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.
"Teens, Social Media and Technology 2023"

PEW RESEARCH CENTER

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

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

(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

More complex expectations

- Classes
- Activities
- Chores
- Relationships
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

Me
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
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
“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 devices I'm using and tell my family if it's broken, stolen, or lost. As a family, we have agreed on the consequences of losing or breaking 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. If I 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, harass, 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, refer to, 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.

...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 going 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 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.

Signed by me: __________________________
Signed by my parent or caregiver: __________________________

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www.commonsense.org
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
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
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.healthychildren.org/English/parenting/partnerships/Resources/Pages/MediaPlan.aspx
https://www.hhs.gov/surgeongeneral/priorities/youth-mental-health/social-media/index.html
https://www.commonsense.org
https://jamanetwork.com/journals/jamapsychiatry/fullarticle/2749480
https://www.sleepfoundation.org/how-sleep-works/sleep-and-social-media
https://www.healthychildren.org/English/family-life/Media/Pages/Adverse-Effects-of-Television-Commercials.aspx?_gl=1*67ckgz*_ga*ODA4NjIwNzcxLjE3MDU5NDEwMjM.*_ga_FDS93XZVQQ*MTcxNTk0NjA0MlyzLjA*MTcwNTk0NjA0MlywLjA*
https://www.healthychildren.org/English/family-life/Media/Pages/Cyberbullying.aspx?_gl=1*vqpgu1*_ga*ODA4NjIwNzcxLjE3MDU5NDEwMjM.*_ga_FDS93XZVQQ*MTcxNTk0NjA0MlyzLjA*MTcwNTk0NjA0MlywLjA*
https://www.healthychildren.org/English/family-life/Media/Pages/Points-to-Make-With-Your-Teen-About-Media.aspx?_gl=1*1pn3fh3*_ga*ODA4NjIwNzcxLjE3MDU5NDEwMjM.*_ga_FDS93XZVQQ*MTcxNTk0NjA0MlyzLjA*MTcwNTk0NjA0MlywLjA*
https://cyberbullying.org/category/presentations/community-presentations
https://www.hhs.gov/surgeongeneral/priorities/youth-mental-health/index.html
Questions?
Thank you