



Social Media's Impact on Youth Mental Health

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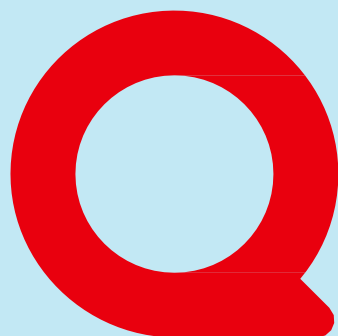
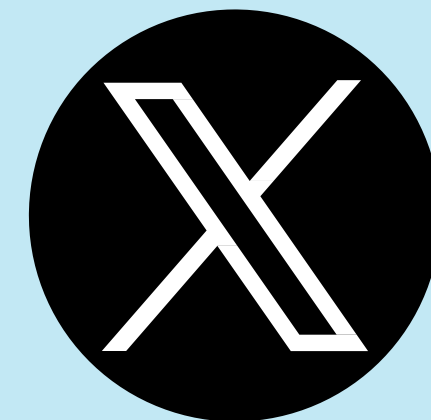
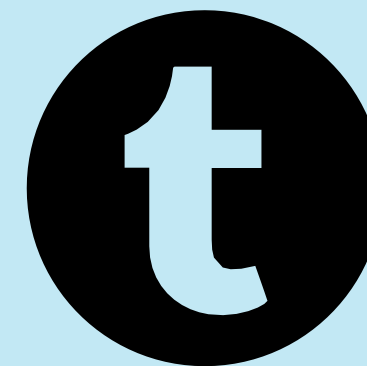
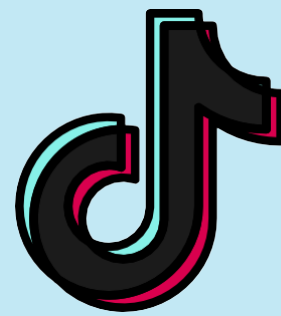
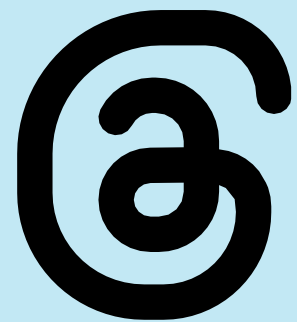
GOALS

- **Definition of social media**
- **Developmental stages**
- **Impact on youth**
- **How you can help**



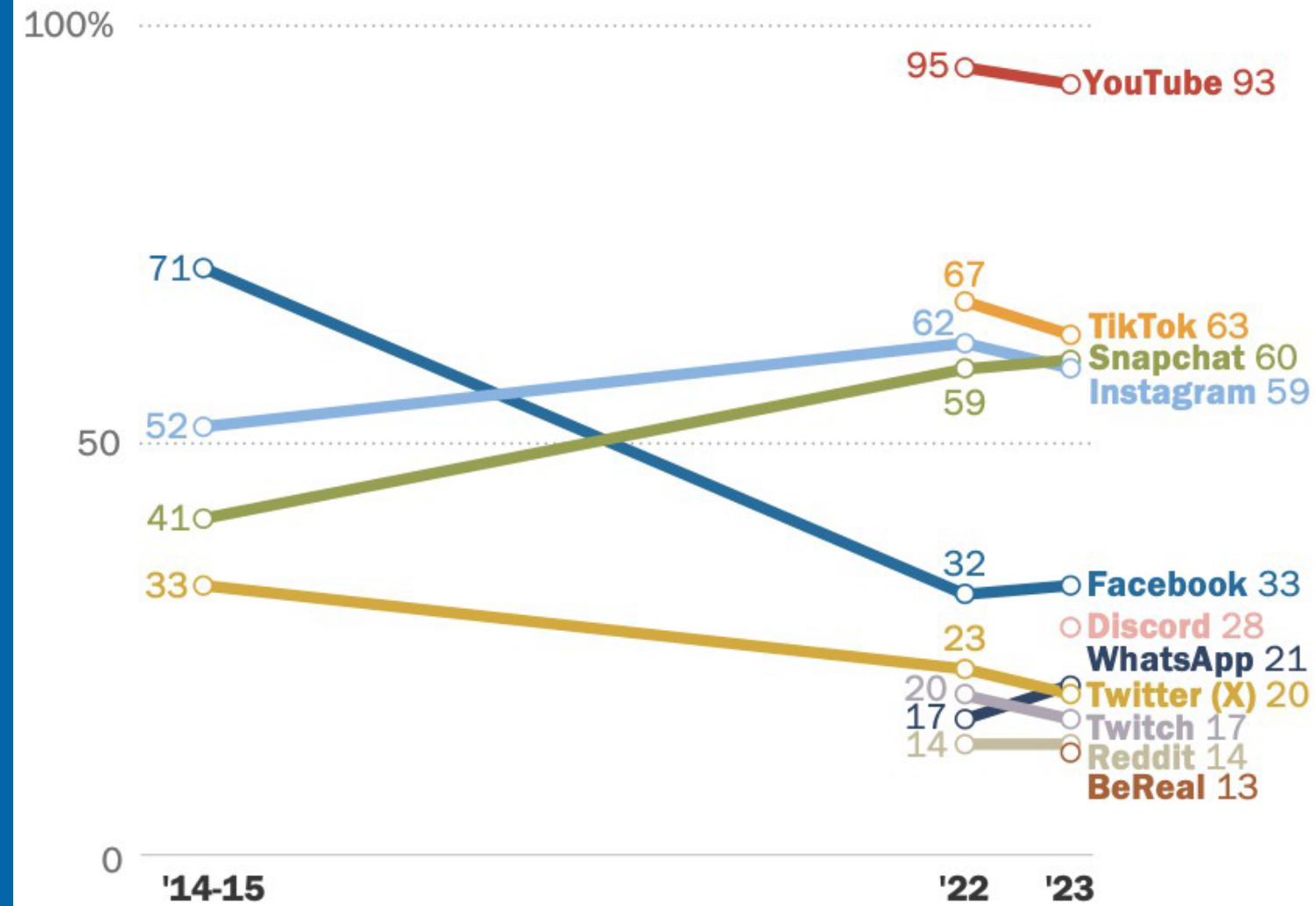
**How many social media
platforms exist?**

Social Media



YouTube continues to be top platform among teens, followed by TikTok, Snapchat and Instagram

% of U.S. teens ages 13 to 17 who say they ever use the following apps or sites



Note: Those who did not give an answer are not shown.

Source: Survey of U.S. teens conducted Sept. 26-Oct. 23, 2023.

"Teens, Social Media and Technology 2023"

PEW RESEARCH CENTER

https://www.pewresearch.org/internet/2023/12/11/teens-social-media-and-technology-2023/pi_2023-12-11_teens-and-social-media_0-01/

Adolescence

(noun)

The period of life when a child develops into an adult.

State or process of growing up

A stage of development prior to maturity.

<https://www.merriam-webster.com/dictionary/adolescence>

Erikson's Stages of Psychosocial Development

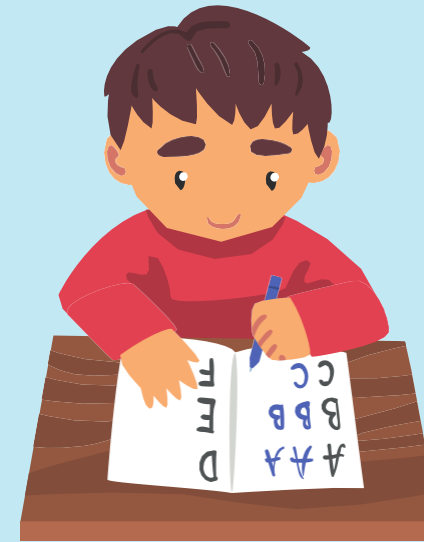
Approximate Age	Psychosocial Crisis/Task	Virtue Developed
Infant - 18 months	Trust vs Mistrust	Hope
18 months - 3 years	Autonomy vs Shame/Doubt	Will
3 - 5 years	Initiative vs Guilt	Purpose
5 -13 years	Industry vs Inferiority	Competency
13 -21 years	Identity vs Confusion	Fidelity
21- 39 years	Intimacy vs Isolation	Love
40 - 65 years	Generativity vs Stagnation	Care
65 and older	Integrity vs Despair	Wisdom

(C) The Psychology Notes Headquarters - <https://www.PsychologyNotesHQ.com>

5-11 years old Fundamentals

Learn to

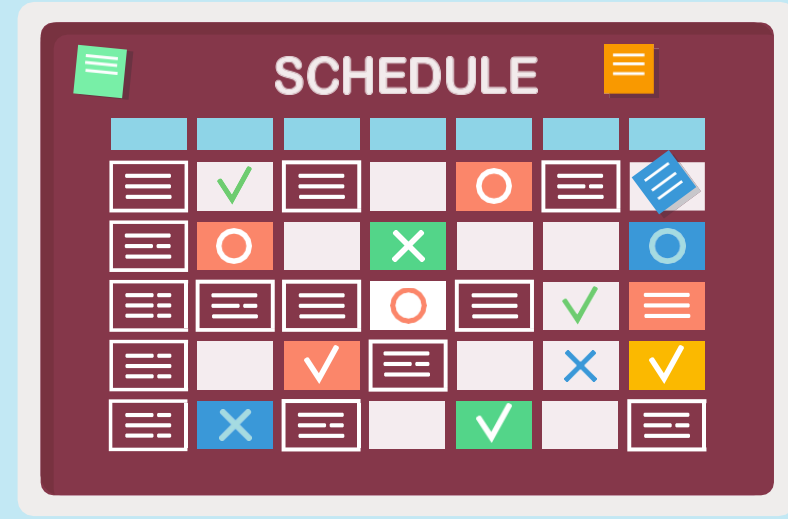
- **Read**
- **Write**
- **Ride a bike**
- **Make a friend**
- **Interact with others**



11-14 years old

MIDDLE SCHOOL

More complex expectations



- **Classes**
- **Activities**
- **Chores**
- **Relationships**

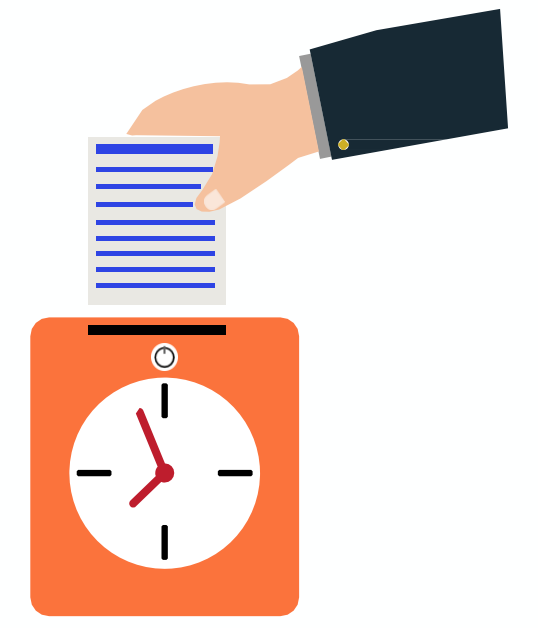
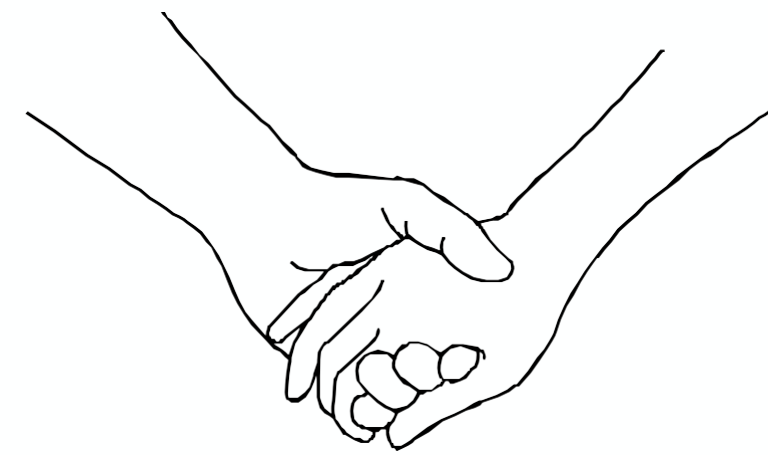


HIGHSCHOOL

14-19 years old Integration



- Dating
- Driving
- Job
- Graduation
- Relationships
- Moving
- Identity



Importance of Identity

Who am I ?

Where do I belong?

Influencers

Celebrities

Family

World Events

Friends

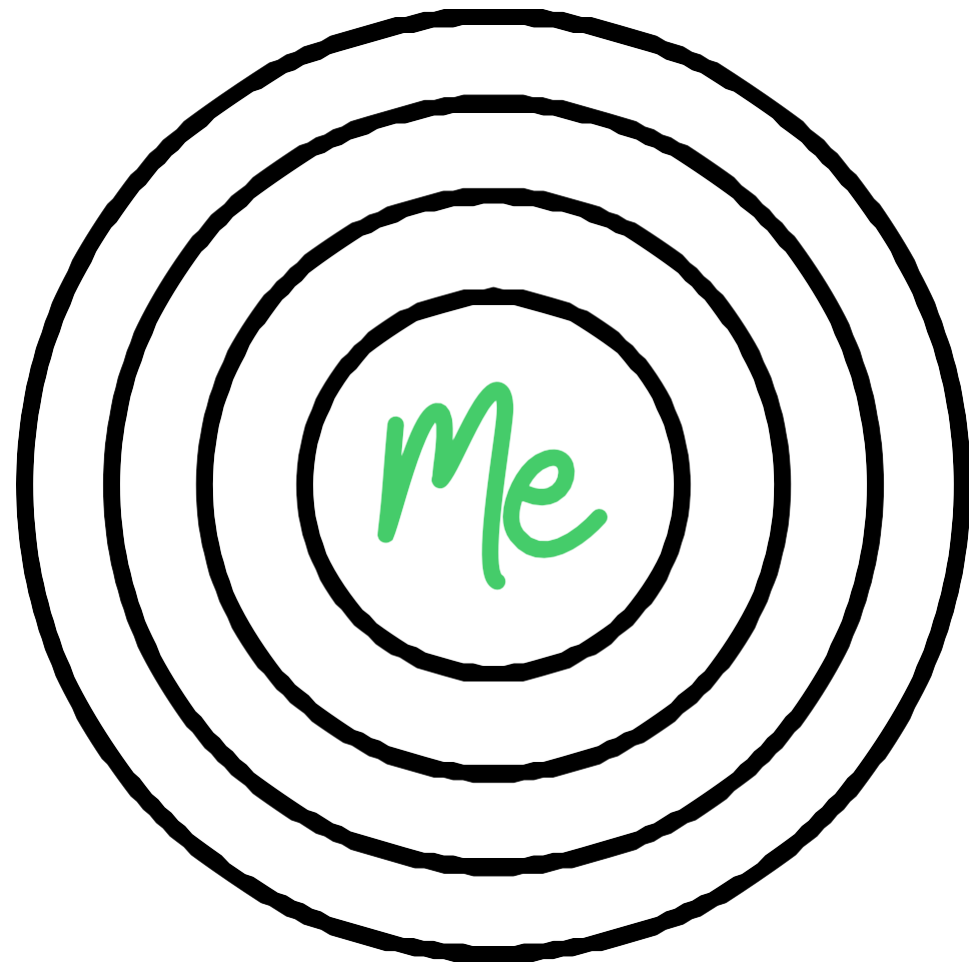
Pediatricians

Teachers

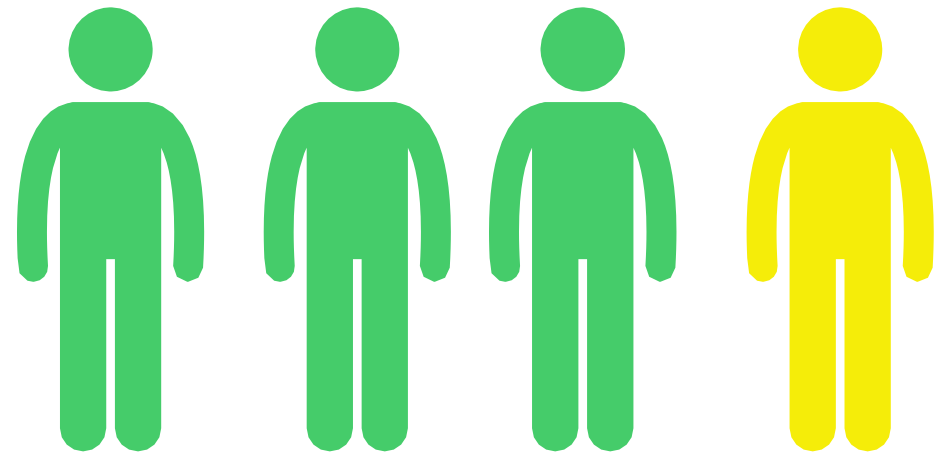
Parents

Coaches

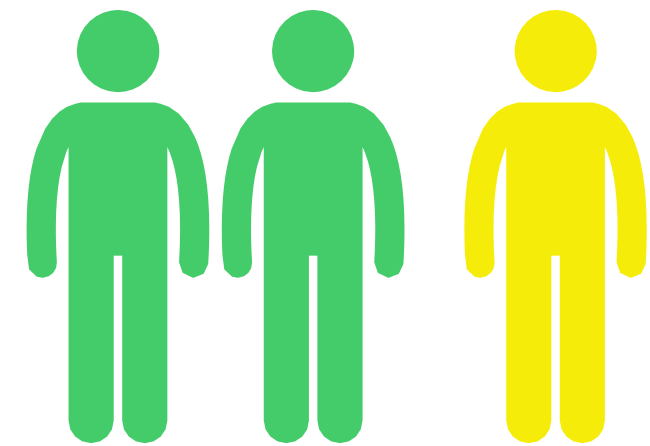
Religious leaders



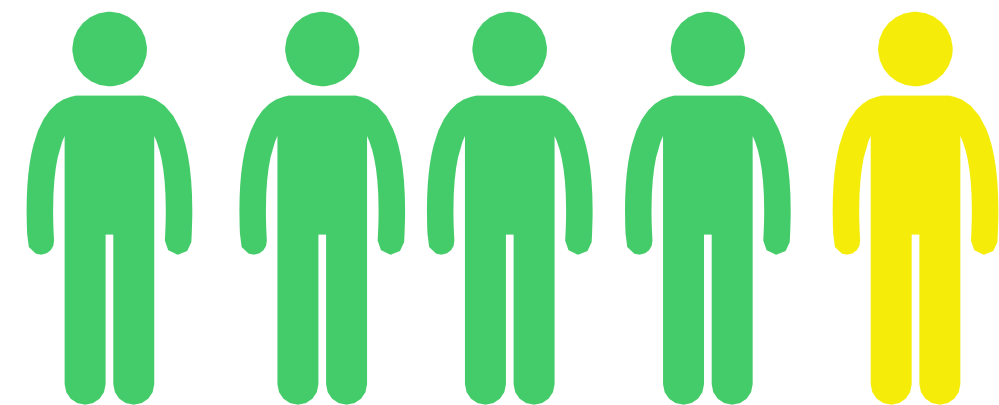
Current State of Mental Health in Youth



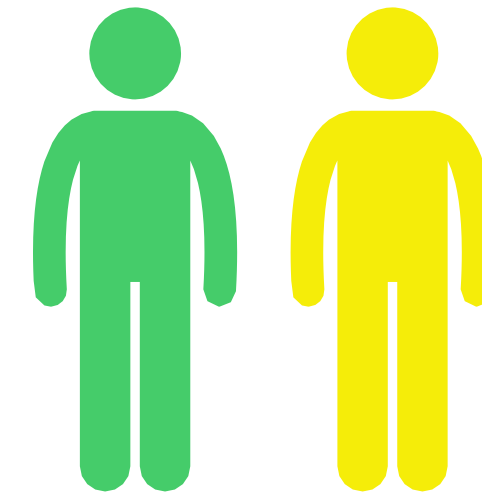
One in four experiencing symptoms of depression



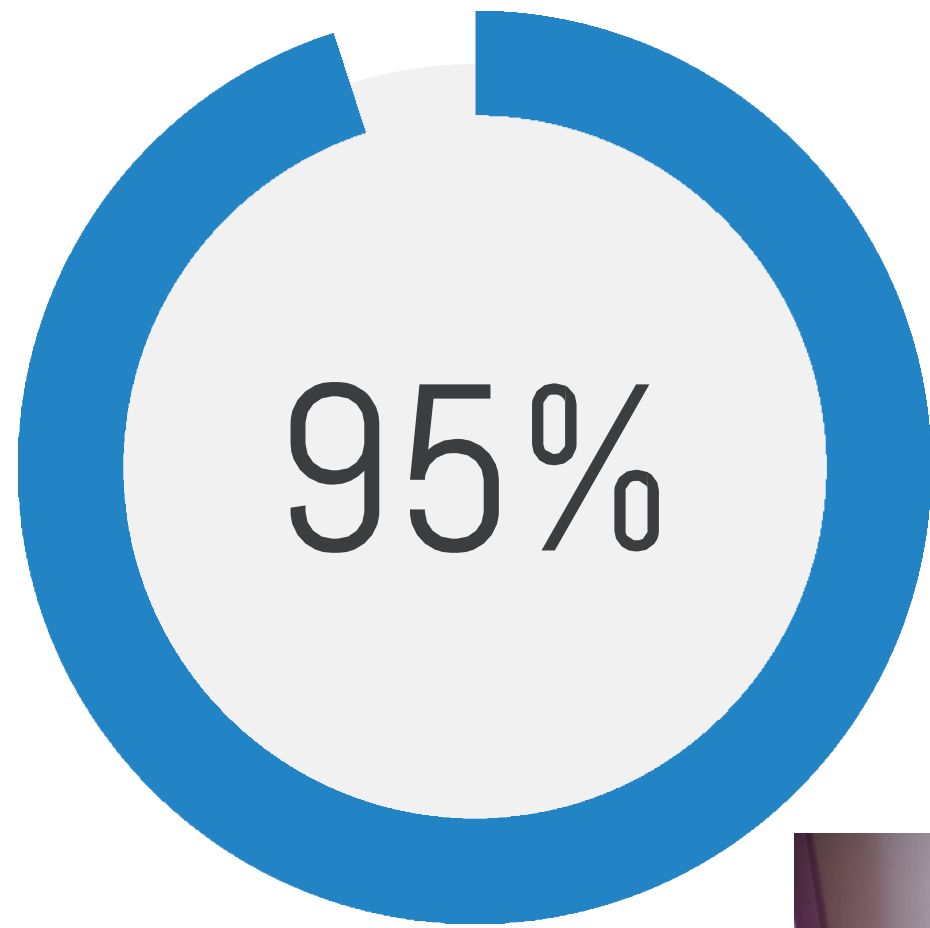
One in three high school students report feeling sad and hopeless



One in five experiencing symptoms of anxiety



57% of female students report feeling sad and hopeless



Of teenagers ages 13-17 report using at least one social media platform



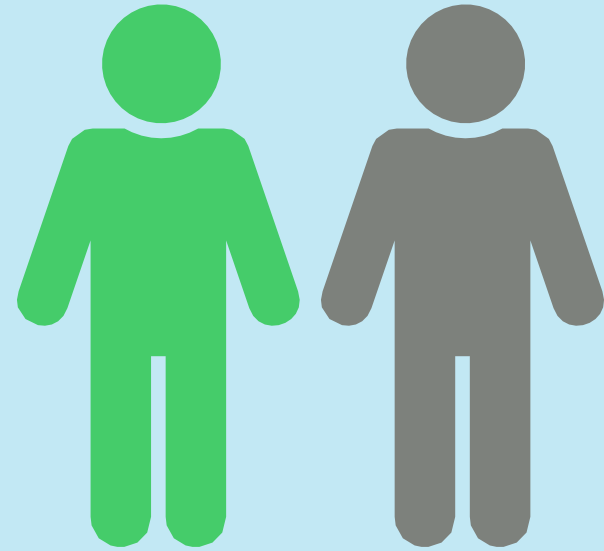
3.5
DAILY
HOURS



Teenagers spend an average of 3.5 hours per day on social media

Twice as likely to face mental health problems including symptoms of anxiety and depression

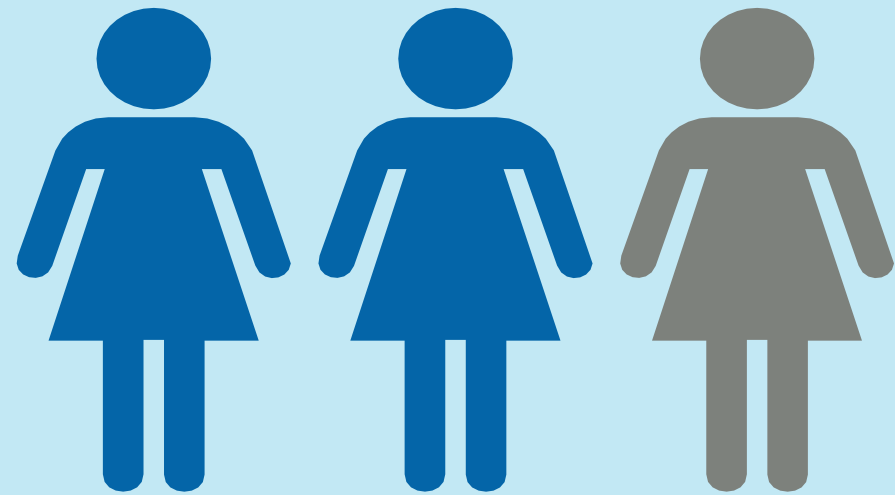
Social Media's Impact



Adolescents - 13-17 years

46% social media makes them feel worse about their body image

50% hard to give up on social media



Girls - 11-15 years

1 in 3 feel addicted to social media

<https://www.hhs.gov/surgeongeneral/priorities/youth-mental-health/social-media/index.html>

Negative Impacts

- **Distraction**
- **Less sleep**
- **Exposure to bullying, peer pressure, unrealistic views**
- **Increases isolation, depression, anxiety and cyber-bullying**
- **Less social development & self-esteem**
- **Lower mental health**



**One-in-three adolescents
report using screens until
midnight or later on a
typical weekday**



Impact on Sleep



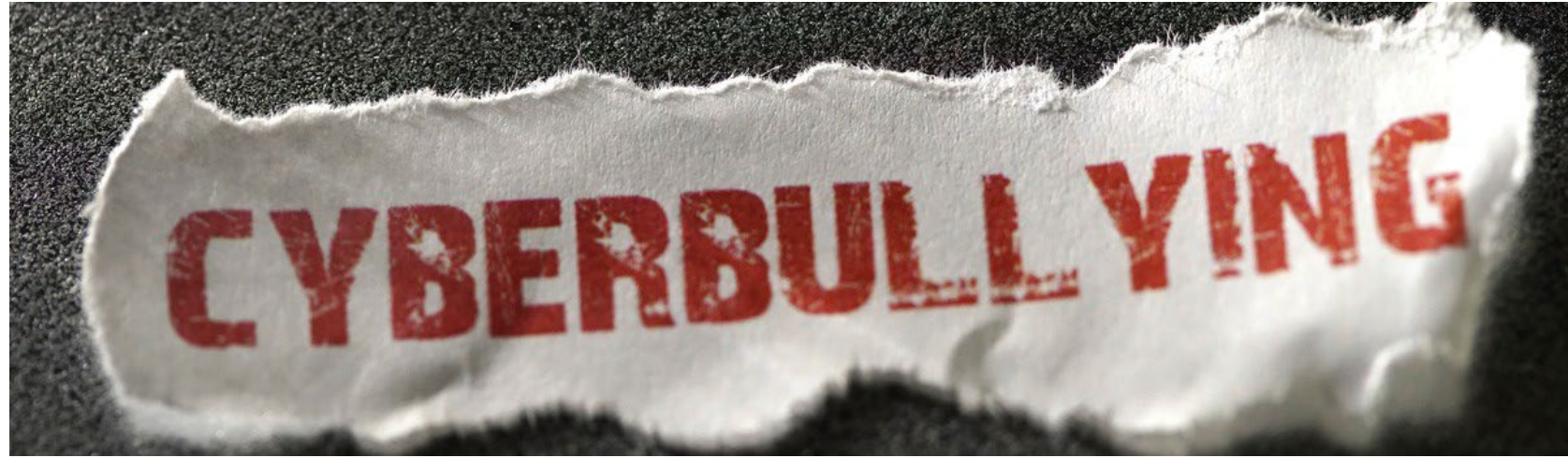
- **Decrease time sleeping**
- **Poor sleep quality**
- **Sleep difficulties**
- **Depression**

Social Media



Thinking there is
connection, but
feeling alone



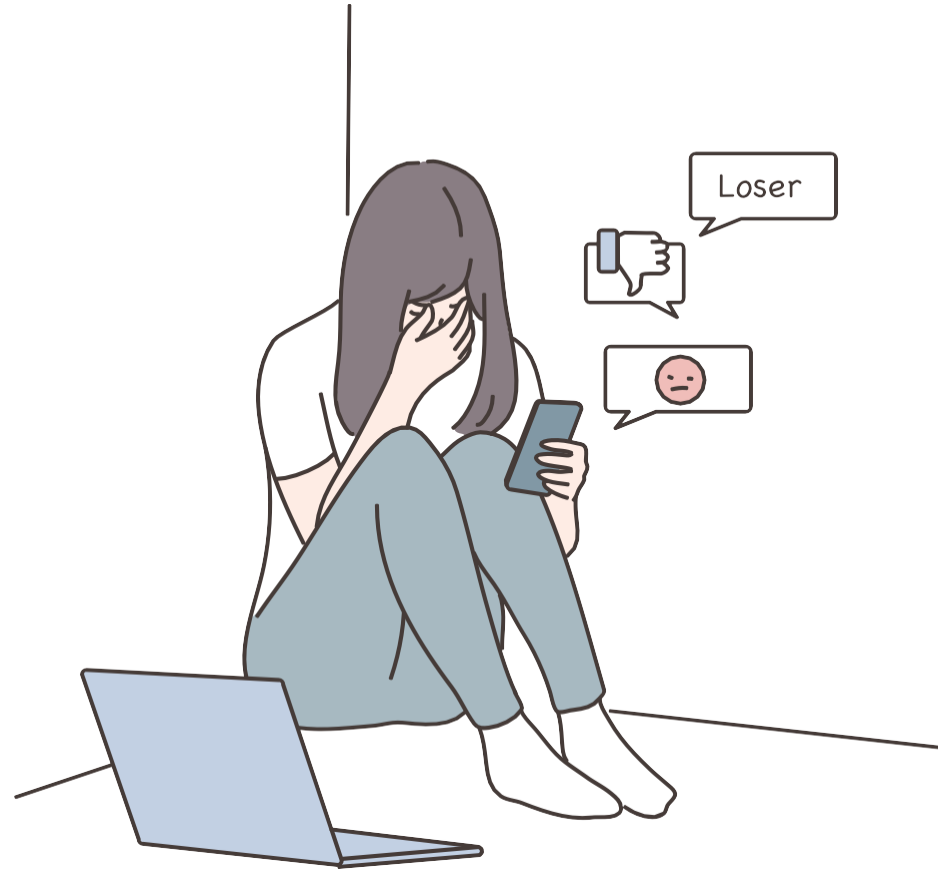


1 in 4 teens has experienced cyberbullying

1 in 6 has been a perpetrator

1 in 5 tweens involved in cyberbullying

Cyberbullying Impact



- **Elevated anxiety and stress levels**
- **Increased risks of depression**
- **Reduced self-esteem**
- **Social withdrawal**
- **Concentration issues**

Social Media



May Contribute to

- **Dissatisfied body image**
- **Eating disorder behaviors**
- **Comparison to others**
- **Low self-esteem**
- **Perfectionism**

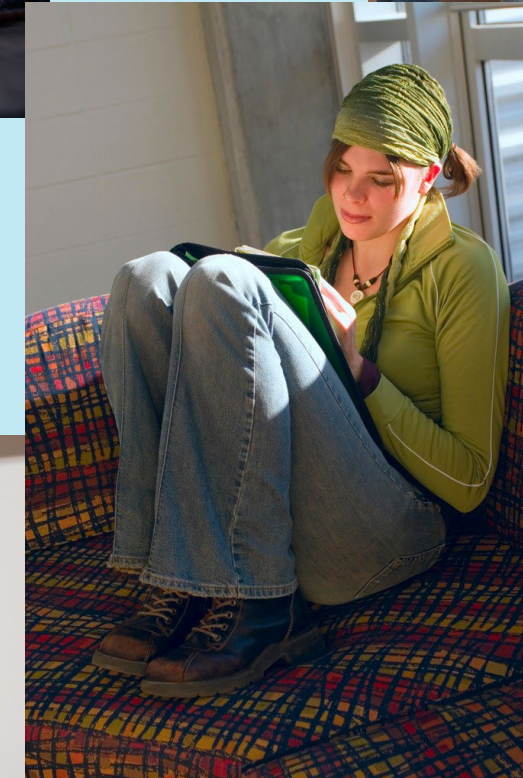


“People are becoming progressively more image-obsessed, and I think that the progression of social media algorithms drives some of that,” Dr. Byrne reflects. “It really is an unhealthy dynamic, especially for young people who are still developing their self-esteem.”

**Mental Health
impacts overall
health. It does
not exist in a
vacuum.**



What are teens doing in your home?





How YOU can make a difference!



Strengthen Relationships

15 -minutes of focused time



Listen to learn

Participate in things they enjoy

Create a Contract

Family Plan

Priorities

Tips

Expectations

Contract with Teen

Shared agreements

Time commitments



<https://www.healthychildren.org/English/fmp/Pages/MediaPlan.aspx>

Family Media Agreement



I, _____, will:

... take care.

- I will take care of the device I'm using and tell my family if it's broken, stolen, or lost. As a family, we have agreed on the consequences if I lose or break a device, and I understand those consequences.
- Unless I have paid for a device with my own money or it was a gift, I understand that the device belongs to the family member(s) who bought it.
- _____

... stay safe.

- I will not create accounts or give out any private information — such as my full name, date of birth, address, phone number, or photos of myself — without my family's permission.
- I will not share my passwords with anyone other than my family. I will ask my family to help me with privacy settings if I want to set up devices, accounts, or profiles.
- If anyone makes me feel pressured or uncomfortable or acts inappropriately toward me online, I'll stop talking to that person and will tell a family member or other trusted adult about it.
- _____

... think first.

- I will not bully, humiliate, or upset anyone online — whether through sharing photos, videos, or screenshots, spreading rumors or gossip, or setting up fake profiles — and I will stand up to those who do.
- I know that whatever I share online can spread fast and far. I will not post anything online that could harm my reputation.
- Whenever I use, reference, or share someone else's creative work online, I will give proper credit to the author or artist.
- I know that not everything I read, hear, or see online is true. I will consider whether a source or author is credible.
- _____

Family Media Agreement



... stay balanced.

- I will help my family set media time limits that make sense, and then I will follow them.
- I will be mindful of how much time I spend in front of screens, and I will continue to enjoy the other activities — and people — in my life.
- If using media or being online is making me unhappy or it's hard to stop, I will take a break and talk to a family member.
- _____

... communicate openly.

- I will talk to my family about what media I use and what I do online and answer any questions they have openly and honestly.
- I will tell my family if I'm struggling with media use, have made a mistake online, or need help.
- _____

In exchange, my family agrees to:

- recognize that media is a big part of my life, even if they don't always understand why.
- talk with me about what worries them and why before saying "no."
- talk to me about my interests and embrace my world, including helping me find media that's appropriate and fun.
- _____

X

SIGNED BY ME

X

SIGNED BY MY PARENT OR CAREGIVER

https://www.commonsensemedia.org/sites/default/files/featured-content/files/common_sense_family_media_agreement.pdf

Stay Connected Online

- **Be on the same platforms**
- **Follow your children / friends**
- **Share**

Build Self-Confidence

Focus on the positive
Embrace imperfections
Be kind to yourself



YOU ARE
GOOD
ENOUGH

Educate & Discuss



- **Don't share personal information**
- **Block unwanted content**



- **Keep account private**
- **Take breaks**
- **Ask for help**

Model the Behavior

Put the phone away

Talking in person

Mealtime

Sporting events

Concerts

Driving

Homework/Work



Meal Times



Additional Tips

- Consistent time to shut down screens
 - 30-60 minutes before bed time
- Establish a screen free zone in all bedrooms in the home
- Choose an appropriate bed time to ensure 8+ hours of sleep
- Educate them on the **why**
 - Sleep deprivation
 - Lost time
- Encourage healthy bedtime routines
 - Low light
 - Spend time reading / connecting

21 days to make a new habit



Parent Resources

National Parent Helpline

<https://www.nationalparenthelpline.org/>

We provide vital information, support, and referrals through calls, texts, and chats to diverse parents, children, and youth seeking help nationwide. The National Parent & Youth Helpline TM is operated by Parents Anonymous ® and available 24 hours a day/7 days a week.

Mental Health America

General Parenting Mental Health Resources

<https://mhanational.org/mental-health-resources-parents>

Find resources on caregiving as a parent - whether caring for children or your own parents.

San Diego County Office of Education

Mental Health Supports- Resources and Information for Parents

<https://www.sdcoe.net/students/health-well-being/mental-health-supports>

Prioritizing mental health is important for students to be able to learn effectively; it's also a key component that helps staff teach and support learners every day. The San Diego County Office of Education (SDCOE) has compiled resources and information for students, families, and schools that keep mental health supports top of mind.

SDCOE Teen Guide to Mental Health and Wellness

SDCOE Young Person's Guide to Wellness

SDCOE Parent Resources

Parent Guidance

<https://parentguidance.org>

Are you worried about your child? We offer education and therapeutic support to empower and give you hope as you support your child's mental health. View Courses 50% of parents [...]

Resources

San Diego & Riverside County Resources

National Suicide Prevention Lifeline
<https://suicidepreventionlifeline.org>
800-237-8255 (TALK)

It's Up to Us
<https://up2sd.org>

National Alliance on Mental Illness
<https://www.nami.org/Home>

Healthy Children.org by American Academy of Pediatrics
www.healthychildren.org

American Psychiatric Association
www.psychiatry.org

Children's Physicians Medical Group www.cpmgsandiego.com

Centers for Disease Control and Prevention (CDC)
www.cdc.gov

San Diego County Department of Public Health
www.sandiegocounty.gov/content/sdc/hhsa/programs/phs.html

Riverside County Department of Public Health
www.countyofriverside.org

Children's Primary Care Medical Group www.cpcmg.net
Rady Children's Hospital San Diego www.rchsd.org

Resources

Rady Children's Hospital Emergency Department
3020 Children's Way, 1st floor, San Diego, CA 92123
Phone: 858-966-8005

Rady Children's Behavioral Health Urgent Care
4305 University Avenue, Suite 150, San Diego, CA 92105
Phone: 858-966-5484
Walk-in Clinic: Monday-Friday: 4 p.m. to 8 p.m.
By Appointment Only: Monday-Friday: 9 a.m. to 4 p.m.

Access and Crisis Line – 888-724-7240

Crisis text line – 741-741
<https://www.crisistextline.org>
Text HOME to 741741

Smart Care / Behavioral Health Consultative Service
Parent Line: 858-956-5901

2-1-1 San Diego
www.211sandiego.org
Feeding San Diego
<https://feedingsandiego.org/find-food/>
858.452.3663

San Diego Food Bank
<https://sandiegofoodbank.org/>
Phone (Local): 1-858-527-1419
Phone (Toll Free): 1-866-350-3663

References

<https://www.sleepfoundation.org/teens-and-sleep/screen-time-and-insomnia-for-teens#references-81430>

<https://www.common SenseMedia.org/research/the-common-sense-census-media-use-by-tweens-and-teens-2021>

<https://www.healthychildren.org/English/fmp/Pages/MediaPlan.aspx>

<https://www.pewresearch.org/internet/2023/12/11/teens-social-media-and-technology-2023/>

<https://www.hhs.gov/surgeongeneral/priorities/youth-mental-health/social-media/index.html>

<https://www.common Sense.org>

https://www.common SenseMedia.org/sites/default/files/research/report/2022-infographic-8-18-census-web-final-release_0.pdf

<https://jamanetwork.com/journals/jamapsychiatry/fullarticle/2749480>

<https://www.sleepfoundation.org/how-sleep-works/sleep-and-social-media>

<https://www.aap.org/en/patient-care/mental-health-minute/social-media-and-adolescent-mental-health/>

https://www.healthychildren.org/English/family-life/Media/Pages/Adverse-Effects-of-Television-Commercials.aspx?_gl=1*67ckgz*_ga*ODA4NjMwNzk2LjE3MDU0NDEwMjM.*_ga_FD9D3XZVQQ*MTcwNTk0NjA0My4zLjAuMTcwNTk0NjA0My4wLjAuMA..

https://www.healthychildren.org/English/family-life/Media/Pages/Cyberbullying.aspx?_gl=1*vqpgu1*_ga*ODA4NjMwNzk2LjE3MDU0NDEwMjM.*_ga_FD9D3XZVQQ*MTcwNTk0NjA0My4zLjAuMTcwNTk0NjA0My4wLjAuMA..

https://www.healthychildren.org/English/family-life/Media/Pages/Points-to-Make-With-Your-Teen-About-Media.aspx?_gl=1*1pn3fh3*_ga*ODA4NjMwNzk2LjE3MDU0NDEwMjM.*_ga_FD9D3XZVQQ*MTcwNTk0NjA0My4zLjAuMTcwNTk0NjA0My4wLjAuMA..

<https://cyberbullying.org/category/presentations/community-presentations>

<https://www.hhs.gov/surgeongeneral/priorities/youth-mental-health/index.html>

Questions?

Thank you