

[Replay Link - English](#)



## Salt Lake City School District Families

*join our next Mental Health Series*

### Social Media: Protecting Your Child by Staying Aware & Involved

Protecting children from technology that moves so fast is very difficult to manage. Oftentimes, the way parents react can make the issues worse.

**Course Created by:**

Dr. Kevin Skinner, LMFT, CSAT, EDMR

**This session covers the following:**

- Learn the parenting pitfalls
- Practical solutions to effectively manage technology use
- Educate about the truths of Our Devices
- Device Awareness
- Avoid being blindsided
- Expecting Challenges
- Disciplined Parenting



# Side Effects of Social Media



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**Active ingredients:** Connection, community, good feels, humor, information, fake news, cruelty, insults, emotional turmoil.

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**Uses:** ■ connect with friends, family ■ communicate ■ offer and gain support  
■ build relationships ■ share inspiring stories ■ find community ■ plan together ■ gain information ■ share photos, videos ■ promote work ■ create

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**Warnings -- May cause:**

■ Sleep disruption, daytime drowsiness ■ Inattentiveness ■ Diminished feelings of accomplishment ■ Fear of Missing Out (FOMO) ■ Feelings of inadequacy  
■ Feelings of exclusion ■ Decreased face-to-face interaction ■ Unrealistic appearance standards ■ Screen addiction ■ Feelings of anxiety ■ Chest or stomach pain ■ Lost motivation ■ Delays in learning ■ Increased risk-taking ■ Bullying ■ Isolating behaviors ■ Decreased physical activity ■ Depressive symptoms ■ Compromised eye health ■ Unrealistic views of self ■ Increased self-absorption  
■ Relationship discord

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**When using this product -- keep in mind:**

Short clips (posts, videos, stories) do not truly represent real life. Photoshop edits, filters, and retouching apps intensify unrealistic beauty standards.

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**Directions: not recommended for ages 13 yrs and under**

**For Ages 14 yrs and up:**

■ Note which active ingredients you're consuming and various effects.  
■ Be aware of associated thoughts and feelings during use.  
■ Curate your feed to experience positive feelings during use.  
■ Do not use a minimum of thirty minutes prior to bedtime.

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**Keep out of reach:**

■ When feeling down, alone, or isolated-can cause negative downward spiral.  
■ During breakups-can increase difficult feelings, excessive app checking, hinder ability to let go.  
■ When use prevents RL interactions- opting out of in-person events, use limits eye contact.  
■ If drinking alcohol-may cause excessive messaging; increase embarrassment following day.  
■ If receiving unwanted advances, nude pics, scams. If instincts say "this feels off."  
■ Following a crisis or trauma-seek professional help and in-person connections.

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**Possible Negative Interactions -- Do not mix with:**

■ Insecurities-can increase current or create new self-doubts.  
■ Boredom or infatuation-may cause binge scrolling.  
■ Feelings of depression or anxiety-may heighten negative emotions.

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**Stop Use or Seek Support if:**

■ Use causes obsessive behavior, excessive app checking.  
■ Use exceeds more than two hours per day.  
■ Confusion occurs between reality vs. non-reality.  
■ You feel yourself being sucked into the illusion of perfection.  
■ Comparisons cause destructive thoughts and feelings.  
■ Difficult feelings worsen.

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# My Social Media Rx

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**Active ingredients:** Describe how social media impacts:

- your thoughts:
- your mood:
- how you view yourself:

**Uses:** How do you want to use your time online?

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**Warnings -- May cause:**

What issues concern you about social media?

**When using this product -- keep in mind:**

What have you noticed about yourself or your friends when going online?

**Directions:** not recommended for ages 13 yrs and under

What do you recommend for yourself?

- Specific apps to delete?
- Who / What to follow?
- Who / What to unfollow?
- Hard stop for time online?

**Keep out of reach:**

- When...
- If...
- 
- 
- 

**Possible Negative Interactions:** What should you avoid mixing with social media?

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**Stop Use or Seek Support if:**

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- You feel yourself being sucked into the illusion of perfection.
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- Difficult feelings worsen.

WHAT ELSE?

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designed by:  
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