SOCIAL MEDIA USAGE
A GUIDE FOR PLAYERS

SOCIAL MEDIA USAGE INCREASE

Tired of your parent complaining about your social media usage? Let's see what all the fuss is about.

The average teenager spends anywhere from 5 to 9 hours a day on social media and gaming devices (American Academy of Child and Adolescent Psychiatry). That means you are on your phone anywhere from 80-90% of the time you are not in school or asleep. So, on top of your parent missing you they also know that social media usage can lead to you:

- Feeling stressed
- Developing low self-esteem, depression, or anxiety
- Experiencing difficulty concentrating and becoming easily distracted
- Not wanting to engage in social activities
- Aggression
- Feeling hopeless and suicidal
- Being exposed to inappropriate content or people
- Having your identity stolen
- Being bullied

HOW CAN YOU HELP YOUR PARENTS UNDERSTAND YOUR USE OF SOCIAL MEDIA?

- Talk with your parent. Explain to and possibly show them how you are using social media; consider sharing your posts or a video.
- Collaborate on rules surrounding the use of social media/gaming.
- Go over internet safety rules with your parent.

SOCIAL MEDIA CHECK-IN

Have you tracked the number of hours you use social media on a daily basis?

Do you check-in with your mood after you use social media?

Take a break from social media and write down how you feel as you put down the phone. Are you restless? Irritable? Content?

How's your overall mood? Are you feeling anxious? Depressed? Think about what lead you to feel this way.

List your coping skills; do you have coping mechanisms that don't involve the use of social media?

Are you avoiding in-person gatherings to be on social media/video games?

Would you want your parent to see what you've posted or shared?

How's your sleep? Did you know the use of phones before or during your sleep negatively impacts your quality of sleep?

Want to decrease or manage your social media usage?

TRY THESE TIPS & TRICKS

- Create "no screen" times.
- Download apps which limit the use of social media.
- Do not text and drive (non-negotiable).
- Turn off notifications.
- Use one device at a time; try not to multitask.
- Try not using your phone for a half hour before bed.
- Place your phone on the charger away from your bed while you sleep.
- Write in a journal about how you feel as you decrease your usage of social media.
- Seek help if you are experiencing strong feelings of irritability, anxiety, depression, loneliness, or other negative feelings once you stop using social media. Always get help if you are experiencing any thoughts of killing yourself.

REMEMBER: If you feel like your teen is spending too much time on social media, **talk to your pediatrician or a qualified mental health professional.**

If you have concerns regarding your own safety, call 911 or 988

Spanish language hotline: 1-888-628-9454

RESOURCES

YOUTH ENGAGED 4 CHANGE (www.youthengaged4change.com)

SOCIAL MEDIA USAGE TO HELP SUPPORT YOUR MENTAL HEALTH (www.articlewebsite.com)

5 SOCIAL MEDIA HABITS EVERY TEEN SHOULD KNOW (www.5socialmediahabits.com)

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