



Social Media

Social Media apps like Instagram, Snapchat, and TikTok can be fun and are designed to appeal to teenagers. They can be good places for creative expression, connection with peers, and learning. We know negatives to social media as well. It is important to create healthy social media habits and use to avoid common pitfalls.

What you see

Social media can be a great place to explore personal style. **Care, but Don't Compare!**

It's natural to compare ourselves to others but on social media it may not be real. That video took many takes, that picture was edited, and content is idealized. View with caution.

What is posted

Social media should supplement time with friends and family, not replace it.

People may use social media to hurt others. Cyberbullying can take the form of verbal attacks, impersonation, exclusion, spreading rumors, or making threats online. If you feel this has happened you should write down what happened and when and share it with a trusted adult, then block the account.

Consider how you want to present yourself on Social Media. Use THINK: is what you have to say True, Helpful, Inspiring, Necessary, and Kind?



Scan for additional information

How you feel

Stress, anxiety, and FOMO (Fear Of Missing Out) can occur with excessive social media use.

It can feel like you're the only one not included, or that doesn't have this type of shoes, or looks this way...this isn't true.

What you can do

Set time to enjoy social media. Join diverse groups and follow identity-based accounts, share funny things that you find with your family.

Connect IRL (In Real Life) too. Social media can distract from your most important relationships. .

Check the time. Social media before bedtime gets in the way of sleep and your mood.

Boundaries. Set work, home, and free time settings to help you create space for focus and off hours.

Recognize when you're in too deep. When you feel too judgmental or you are questioning your friendships because of Social Media, it's time to take a step back.