

2024 Rady's Mental Health Webinar Series Facilitator Guide for Parents/Caregivers

Reflection Questions and Answers

January 24, 2024

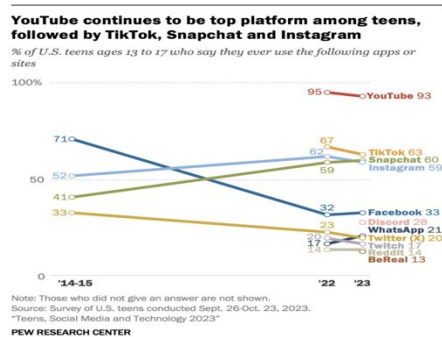
Social Media's Impact on Youth Mental Health

Hilary Bowers, MD, FAAP

Short description of webinar: *Social media use has been linked to increased rates of depression and anxiety among youth. Join renowned pediatrician and mental health expert Hilary Bowers, MD, FAAP as she shares timely research on the subject. Her insight and tips will offer beneficial ways to manage and model the healthy use of social media with the teenagers in your life.*

Pre-Webinar Activity:

1. Name that social media platform. How many can you list?



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Post-Webinar Possible Questions:

2. Are there any social media platforms missing from the ones you mentioned before the webinar?
3. How many hours do you think your child spends on social media per day?
4. Which social media platforms are the teens in your life using?
5. Have you noticed any negative impacts of social media on teens in your life?

Social Media



May Contribute to

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



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

6. What strategies would you use to manage social media use by teenagers in your life?

Possible answers:

- Strengthening relationships
- Listen to learn
- Participate in things they enjoy
- Build their self-confidence

7. Which strategies might you use to support your teens' healthy social media use?

Possible answers:

- Create a contract with shared agreements
- Educate them on the why and discuss the agreement
- Stay connected on the same platforms as your children and their friends
- Encourage healthy bedtime routines

8. List three ways you can model healthy social media use to the teens in your life.

Possible answers:

- Putting your own phone away during events and while driving
- Have no-phone mealtimes
- When talking to your child, put phone away