

Mental Health Minute - Social Media

Audio	Video
Dr. Sal Let's talk about the latest buzz today. Social Media. Hi. I'm Doctor Sal, and I'm a second year child and adolescent fellow at LSU Health Shreveport.	Medium shot of Dr. Sal speaking on camera to the viewer. Mental Health Minute Animation.
We know high screen time is linked to anxiety, depression, body image struggles, and even self-harm. It can impact attention, sleep, and even decision making.	Tight Shot of someone using a cell phone, Animation of text.
Dr. Sal And it taps into the brain's reward system. Making it hard to log off.	Medium shot of Dr. Sal speaking on camera to the viewer holding a phone, animation of Dr. Sal on the phone.
but it's not all bad. Social media can help kids feel supported, connected and give them a space to be creative. So how do we keep them safe? It takes a team approach.	Medium shot of Dr. Sal speaking on camera to the viewer.
Parents, have open conversations. Set limits. Model healthy habits. You can even create a social media contract together.	Montage of healthy phone use and a social media contract.
Providers, shared trusted resources like connect safely. where you can also find a social media contract available and use tools like the PRISUS3 to screen for risky use. Policymakers push for stronger privacy protections and safer online environments for kids.	Montage of ConnectSafely.org website, montage of phone use.
Kids, this part's for you! You have to ask yourself, does this make me feel better or worse? What am I getting out of this? Can I stop? Or is it controlling me? And remember, you should control your screen. Your screen should never control you.	Medium shot of Dr. Sal speaking on camera to the viewer. LSU Health Shreveport logo animation.