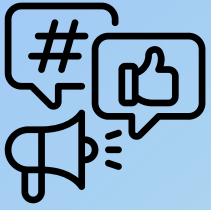


# THIS IS THE TEENAGE BRAIN ON SMARTPHONES



**I'M NOT LIKE EVERYONE ELSE**

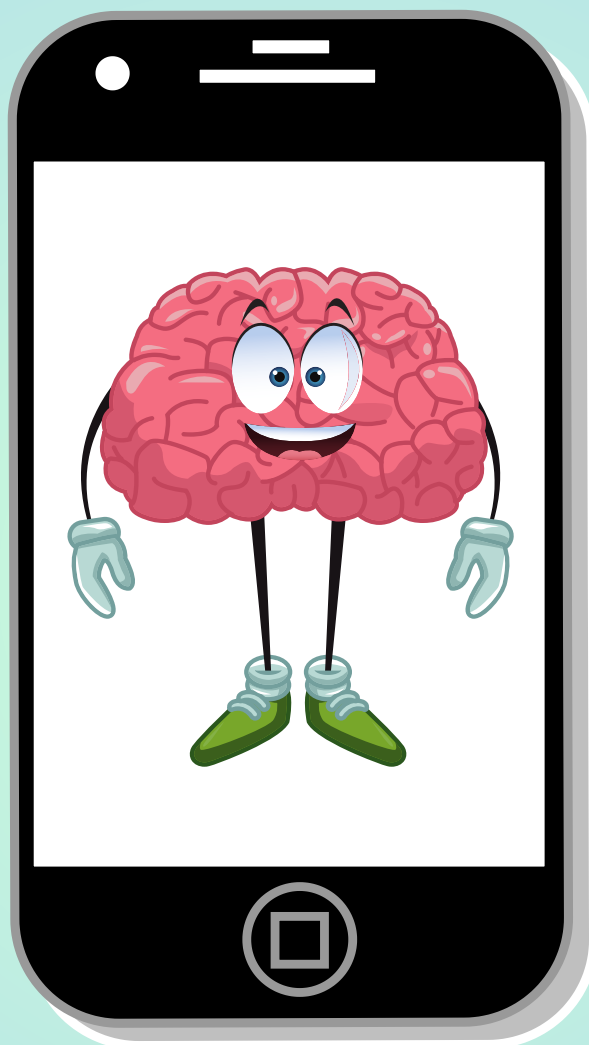
Social media causes teens to socially compare themselves to unlimited amounts of others affecting self-esteem and mood.

**I WANT MORE AND I WANT IT NOW!**

Social media apps and games have been designed for pleasure and reward, releasing dopamine in the brain and leaving teens wanting more.

**PLEASE LIKE ME!**

Every post has teens checking to see how many views and likes they have, contributing to a constant craving for social approval.



**WHO AM I REALLY?**

At a crucial and often confusing time in identity formation, teens are having to navigate both an online virtual self with their real world version.

**HELP ME!**

Advances in technology have led to a reliance on smartphones for research, thinking and memorization. The longterm results of which are not yet known.

**WON'T STOP, CAN'T STOP**

Apps with built-in streak trackers can be motivating. They can also be stressful and cause teens to focus on maintaining the streak while forgetting about the goal.