



SCHOOL
BASED
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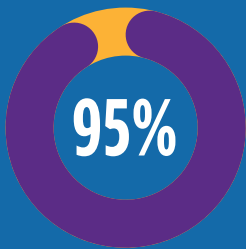
TECHNOLOGY AND SOCIAL MEDIA USE IN YOUTH

TIPS FOR BUILDING HEALTHY MEDIA HABITS FOR YOUR CHILD

1 IN 10



CHILDREN AGES 5-12 COMMUNICATE
WITH AN AI CHATBOT



PERCENTAGE OF TEENS THAT REPORT
USING SOCIAL MEDIA
MORE THAN 33% REPORT USING
SOCIAL MEDIA **"ALMOST CONSTANTLY"**



AVERAGE
NUMBER OF
HOURS TEENS
SPEND ON
SCREENS

References

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Office of the Surgeon General. (2023). Social media and youth mental health: The U.S. Surgeon General's advisory. U.S. Department of Health and Human Services. <https://www.hhs.gov/sites/default/files/sg-youth-mental-health-social-media-advisory.pdf>

POTENTIAL DANGERS OF TECHNOLOGY

Adolescent brains are vulnerable during this period of development and can be impacted by frequently using technology and social media:

- Youth are at-risk for **social pressure and peer comparison** due to developments in the amygdala (emotional learning and behavior) and the prefrontal cortex (impulse control, emotional regulation, and social behavior).
- Greater social media usage predicts **poor sleep quality, obesity, online harassment, poor body image, low self-esteem, and higher depressive symptom scores** with adolescent girls being particularly at-risk.
- Increased internet use exposes youth to **risky behaviors, sexually explicit content, and online predators**.

HOW TO BUILD HEALTHY MEDIA HABITS

- Work together to create a **Family Media Plan** to set rules around technology use. Click [here](#) for a helpful tool to get started.
- Research the digital content your child wants to watch by using **age-based review platforms**, like [Common Sense Media](#).
- **Limit time on social media and encourage in-person connection and physical activity**. One study with older adolescents found limiting social media use to 30 minutes daily led to significant improvements in depression severity.
- Learn about built-in **"Do Not Disturb" features** on your child's devices and activate them during school, family meals, and bedtime.
- Review **social media privacy features** with your child and talk about how to be safe online. Click [here](#) for tips to get started.

This resource is provided on behalf of the partnership between your child's school and the School-Based Diversion Initiative (SBDI). To learn more about SBDI and how it improves student outcomes, please visit ctsdbi.org or email Gianna Mendes gmendes@chdi.org