

# Social Media, Teens, & Mental Health



## Event Information

- Presenter: Joshua Stein, MD - Child and Adolescent Psychiatrist - PrairieCare/Psychiatric Assistance Line
- **Thursday, January 30, 6:30-8:00 PM**
- **Chanhasen High School Forum**
- Community forum - parents, staff, & community members welcome

## Learning Objectives

- How and why to do a digital check in
- Indications for care based on the 2023 Surgeon General's recommendations
- How to help teens build upon their own awareness to care better for themselves



# #Stigma180

Social media is a uniquely connective, enjoyable and likely dangerous normative aspect of adolescent development. While it can lead to connection, it can also lead to mental health concerns and bullying. Trends and patterns of social media use in teens will be presented to understand the current climate of screen time

