

What the Experts Say About Social Media

THE BAD:

- Facing a distorted view of what is considered “healthy” in relationships
- Exposure to (cyber) bullying
- Having less developed social skills
- Can impact sleep, mood and mental health

Social Media: Protective Strategies-The Smart

- Turning off electronics around an hour before bed
- When possible, take longer breaks from technology
- Accept requests online only from people you know
- Be aware of how much personal information posts online
- Accepting that looks are not what they appear to be online

If you have thoughts of suicide, call this hotline for assistance: 1-800-273-8255

Teen Crisis Website:
<https://calyouth.org/cycl/#:~:text=If%20you%20or%20someone%20you,%2D800%2D843%2D5200.>

References:

<https://www.pewresearch.org/internet/2018/05/31/teens-social-media-technology-2018/>

<https://www.mayoclinic.org/healthy-lifestyle/tween-and-teen-health/in-depth/teens-and-social-media-use/art-20474437>

<https://www.outbacktreatment.com/the-dangers-of-social-media-for-teens/>

<https://calyouth.org/cycl/#:~:text=If%20you%20or%20someone%20you,%2D800%2D843%2D5200.>

Social Media During COVID-19: The Good, the Bad and the Smart



BY CENTRO DE NIÑOS, INC.



WHAT THE EXPERTS SAY ABOUT SOCIAL MEDIA

The Good:

- Being able to build social networks
- Can provide valuable support
- Can help those who experience being left out, disabilities and long-term diseases
- Self expression
- Meaningful connection with peers
- Being able to talk with others



WHAT TEENS SAY ABOUT SOCIAL MEDIA

THE BAD:

- Cyberbullying
- Lack of physical/in-person contact
- Increased peer pressure
- Causing distractions and addiction
- Causing mental health issues



WHAT TEENS SAY ABOUT SOCIAL MEDIA

The Good:

- Being able to connect with friends and family
- Being able to easily find news and information
- Being able to meet with others that have the same interests
- Social Media is entertaining
- Being able to learn new things
- Able to get support from others

