 2023, V2: Social Media

## Resource of the Month-For Parents

How to Help Teens Manage the Effects of Social Media on Their Mental Health

Talk to your kids about the places they feel supported online.  
Ask if they ever see things online that make them feel unsafe.  
Think twice before taking away the phone.

Pay close attention to social media if your child is already struggling offline.

Read the article: [commonsensemedia.org](https://commonsensemedia.org)



Adults can help youth navigate the **virtual world** through various means, including helping them clean up content feeds, and being mindful that algorithms can lead to dangerous content.

**MLHA** Mental Health America  
DOWNLOAD THE SELFIES, SOCIAL, & SCREENS TOOLKIT: [MHANATIONAL.ORG/YOUTH-TECH](https://mhanational.org/youth-tech)

This newsletter is provided by:  
South Texas ISD  
District Student Wellness Specialists



If you need mental health support,  
please contact your  
campus Counseling Center.

Teens are more likely to report positive than negative experiences from using social media, primarily because of the sense of **connection** it can provide.

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**988**  
SUICIDE & CRISIS LIFELINE

There is hope

Talk with us. If you or someone you know needs support now, call or text 988 or chat [988lifeline.org](https://988lifeline.org)

98822-08-03-064

### For Teens: The DOs of Social Media

- Do: Set Healthy Boundaries
- Do: Focus on Genuine Connections
- Do: Create a Feel-Good Feed
- Do: Know What's Real and What's Fake
- Do: Protect Your Privacy
- Do: Handle Offensive and Unsafe Content

Read the article: [mhanational.org](https://mhanational.org)

