

Know! Tip Special Edition: 27 Minutes - Excessive Social Media Use

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About 27 Minutes

27 Minutes is an educational campaign created by Bridgett Bajorek, Samantha Happel, and Audrey Williams, three students at Olentangy High School in Central Ohio. The campaign focuses on educating parents and guardians about the dangers and issues of social media.

In the present day, teenagers find themselves consumed by social media. I got social media early on in middle school and for me, it began as aimless scrolling through the different platforms. Scrolling turned into a compulsive habit and the constant notifications that took over my phone influenced me to continue spending my time on social media. Real-world interactions took the backseat, replaced by virtual validation. My screen time was equal to the number of hours I was awake during the day. The need to use social media abruptly took over my life, and it was hard to focus on simple tasks throughout the day. This is a common experience for many teenagers who use social media.

Research on social media platforms demonstrates that “the platforms are designed to be addictive and are associated with anxiety, depression, and even physical ailments,” (mcleanhospital.org.) Using social media releases dopamine in teens’ brains, creating a pleasure loop that can lead to excessive and harmful use. Effects of habitual social media use include:

- Lack of attention span
- Sleep disturbances
- Increased stress levels
- Eyesight impairment
- Decreased social skills
- Neck and back pain
- Mental health issues, including depression and anxiety

Know! Tip Special Edition: 27 Minutes - Personal Safety

When children are exposed to social media at a young age, it increases the likelihood of excessive use as teens. Striking the balance between online and offline engagement is a crucial issue for young people using social media. When adolescents are growing and finding themselves, social media can have a major impact on the creation of their identities. Therefore, when consenting to social media, consider the effects that excessive social media use can have.

Written by Bridgett Bajorek, current Senior at Olentangy High School, working with a group project focusing on the issues associated with social media and teens, and educating parents on Ohio House Bill 33

Resources

[Know! to Promote Safe Internet Habits - Prevention Action Alliance](#)

[Internet safety for teenagers | Raising Children Network Digital Citizenship Guide.pdf \(SECURED\) \(mediasmarts.ca\)](#)

[Psychiatry.org - 6 Tips to Help Take Control of Your Social Media Use and Improve Well-being](#)

[Here's How Social Media Affects Your Mental Health | McLean Hospital](#)

For additional Know! Prevention Tips for Everyone, scan the QR code:



About 27 Minutes

In the coming six weeks, Special Edition Know! Tips will be released on topics related to sextortion, depression, anxiety and self-esteem, personal safety, excessive social media use, and Ohio's Social Media Parental Notification Act. These tips will be written by teens, for caring adults everywhere.

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Prevention Tips for Everyone

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