

Teen Social Media Use

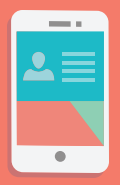
& Mental Illness



The Beginning:



- 1995 - Birth of Public Internet
- 2006 - Facebook available to 13 YO
- 2007 - First iPhone released
- 2010 - First iPad released



- In 2012, 23% of teens had access to a smartphone. In 2017, 95% of teens had access to a smartphone.

-PEW Research Center



- Deaths from suicide (ages 0-17) have increased 84% over the last decade. (07-16)
- Suicide rates among girls (ages 10-14) have increased 231% in the last decade (07-16)
- High school students who reported seriously contemplating suicide increased from 13.8% to 17.7% (09-15)

-Pain in the Nation Education Brief, April 2018

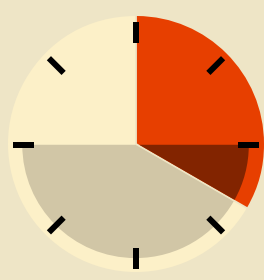
- Teens on average spend 9 hours a day on media (tv, youtube, games, social)
- 45% of that time is spent on social media (snapchat, instagram, twitter)

-Common Sense Media; PEW Research Center

Teens who spend more time than average on screen activities are more likely to be unhappy, and those who spend more time than average on non-screen activities are more likely to be happy. There's not a single exception. All screen activities are linked to less happiness and all non-screen activities are linked to more happiness.

-Have Smartphones Destroyed a Generation? The Atlantic 6/29/18

- The average teen checks their phone more than 80 times a day



Anxiety - the keep-you-up, leave-you-immobile variety is this generation's brick wall...Experts estimate that 1/4 of teens and as many as 1/3 of teen girls have an anxiety disorder.

-Generation Vexed; Deseret News 6/29/18

...The effect of screen activities is unmistakable: The more time teens spend looking at screens, the more likely they are to report symptoms of depression.

-Have Smartphones destroyed a Generation? The Atlantic 6/29/18

Teens who spend three hours a day or more on electronic devices are 35% more likely to have risk factors for suicide.

-Have Smartphones destroyed a Generation? The Atlantic 6/29/18

WHAT CAN BE DONE?

Parents & Families

- Parents follow and look at their teens social media accounts. Know the apps and check them often
- Create social media/technology contracts with teens that include behavior expectations, time limits, and consequences
- Be aware of multiple social media accounts! Teens may create fake accounts (finstagram, hidden apps) to hide their activity.



Schools

- Train teachers and administrators on suicide awareness and prevention
- Train teachers and administrators on mental health symptoms
- Research and implement school-wide mental health screenings
- Establish a system to identify and help at-risk students
- Ensure an engaging educational program that includes the arts, CTE, and PE.

