

Healthy Digital Habits for Students

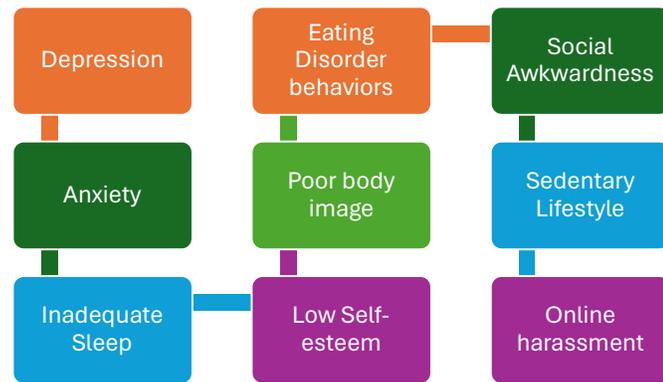
Teens Social media Use

- Ninety-five percent of teens ages 13 – 17 use social media
- **1 in 3** use it “almost constantly”
- Teens spend about **5 hours** a day just on social media.
- Adolescents who use social media **more than three hours per day** face twice the risk of experiencing poor mental health outcomes.



- Pew reports that in 2022, one third of teens said they were on one of the major social media sites “almost constantly” . For these heavy users, nearly every waking hour is an hour absorbed, in full or in part by their devices.
- The most recent Gallup data show that American teens spend about 5hrs/day just on social media platforms (including watching videos on TikTok and YouTube. Add in all other phone and screen activities and the number rises to somewhere between seven and nine hours a day on average
- The very first thing they do when they open their eyes in the morning is check their texts, direct messages, and social media feeds. It’s also the last thing they do before they close their eyes at night.

Did you know that higher levels of social media use among children are linked to:



- Numerous studies show that higher levels of social media use among children and adolescents are linked to adverse effects, including depression and anxiety, inadequate sleep (which can disrupt neurological development and lead to depression and suicidal behaviors), low self-esteem, poor body image, eating disorder behaviors and online harassment.
- Take a couple of seconds and answer the question in your taker

Additional Risks:

Nearly 2 in 3 adolescents are “often” or “sometimes” exposed to hate-based content on social media.

Studies have found a connection between social media cyberbullying and depression among young people.

Teen girls and LGBTQ youth are more likely to experience cyberbullying and online harassment, which can lead to negative emotions.

- share the bullet points on the slide
- These risks are greater for girls versus boys and for those already experiencing mental health issues.

Did you know that big and important changes happen in the brain during adolescence?



Adolescence is an important time for **brain development**

Although the brain stops growing in size by early adolescence, the teen years are all about fine-tuning how the brain works. The brain finishes developing and maturing in the mid-to-late 20s. The part of the brain behind the forehead, called the prefrontal cortex, is one of the last parts to mature. This area is responsible for skills like planning, prioritizing, and making good decisions. The prefrontal cortex is not fully developed until the age of 25.

The potential effects of social media during this vulnerable phase interfere with a healthy brain development. Chronic anxiety caused by social media could potentially set developing brains into a habitual state of defensiveness. They tend to see the world as full of threats.

At School....



LESS MOTIVATED TO
STAY ON TASK



LESS ABLE TO PAY
ATTENTION



GRADES AND
LEARNING SUFFER

- Motivation - Given their undeveloped prefrontal cortex, they are less intrinsically motivated to stay on task
- Fragmented attention – One study found that the typical adolescent now get 237 notifications a day, roughly 15 every waking hour. With these interruptions it is difficult to stay focus.
- Grades – Studies confirm that when students have access to their phones during class time, they use them, especially for texting and checking social media, and their grade and learning suffer.

How do I promote my child's healthy use of technology?

The Four New Norms

For solving collective action problems

1 **No smartphones before high school**

2 **No social media before 16**

3 **Phone-free schools**

4 **More independence, free play, and responsibility in the real world.**

These tips are from AnxiousGeneration.com:

- No smart phones before high school – if your child does not have a phone, try to delay it as much as possible.
- No social media before 16 -

If they already have one, here is a tipsheet with useful advice to help promote your child's healthy use of technology. Take a couple of minutes to review it and put a checkmark on one advice or tip that you would like to consider implanting at home.

- More independence, free play, and responsibility in the real world. Remind your child to be outside and enjoy the weather! Encourage safe activities with friends and families – check out hikes or walks in the neighborhood together.
- Phone-free schools: This is the one that we can control here at school, and we will enforce this because we care about our kids. We do not allow students to have phones out during school hours. The first week, we give reminders so that students know what the expectations are. After that, we enforce this rule. The first time a phone is out, your student may pick it up after school. The second time, we require an adult to pick up the phone. The third or subsequent times, we require a parent conference with an administrator. If a student is using a phone in the restroom or the locker room, this is an automatic conference with admin. In these places, students should have the expectation that no pictures are taken and that privacy is

ensured. In all cases, you will get a phone call.

Thank you!
