



# UNTANGLING THE WEB: HOW SOCIAL MEDIA AFFECTS MENTAL HEALTH

PRESENTED BY:

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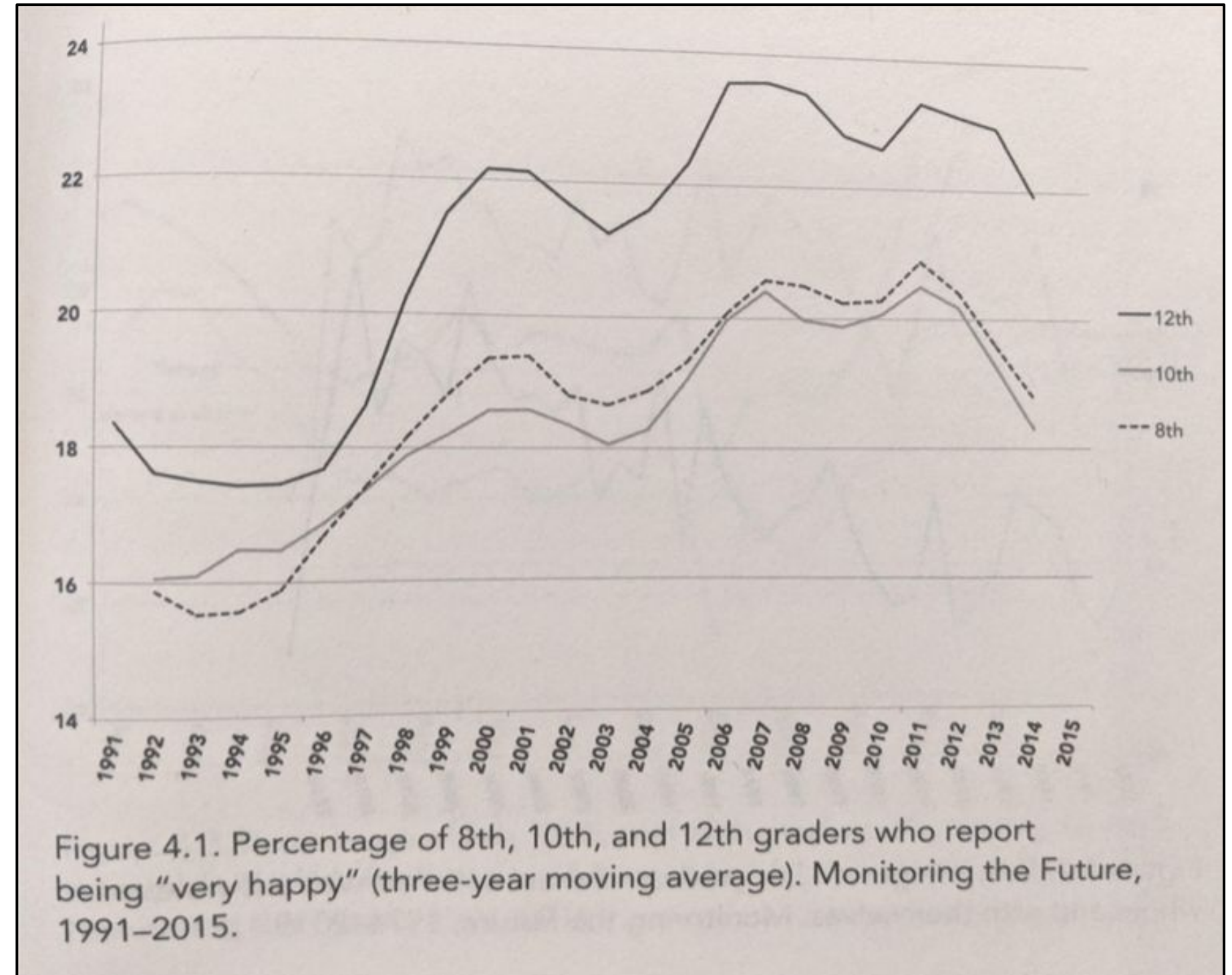


# TRENDING NOW: ↓ HAPPINESS

## iGen:

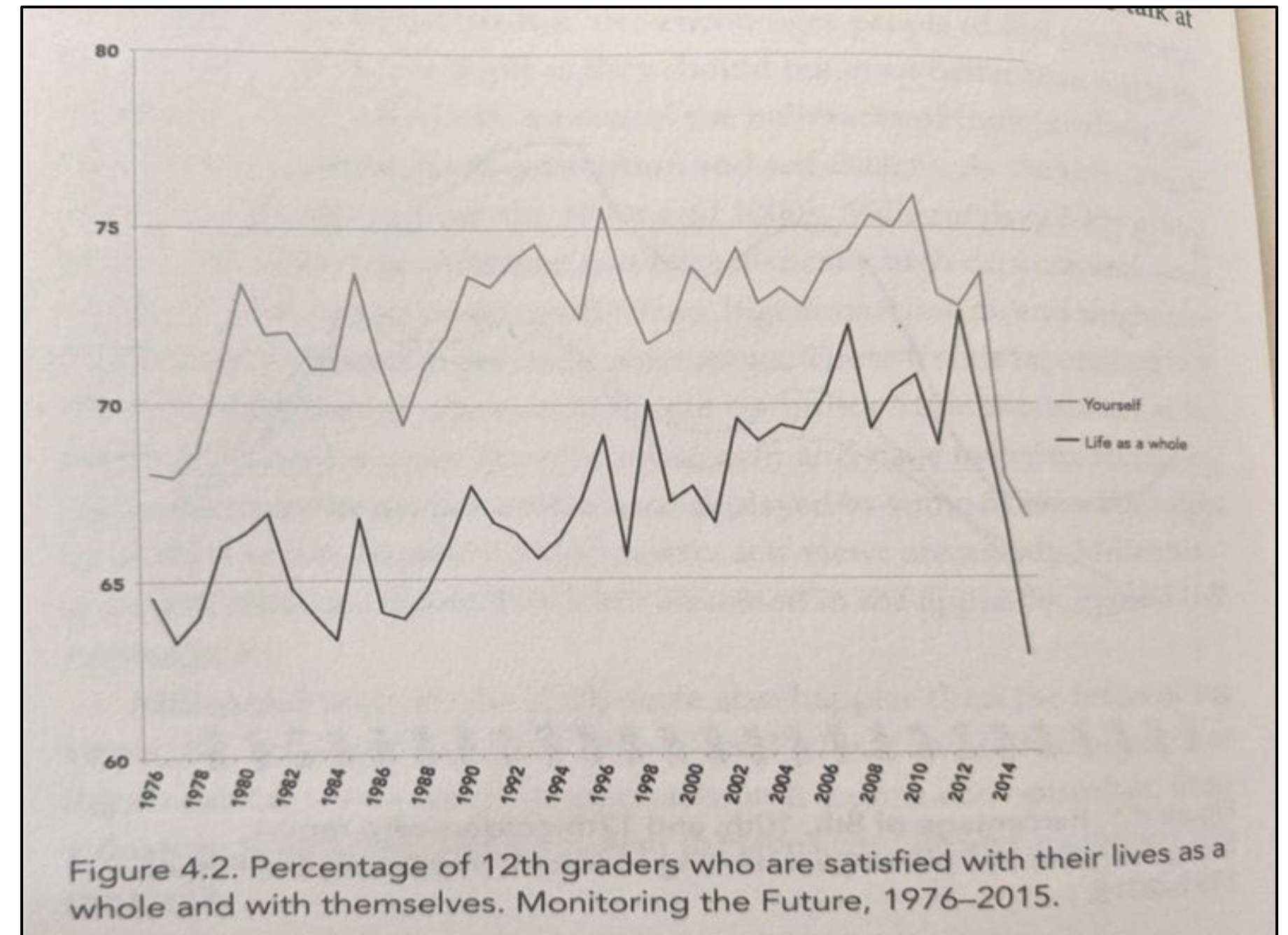
*Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy--and Completely Unprepared for Adulthood--and What That Means for the Rest of Us*

*by Jean Twenge*



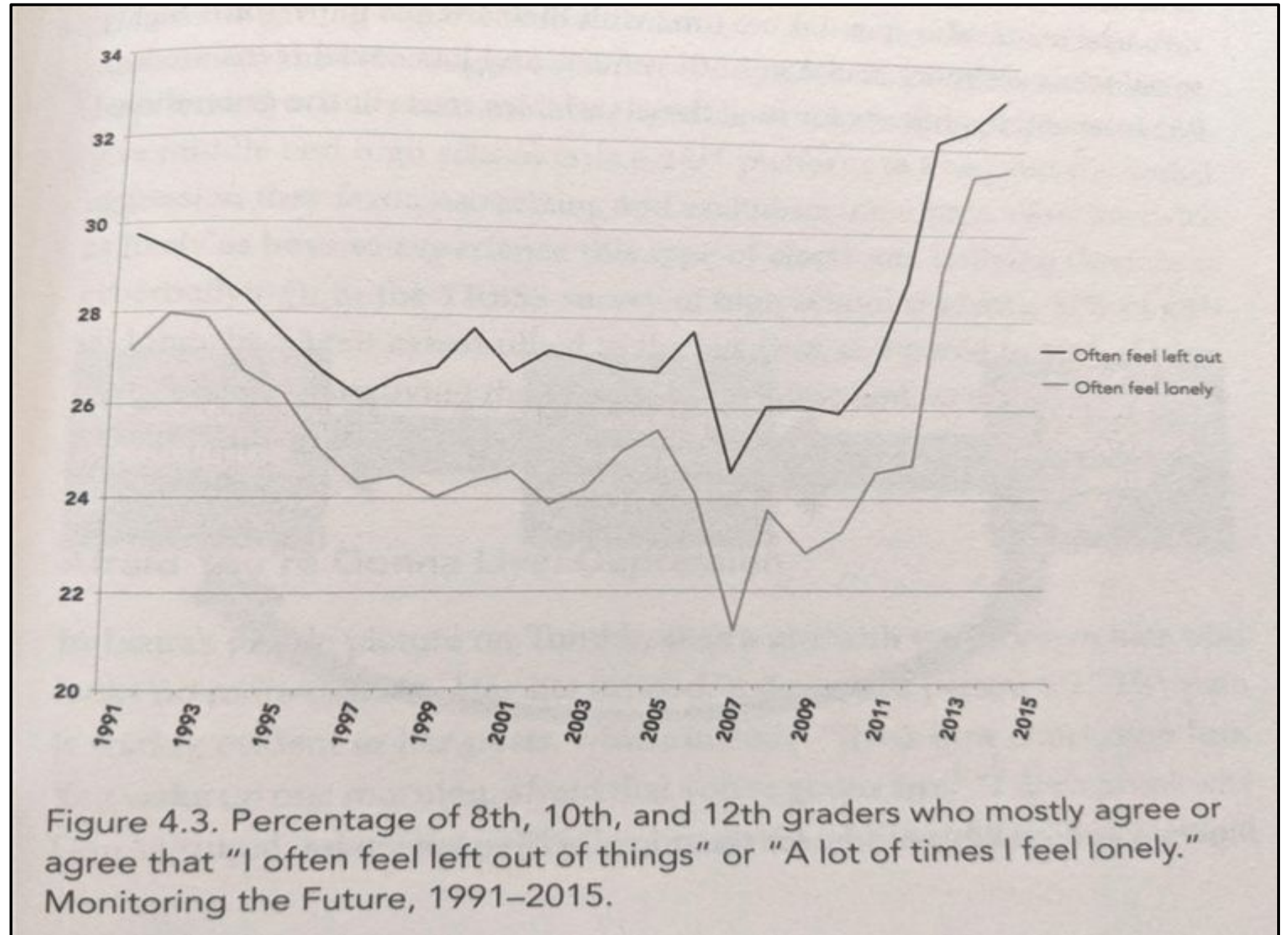
# TRENDING NOW: ↓ SATISFACTION

- yourself vs. life as a whole



# TRENDING NOW: ↑ FEELING LEFT OUT

- often feel left out and lonely



# PATTERNS OF DIGITAL MEDIA USAGE

- Americans spend between 10 and 12 hours a day using some form of media
- Average age of social media accounts: 12.5 years of age
- 45% are online almost constantly and 97% use a social media platform (teens)
- Ages 13-18 = 9 Hrs/Day , Ages 8 -12 =6 Hrs/Day (Rideout, 2015)
- On my device within 5 minutes of waking up = 25% (PR Newswire, 2013,

March 19)

A woman with long dark hair is lying in bed, propped up on her left arm, looking down at a smartphone in her right hand. She is smiling slightly. The bed has white pillows and a white sheet. The lighting is warm and soft.

# RESEARCH ON SCREEN TIME

## **With infants and empathy:**

- Parent/Guardian impact

## **Sleep:**

- Sleeping With a Device: -20.6 minutes/night (Falbe et. al., 2015)
- Bedside Device = Less Sleep/Poorer Sleep (Klodiana, et. a., 2014)
- ↑ Blue Light ↓ Melatonin
- Social Media Use 30 minutes before bed = ↑Sleep Disturbance (Levenson, et. al, 2017, July)
- Sleep deprivation is linked to increased anxiety, stress, depression, and also substance abuse

## **Obesity:**

- 2+ hrs/Day = 2x Obesity (Wood, et. al., 2013)

# SOCIAL MEDIA IMPACTS & ISSUES

- “Culture of Comparison”
  - “I’m never going to be as good as these people.”
  - Increase risk of depression and isolation; risk factors for suicide, especially if bullying in the mix
- Cyberbullying
  - 75% of teens report being cyberbullied at some point
- Those with ADHD are more prone to more time on social media and gaming
- Increases anxiety (Fomo, likes, fear in the world, etc)
- Creates an augmented reality through filters, edits
- “Snapchat Dysmorphia”
- Research shows that: the more you use social media, the more unhappy you become



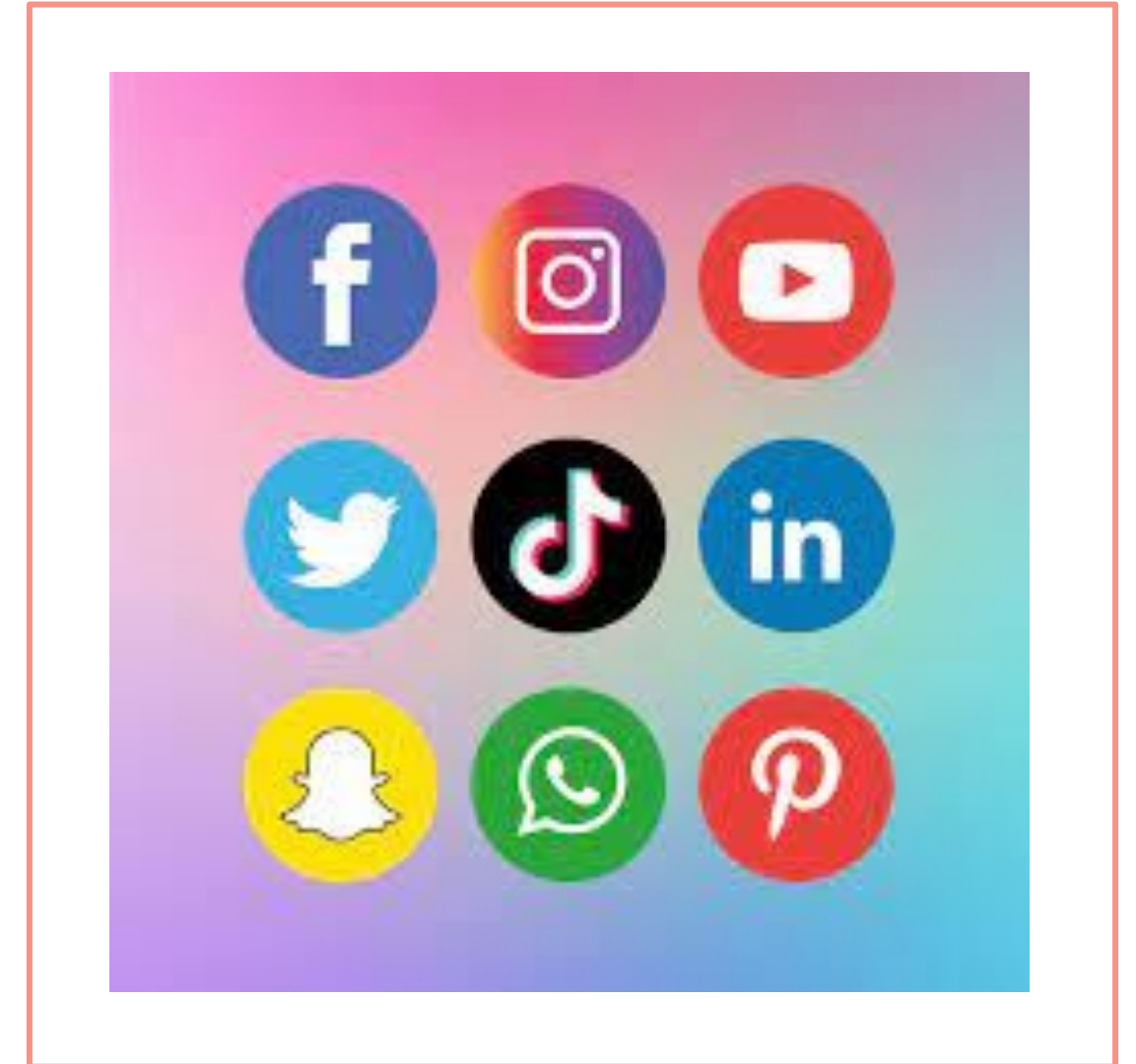


# SOCIAL MEDIA ISSUES CONTINUED...

- Addictiveness
  - Losing followers can change your mood
- Personal Boundaries
  - “This is the new reality of teen social life: it’s conducted online, for all to see with clear messages about who’s in and who’s out.” (Twenge, 2017)
- Time Boundaries
- Anonymity, Incivility, & Misinterpretation
- Emotional Readiness
- Developing Identity vs. Conformity
- Impacts:
  - Ability to think for oneself, concern for others & loss of in-person skills

# POSITIVE TAKES FROM SOCIAL MEDIA

- Business Promotion
- Content Creation
- Good Influencers
- Bring People Together; Peer Connection
- 12th grade girl: “With my friends we boost our self-confidence with each other”



# STRATEGIES FOR NAVIGATING

- Modeling
- Mentoring Outlasts Monitoring
- Assessing
- Limit Setting
- Perspective



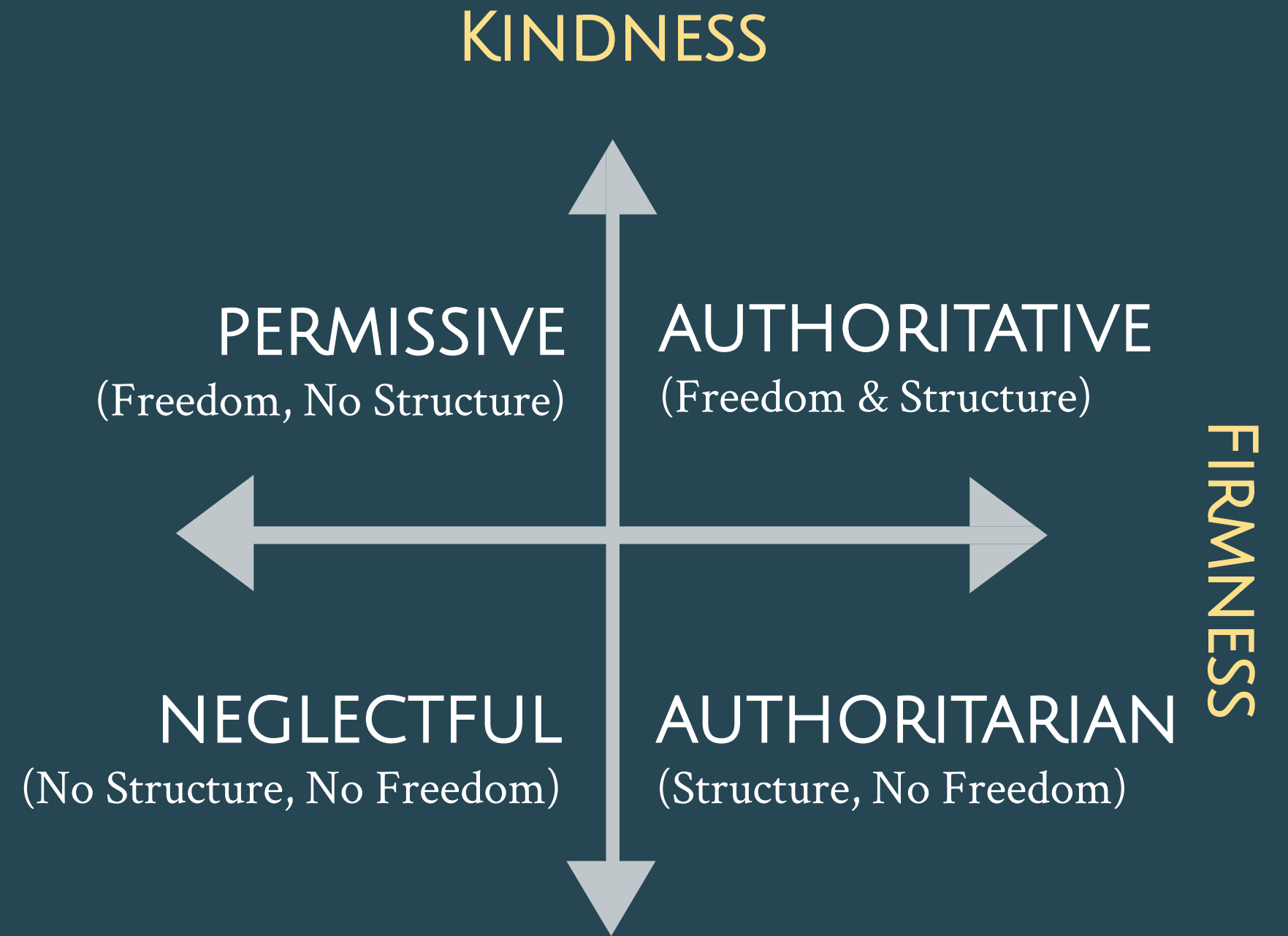
# MODELING

- “Empathy is the App” = Benign Curiosity
  - Be curious about kids lived experiences with technology
  - Have we done a good enough job modeling the right things?
- Balanced and boundaried use of your own devices
- Think about what you are posting, what are you modeling?



# PARENTING STYLES

*a balance between kindness and firmness is key*



# MENTORING OUTLASTS MONITORING

(HEITNER, 2016)

- Foster Discernment
- Practice Benign Curiosity
- Responses over Consequences
- Screen time: Consumption vs. Creation
- Collaborate on Solutions (Co-create)



# MENTORING THROUGH EDUCATION



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# ASSESSING FOR ONLINE OR GAMING ADDICTION

## PROBLEMATIC AND RISKY INTERNET USE SCREENING SCALE (PRIUSS)

18 Item, 4-point Scale  
(0 for Never - 4 for Very Often)

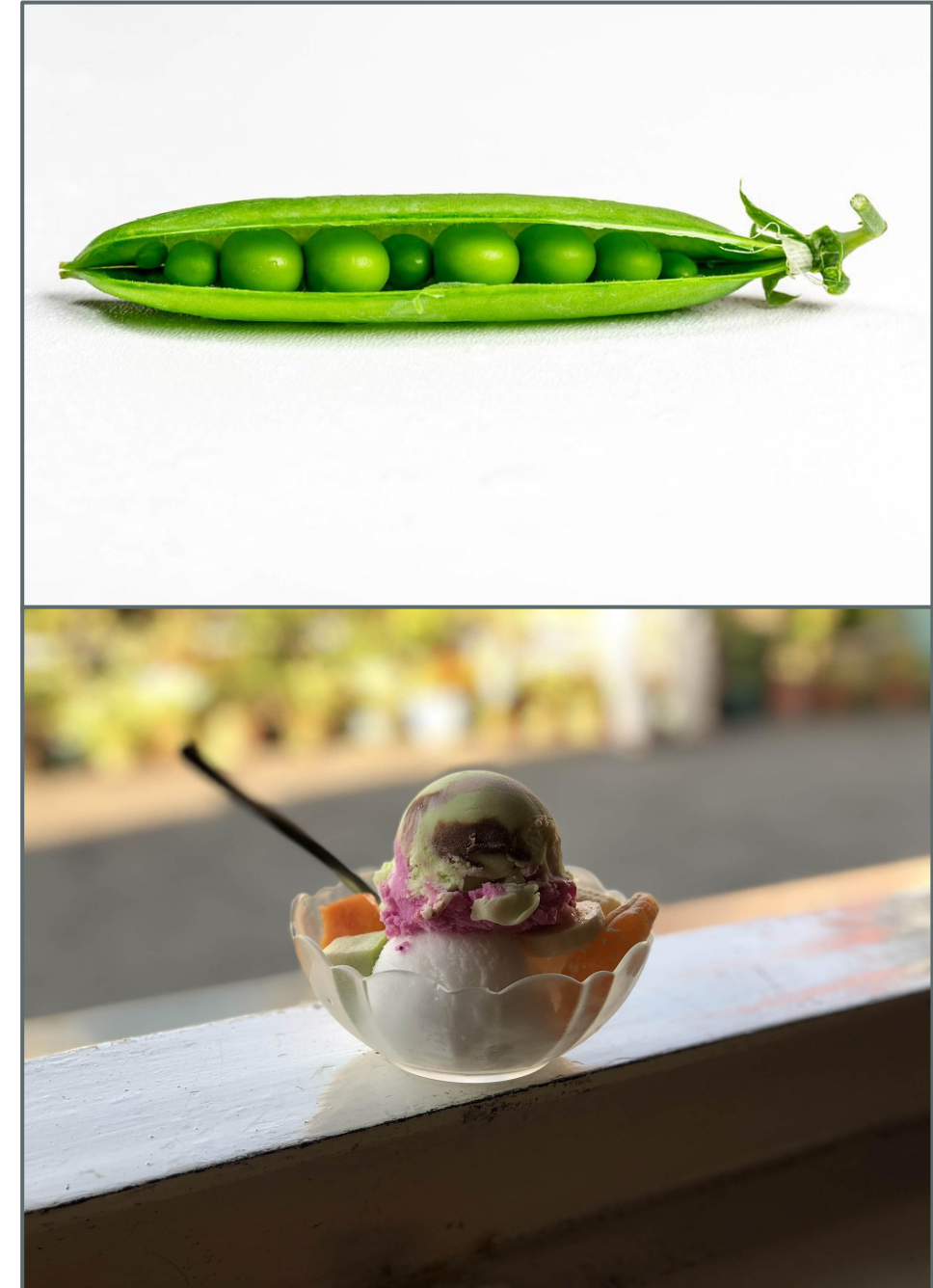
### Measures:

- Social Impairment
- Emotional Impairment
- Risky/Impulsive Internet Use
- Cumulative Scale score of 25+  
indicates problematic use



# LIMIT SETTING (HEITNER, 2016)

- Reflection over Restriction
- Time Limits: How is the time being spent?
- Content Limits: Grand Theft Auto and Cops & Robbers
- Gradual release of responsibility
- Grandma's Rule
  - First go exercise or do their homework or whatever activity that is healthy for them, then they can open up social media



# PERSPECTIVE

If you decide to monitor use....

What are you looking for?



Empathy first...Benign Curiosity



How will you respond?



Consequences: Applied or Natural?



# Q & A

thank you!



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