

Harms of social media

Rates of mental health issues among youth have increased over the past two decades, correlating strongly with access to and use of social media. Your child's brain is developing rapidly, making them more susceptible to the harms of social media. And though they might put on a brave face, they could be hurting underneath. It's time to unmask the harms of social media.



What does the data show?

Up to **95%** of youth aged **13-17** use a social media platform, with more than a third saying they use social media **"almost constantly."**

(The U.S. Surgeon General's Advisory)

Parents report: **76%** of Utah children use social media in some capacity, **57%** use it **7 days a week**, and **53%** use it **1-3 hours a day**.

(Social Media Survey)

Mental illness in teens **increased between 50% and 150%** from 2009 to 2019.

(Jonathan Haidt)

Young adults who use social media are **3x as likely** to suffer from **depression**.

(University of Utah Health study)

88% of Utah parents say social media has a **detrimental impact** on the mental health and well-being of children.

(Social Media Survey)

Technology use within 1 hour of bedtime, and **social media use in particular**, is associated with **sleep disruptions and attention problems**.

(APA)

When asked about the impact of social media on their **body image**, nearly half (**46%**) of youth aged **13-17** said social media makes them **feel worse** and **40%** said it makes them **feel neither better nor worse** and only **14%** said it makes them **feel better**.

(The U.S. Surgeon General's Advisory)

How can I protect my child?



Create a family media plan with expectations of how and when to use technology and social media.



Learn about social media platforms and how they work.



Make time to connect with your child device-free.



Model responsible online behavior for your child.



Reconsider allowing your child to have social media and encourage them to wait to use it until they are an adult.



Create tech-free zones and find opportunities throughout the day to choose to put the screens away.



Have open and honest discussions with your child about the harms of social media and spending time online.