

# Inspired by the U.S. Surgeon General's Advisory

## SOCIAL MEDIA & YOUTH MENTAL HEALTH



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**Developmental impact of social media on kids**

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**Positive aspects of social media**

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**Caution about social media use for our children & teens**

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**The disproportionate impact on females**

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**Sources of support for our children**



**Adolescence (ages of 10 to 19) is a critical period for brain development during a vulnerable time when:**

- Risk-taking behaviors reach their peak.
- Moods and feelings of well-being fluctuate.
- Depression and other mental health challenges emerge.



**However, teens often report positive aspects of social media that help them address the stressors of life.  
Let's highlight the data...**



**71 % of adolescents report that social media provides them with a creative outlet.**



Platforms such as YouTube, TikTok & Instagram provide a space for student self-expression through art, podcasts, music, writing, photography, and videos.

**80% of teens report feeling more connected with what's happening in their friends' lives.**



Social media platforms are a means to keep in contact, organize activities, and communicate plans for in-person gatherings. Schools also use social media to highlight events, staff & students.

## Social media is a valuable source of educational content.



Exposure to diverse perspectives & cultures on social media can broaden horizons and foster cultural awareness & empathy.

Teens can follow educational accounts, participate in online courses, and access resources to gain knowledge & learn new skills.

**58% of adolescents say social media helps them to feel more accepted.**



**7 of 10 adolescent girls of color report encountering positive or identity-affirming content related to race across social media platforms.**

**67% like that they have people who can support them through tough times.**



In addition to peer support, social media has also contributed to normalizing counseling and therapy.

For more information on professional development and parent academy opportunities on this topic visit us at [thrivealliancegroup.com](https://thrivealliancegroup.com) or call (862) 701-5110.