

METRO **EXCLUSIVE**

NYC's top doc says kids shouldn't get phones before age 14 to safeguard mental health

By [Carl Campanile](#)

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47

Why 3 in 4 Gen Z blame social media for their mental health decline

GEN Z wants to hit



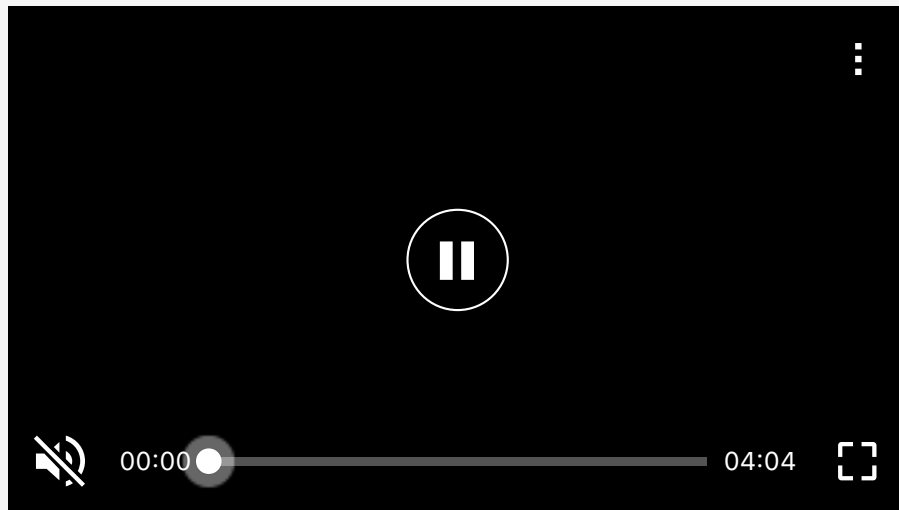
Social media **has become such a menace** for kids that the city health commissioner is recommending parents don't give their children cell phones till at least age 14.

Pediatricians also should make talking to parents and children about social media

part of check-ups, says Big Apple Health Commish Ashwin Vasan.

“Adolescents using social media have a greater risk of experiencing poor mental health, including symptoms of depression and anxiety,” wrote Vasan and city Department of Health and Mental Hygiene Chief Medical Officer Michelle Morse in a Sept. 5 letter to doctors and other medical professionals.

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New York City Department of Health and Mental Hygiene (DOHMH) Commissioner Dr. Ashwin Vasan, believes pediatricians should make talking to parents and children about

social media part of check-ups.

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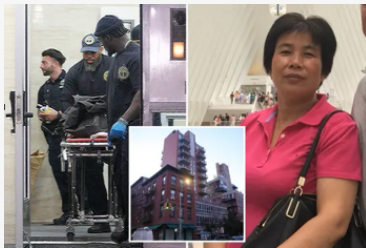
“Recommend parents and caregivers delay giving children a smartphone, or similar device that can access social media, until age 14, and then reassess based on current evidence of harms and the child’s strengths and needs,” the missive said.

“When children begin to travel more independently in NYC, ask parents to start children with a phone that does not have the ability to access social media,” the department’s docs added.

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ADHD is not laziness. It is a depression response.

Procrastination is an emotional regulation problem. Procrastination is about being more focused on "the immediate urgency of managing negative mood" than getting on with the task. Once you learn simple truth of where it comes from and why you do it, it dissolves almost instantly and you never forget how to waste time next again. If you're interested in discovering your dominant Procrastination type, taking an assessment can be a helpful starting point.



Pediatricians also should discuss the perils of over exposure to smart phones and social media with parents and their children as part of a “family media plan” to curb or prohibit use, according to the letter.

Gov. Kathy Hochul is pushing for a ban on smart phones in schools and currently



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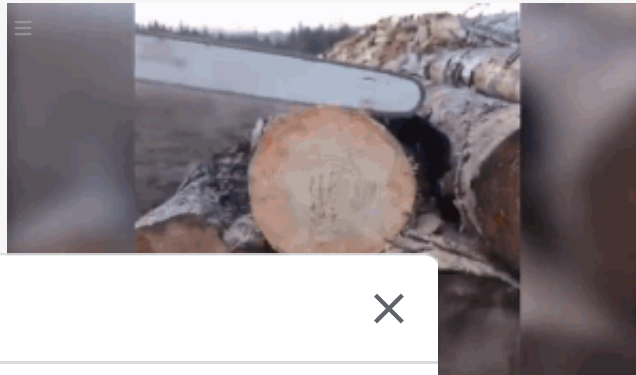
She and the state legislature approved a law in June to give parents more control over social media usage on apps such as TikTok and Instagram.

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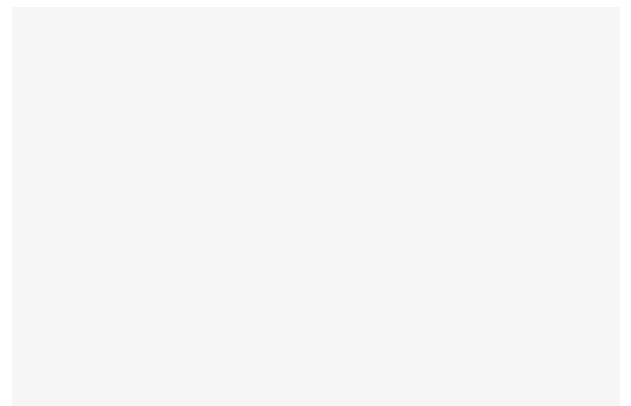
Gov. Kathy Hochul is pushing for a ban on smart phones in schools and currently conducting a “listening tour” to see how it can be done.

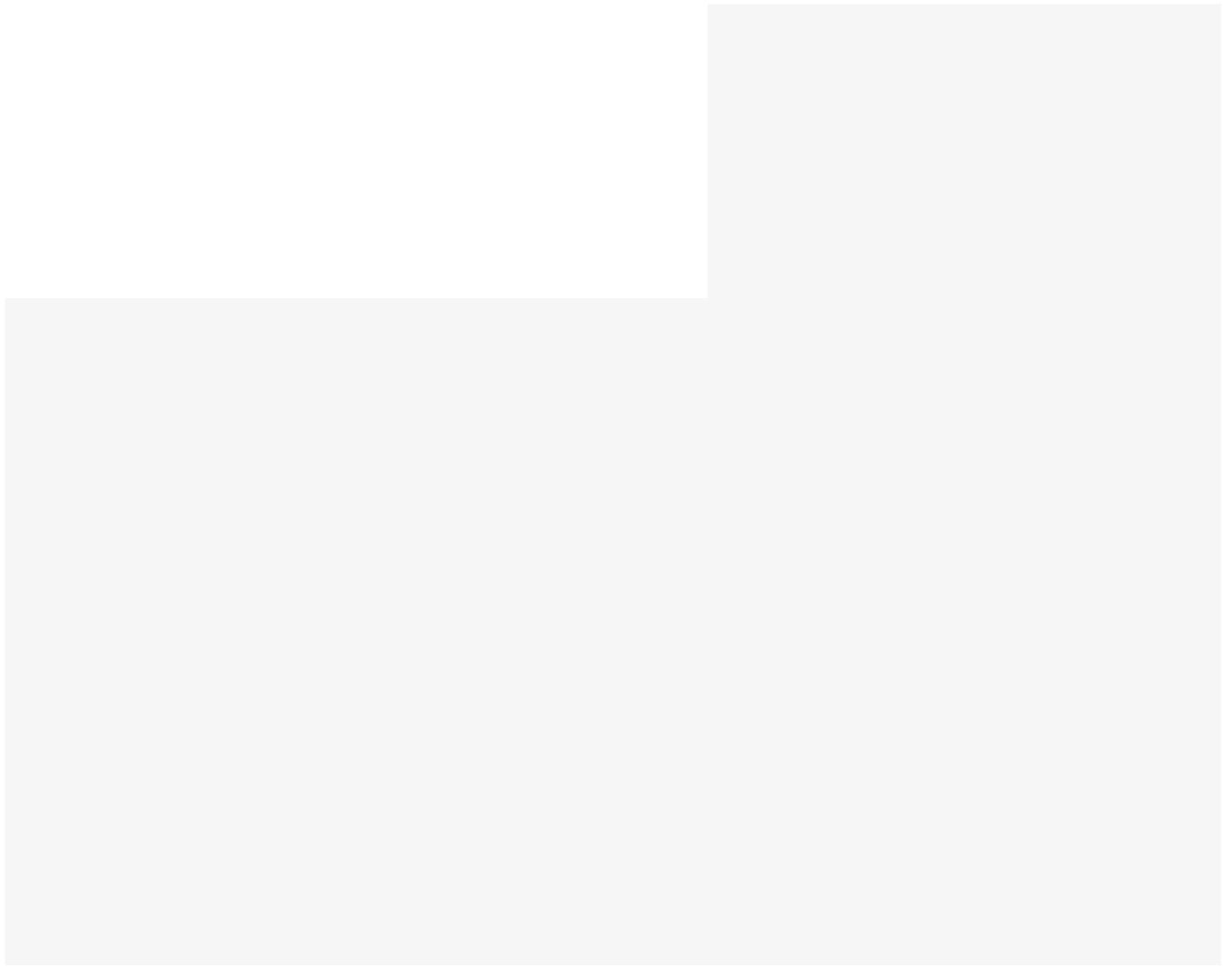
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hopeless during the previous year
s, compared with 27% in 2011,

increased by more than 34%
found.

ong many people: 54% of children,
form of social media, the Health
social media.





Children who use social media experience higher rates of anxiety (16%) than children who do not (12%).



Pediatricians also should discuss the perils of over exposure to smart phones and social media with parents and their children as part of a “family media plan” to curb or prohibit use.

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Teenagers who use social media experience anxiety (27%) and depression (14%) at higher rates than teenagers who do not (9% and 4%, respectively), too.

Many adults are more stressed after **repeated checks** of their smart phone, a recent University of Michigan study revealed.

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Some adults are not good role models — and even inconsiderate — while absorbed scrolling on their phone.

A Post reporter at a gym in Queens on Saturday saw three customers sitting on their seats in a row of exercise weight machines, with their heads down staring at their smart phone and scrolling through information, slowing down the workout regimen.

The top city doctors urged their colleagues to share resources with patients such as the city Department of Education's Digital Citizenship Curriculum for students in grades K to 12; the Health Department's NYC Teenspace mental health support program for students ages 13 to 17, and the health agency's guide to parents, "Social Media and Youth Mental Health."

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What about helicopter parents who want to be able to contact their kids at all times? Try giving the poor kids a break. Banning cellphones in schools will give kids a respite from parental check-ins for at least a few hours. That shoul...

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Midwest Minnie



1d ago
"Dumb" phones are coming back. Calls & texts only. Young kids don't need the internet while they're out of the house.

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There are smart phones with parental control. Similar to television. I personally love the Locator. You have to out tech your children.

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