



# SOCIAL MEDIA USAGE

## A GUIDE FOR PARENTS



### SOCIAL MEDIA USAGE INCREASE

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). Social media can help teens make connections and promote themselves and their team members. However, sometimes social media usage can lead teens to compare themselves to others, which increases the teen's risk of developing low self-esteem, anxiety, depression, and even suicidal ideation (Memon et al., 2018).

#### Teens can be negatively impacted by social media use in a variety of ways such as:

- Increased stress that impacts their wellbeing and functioning
- Exposure to inappropriate content or people
- Bullying (cyber bullying)
- Identity theft

### HOW CAN PARENTS BETTER UNDERSTAND THEIR PLAYERS WHO ARE USING SOCIAL MEDIA?

Just like any other developmentally appropriate task, teens need to learn skills to manage their social media usage. And, parents need to acknowledge they are serving as role models and their child is looking at their use of social media.

### SYMPTOMS OF INCREASED SOCIAL MEDIA USAGE:

Difficulty concentrating

Low self-esteem

Easily distracted

Decreased in person social activity

Addiction

Increased symptoms of anxiety and depression

Seeking validation

Oppositional behavior when you set technology boundaries

## Want to decrease or manage your social media usage?

### TRY THESE TIPS & TRICKS

- Talk with your child about your concerns and the research regarding social media usage
- Create a safe space for your child to come to you
- Learn warning signs of addiction to social media such as the inability to stop use, skipping social events, and excessive amounts of time spent on social media
- Consider “friending” or follow your teen on social media accounts; talk about commenting or reposting
- Create “no screen” times (at table, in the car, etc.)
- Discuss internet safety
- Download apps which limit the use of social media

**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

[APA.ORG](https://www.apa.org)

[FAMILY ENGAGEMENT TOOLKIT](#)

[INTERNET MATTERS](#)

This information should not be used for diagnosing or treating a health problem or disease; anyone seeking personal medical advice should consult with a licensed professional



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