

# Social Media: Good, Bad, and Addiction

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# Screen Time

- Majority of teens have access to digital devices: , smartphones (95%), desktop or laptop computers (90%) and gaming consoles (80%).
- Uptick in daily teen internet users, from 92% in 2014-15 to 97% in 2022.
- In addition, teens who say they are online almost constantly has roughly doubled since 2014-15 and 24% to 46% in 2022
- Back in 2010 - 10 year old children had access to an average of five screens.
- It's estimated that in 2017 that most 10 year olds had access to 7 to 9 screens including their own smart phones along with tablets/iPads and an average of 9+ hours a day on them. It has only increased since

APP	Maker	Year	Monthly Users
1 <a href="#">Facebook</a>	<a href="#">Meta Platforms</a>	2004	3.030 billion <sup>[1][2]</sup>
2 <a href="#">YouTube</a>	<a href="#">Alphabet Inc.</a>	2005	<a href="#">2.562 billion</a> [3]
3 <a href="#">WhatsApp</a>	<a href="#">Meta Platforms</a>	2009	<a href="#">2 billion</a> [3]
4 <a href="#">Instagram</a>	<a href="#">Meta Platforms</a>	2010	<a href="#">2 billion</a> [4]
5 <a href="#">Messenger</a>	<a href="#">Meta Platforms</a>	2011	<a href="#">1.03 billion</a> [3]
6 <a href="#">LinkedIn</a>	<a href="#">Microsoft</a>	2003	<a href="#">930 million</a> [8]
7 <a href="#">Snapchat</a>	<a href="#">Snap Inc.</a>	2011	<a href="#">750 million</a> [11]
8 <a href="#">Reddit</a>	<a href="#">Reddit</a>	2005	<a href="#">500 million</a> [16]
9 <a href="#">Pinterest</a>	<a href="#">Pinterest</a>	2009	<a href="#">450 million</a> [3]
10 <a href="#">X (Twitter)</a>	<a href="#">X Corp.</a>	2006	<a href="#">393 million</a> [19]
11 <a href="#">Teams</a>	<a href="#">Microsoft</a>	2017	<a href="#">300 million</a> [20]
12 <a href="#">Quora</a>	<a href="#">Quora</a>	2009	<a href="#">300 million</a> [3]
13 <a href="#">Skype</a>	<a href="#">Microsoft</a>	2003	<a href="#">300 million</a> [23]
14 <a href="#">imo</a>	<a href="#">PageBites</a>	2007	<a href="#">200 million</a> [26]
15 <a href="#">Twitch</a>	<a href="#">Amazon</a>	2011	<a href="#">180 million</a> [28]
15 <a href="#">Discord</a>	<a href="#">Discord</a>	2015	<a href="#">150 million</a> [31]
17 <a href="#">Vevo</a>	<a href="#">Vevo</a>	2009	<a href="#">150 million</a> [37]
18 <a href="#">Tumblr</a>	<a href="#">Automattic</a>	2007	<a href="#">135 million</a> [38]
19 <a href="#">Threads</a>	<a href="#">Meta Platforms</a>	2023	<a href="#">120 million</a> [40]
20 <a href="#">Stack Exchange</a>	<a href="#">Prosus</a>	2008	<a href="#">100 million</a> [41]

# Upcoming Social media APP

[BeReal](#)

[Substack](#)

[Hive Social](#)

[Clubhouse](#)

[Lemon8](#)

[Gas](#)

[Instagram Reels](#)

[Telegram](#)

[CoHost](#)

[Spotify Live](#)

[Polywork](#)

[Counter Social](#)

[Discord](#)

[Mastodon](#)

[Twitch](#)

[Locket](#)

[Patreon](#)

[Tribel](#)

# Secret Apps

- [Signal Private Messenger](#)
- [Threema](#)
- [Wire Secure Messenger](#)
- [Dust Messenger App](#)
- [CoverMe Private Text & Call](#)
- [Wickr Me](#)
- [Pryvate Now Messenger](#)

## [Apps With Hidden Chat Feature](#)

- [Facebook Messenger](#)
- [Instagram](#)
- [Telegram](#)
- [WhatsApp](#)
- [Viber](#)

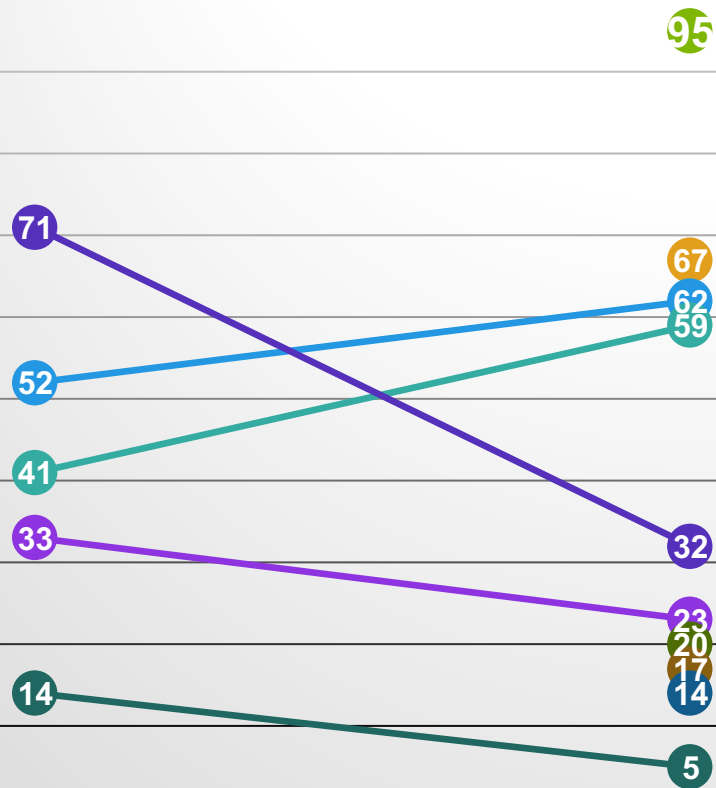
## [Secret Messaging Apps for iPhone](#)

- [Smiley Private Texting App](#)
- [Secret Messenger](#)

## [Secret Messaging Apps for Android](#)

- [Calulator Pro+](#)
- [Messenger and Chat Lock](#)
- [Silence Private Messenger](#)

# Youth Social Media Usage

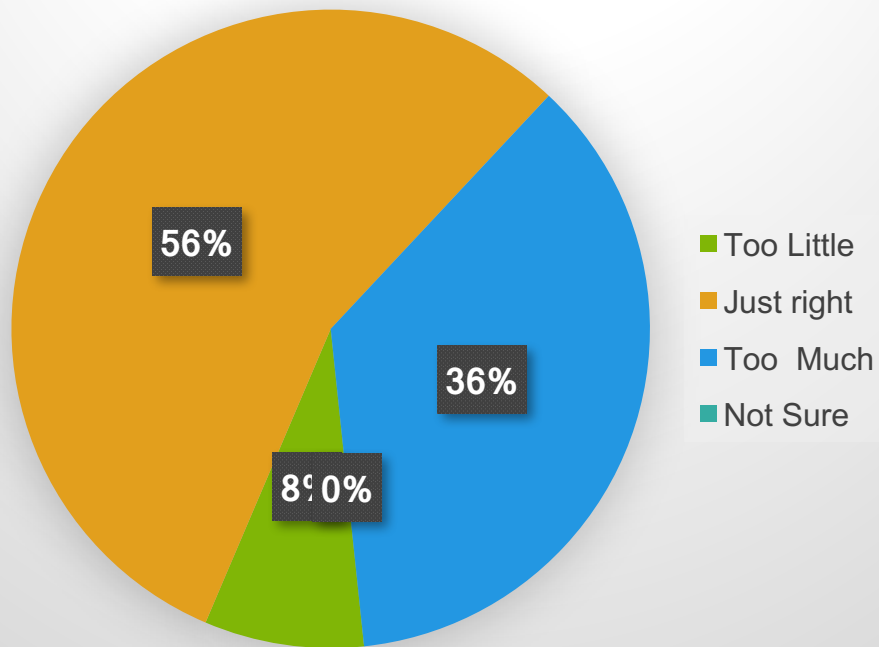


● Youtube ● Tiktok ● Instagram ● SanpChat ● Facebook ● Twitter ● Twitch ● Whatapp ● Reddit ● Tumblr

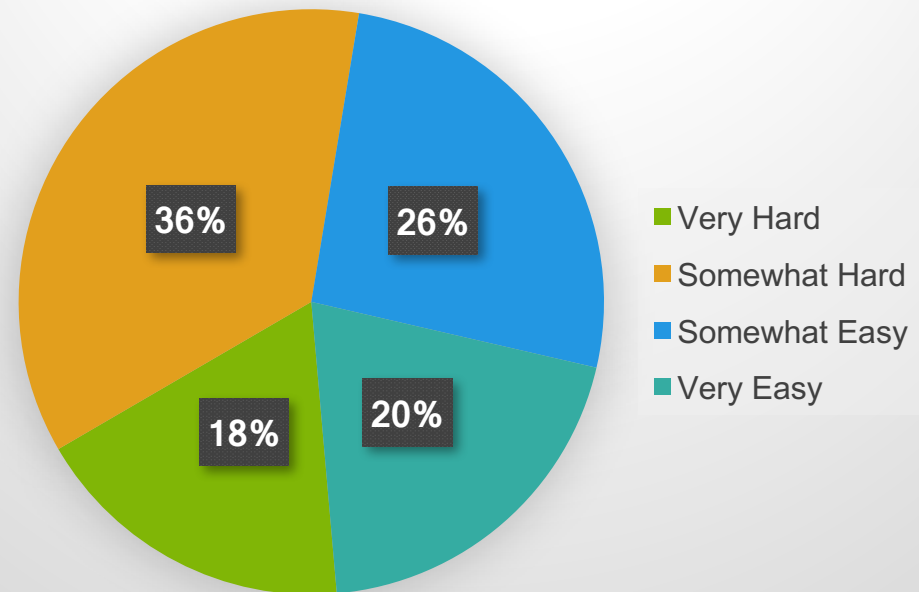
- Teen boys are more likely than teen girls to say they use YouTube, Twitch and Reddit.
- Teen girls are more likely use TikTok, Instagram and Snapchat.
- In addition, higher shares of Black and Hispanic teens report using TikTok, Instagram, Twitter and WhatsApp compared with White teens.
- Top five online platforms: YouTube, TikTok, Instagram, Snapchat and Facebook.
  - Fully 35% of teens say they are using at least one of them “almost constantly.”
  - Teen TikTok and Snapchat users are particularly engaged with these platforms, followed by teen YouTube users in close pursuit.
  - When looking at teens overall, 19% say they use YouTube almost constantly, 16% say this about TikTok, and 15% about Snapchat.

# Amount of usage VS difficulty to give us.

## Amount of Usage



## Difficulty



# The Good

- It can provide access to important information and create a space for self-expression
- form and maintain friendships online and develop social connections with more diverse peer groups
- buffering effects against stress
  - online social support from peers may provide can be especially important for youth who are often marginalized, including racial, ethnic, and sexual and gender minorities

# The Good

- majority of adolescents report that social media helps them feel more accepted (58%),
- Feel as though they have people who can support them through tough times (67%),
- place to show their creative side (71%), and more connected to what's going on in their friends' lives (80%)
- promoting help-seeking behaviors and serving as a gateway to initiating mental health care



# The Bad

- **Inadequate sleep**—teens stayed up late to continue scrolling through their social media feeds
- **Exposure to cyberbullying**—having harmful, false, or private content about them posted on social media
- **Lack of physical activity**—scrolling social media on their phones or other devices meant that teens sat for longer periods of time and had less time for exercise. As a result, they missed out on the beneficial impact of exercise on mental health.

# The Bad

## Posting and Images.

According to a survey by Common Sense Media:

- 35 percent of teenagers on social media worry about being tagged in unattractive photos
- 27 percent are stressed out about how they look when they post pictures
- 22 percent feel bad about themselves when nobody comments on or “likes” their photos.
- Social media may also perpetuate body dissatisfaction, disordered eating behaviors, social comparison, and low self-esteem, especially among adolescent Girls

# The Bad

- social media platforms show live depictions of self-harm acts like partial asphyxiation, leading to seizures, and cutting, leading to significant bleeding.
- two-thirds (64%) of adolescents are “often” or “sometimes” exposed to hate-based content
- cyberbullying via social media significantly linked to depression among children and adolescents
- predatory behaviors and interactions with malicious actors who target children and adolescents
  - Nearly 6-in-10 adolescent girls say they’ve been contacted by a stranger on certain social media platforms in ways that make them feel uncomfortable

# The Bad

- problematic social media use has also been linked to both self-reported and diagnosed attention-deficit/ hyperactivity disorder (ADHD) in adolescents
- social media-induced FOMO (fear of missing out), or “the pervasive apprehension that others might be having rewarding experiences from which one is absent,” has been associated with depression, anxiety, and neuroticism.
- Poor sleep has been linked to altered neurological development in adolescent brains, depressive symptoms, and suicidal thoughts and behaviors

## Teens say social media helps strengthen friendships, provide emotional support, but can also lead to drama, feeling pressure to post certain types of content

*% of U.S. teens who say the following about social media*

 POSITIVE

**81%** Feel more connected to their friends

**69%** Think it helps teens interact with a more diverse group of people

**68%** Feel as if they have people who will support them through tough times

 NEGATIVE

**45%** Feel overwhelmed by all of the drama there

**43%** Feel pressure to only post content that makes them look good to others

**37%** Feel pressure to post content that will get a lot of likes and comments

Note: Respondents who did not give an answer or gave other responses are not shown.

Source: Survey conducted March 7–April 10, 2018.

“Teens’ Social Media Habits and Experiences”

# Screen Time

- Consumption vs. productivity
  - Screen time in school (Learning)
    - Same negatives as other screen time?
  - Kindle (Fire vs. Paper-White)
  - Consoles vs. Phone apps
    - Are there any differences?
  - Coding and homework vs. Youtube, Netflix, Amazon Prime

# Myths and Realities

Five myths about individuals who are addicted:

## **Myth #1:**

I can stop social media/drinking/Smoking/video games, and pornography anytime I want to.

## **Myth #2:**

My \_\_\_\_\_ is my problem or it's not a problem. I'm the one it affects, so no one has the right to tell me to stop.

# Myths and Realities

## **Myth #3:**

I don't \_\_\_\_\_ every day, so I can't be an;

- addicted to social media , it where all my friends are.

## **Myth #4:**

I'm not an \_\_\_\_\_ because I have good grades and I'm doing okay.

# Myths and Realities

## Myth #5

Social Media or Video games can not be a “**real**” addiction like drug abuse or such.

# The Ugly

Know if my youth has a problem

- **Your child only feels happy when doing the social media or constantly seeking it out.**
- **Distracted by social media.**
- **Spending more time ZONING OUT than socializing.**
- **Catching the teen on social media when they are not supposed to be.**
- **Neglect or loss of interest in other activities**
- **Using social media as a coping mechanism**
- **They go from bargaining to defensiveness to anger**

# The Ugly

Know if my youth has a problem

- Loses track of time while online
- Sacrifices sleep to spend time online
- Becomes agitated or angry when online time is interrupted
- Checks posts, notification, or email several times a day
- Becomes irritable if not allowed access to the internet or social media.
- Spends time online in place of homework or chores
- Prefers to spend time online rather than with friends or family

# The Ugly

Know if my youth has a problem

- Disobeys time limits that have been set for usage
- Lies about amount of time spent on Social media or the internet
- “sneaks” online or on social media when no one is around
- Forms new relationships with people he or she has met online
  - Not just friendships and hides it from adults
- Seems preoccupied with getting back on social media or online
- Loses interest in activities
- Becomes irritable, moody or depressed when not online or on social media



# Parental Solutions



# Stop. Reclaim. Respond.

## Campaign

# Reducing screen time

- Having parents remove the device from the child's bedroom.
  - 23% of children 1 and under have a television in their bedroom.
- Stop watching or being on a device during meals or Youtube(ing) during homework.
  - Adolescents watching 3 or more hours of television or on social media daily are at risk for poor homework completion, negative attitudes toward school, poor grades, and long-term academic failure.<sup>2</sup>
- . Create a family media plan

# Parental Tools

- Stay informed.
- Open, safe and loving communication.
- Defined limits.
- Create structure and consistency.
- No secrets policy, all passwords known!!!!
- Create tech-free zones and encourage children to foster in-person friendships.
- Report cyberbullying and online abuse and exploitation.
  - CyberTipline, Take it Down or local law enforcement

# Parental Tools

- TeenSafe app, see all kids text, calls, location, etc
- Computer and phones placed in central location.
- Embrace school administration cellphone policy's.
- Be an example: Model responsible social media behavior
- Teach kids about technology and empower them to be responsible online participants at the appropriate age.
- Teach children to be cautious about what is shared.

# Reducing screen time Family Challenges.

- Other activities, such as family board games, puzzles, or going for a walk.
- Keep a record of how much time is spent in front of a screen. Try to spend the same amount of time being active.
- Parents work to be a good role model. Decrease your own leisure screen time to 2 hours a day.
- Challenge the family to go 1 week without social media/watching TV or doing other screen-time activities. Find things to do with your time that get you moving and burning energy.

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