



Social Media Facts for Young People

What are the risks?

How does social media work?

- ♦ It's a way to connect with people
- ♦ It allows you to be creative
- ♦ It gives you information about the world

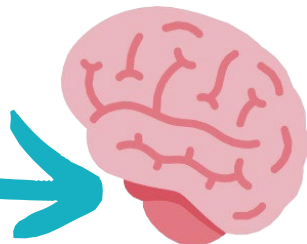
but also...

- ♦ It sells your information
- ♦ It uses you for clicks and views
- ♦ It is meant to get you addicted!



Why is it a problem?

- ♦ It takes time from your life
- ♦ It exposes you to dangerous people
- ♦ It can cause mental health problems
 - anxiety
 - depression
- ♦ Bullying happens online
- ♦ It can keep you from your dreams
- ♦ It can lead to other addictions



This doesn't mean that you have to give up social media altogether. Social media is here to stay and there are fun parts of it!

How can we prevent social media from hurting our mental health?

- ♦ Set a time limit!
- ♦ Have parents help with parental controls!
- ♦ Talk to your parents about your online life.
- ♦ Only connect when you actually know the person.
- ♦ Keep your profile private.
- ♦ Check in with yourself about how it makes you feel.

What else can we do to improve mental health?

- ♦ Experience nature!
- ♦ Practice your culture!
- ♦ Meet friends in person!
- ♦ Only follow content that makes you feel healthy and happy!

What if I am already addicted?

Electronic addiction can lead to other dangerous behaviors such as substance use, missing school, and failing grades.

If this is already happening to you, you can attend a relapse prevention group for substances and just substitute the substance for the screen.

If you need help, dial 9-8-8 for the national suicide and crisis prevention hotline, available 24/7.

Take Action | Visit websites where youth encourage other youth to recover:

- **Log Off | (logoffmovement.org)**
Social Media's Negative Effect on Teenagers
- **SmartSocial.com** - Digital Citizenship programs
- **Fairplay (fairplayforkids.org)**
- **LearnMoreAZ.org**
Get the facts on social media, substance use and more!

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**Substance Abuse
Coalition Leaders
of Arizona**

Helpful Resources

Statewide Resources

- **1-800-662-HELP (4357) | SAMHSA's National Helpline**
Free, confidential treatment referral and information service available 24/7 (in English and Spanish).
- **DrugFree.org | Partnership for Drug-Free Kids**
Peer support for parents & caregivers. Text JOIN to 55753 to get help & hope by text.
- **FindTreatment.gov**
Find treatment resources available in your area.
- **TalkNowAZ.com**
Get tips on talking with youth about substance use.



Youth Resources

- Text **HELLO** to **741741** to text anonymously with a trained crisis counselor for free, 24/7
- **Teen Lifeline | Available 24/7**
1-800-248-TEEN (8336)
Arizona support line for teens operated by teens.
- **9-8-8 Suicide and Crisis Lifeline | Available 24/7**
Helps individuals in suicidal crisis with support.
- **Teens Helping Teens | Available 6p to 9p PST**
1-800-TLC-TEEN
Text **TEEN** to **839863** to speak with another teen.
- **Logoffmovement.org | Log Off**
Learn how Social Media affects teens.
- **LearnMoreAZ.org**
Get the facts on substance use, social media, and more!