

Maryland Behavioral Health Integration in Pediatric Primary Care (BHIPP)

Youth & Social Media: The Wins and the Worries

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Sarah Edwards, DO



1-855-MD-BHIPP (632-4477)

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Conflict of interest disclosure

- No potential conflicts of interest
- Faculty at the University of Maryland School of Medicine

Learning Objectives

After participating in the session, attendees should be able to:

1. Describe two possible benefits and two possible risks of social media for youth
2. Identify three strategies PCPs can provide families to support healthy social media habits
3. Be able to describe two ways PCP's can use the American Academy Pediatrics Center of Excellence, Social Media and Youth Mental Health

Outline

Overview
Current Context

Wins and
Worries

Strategies/
Interventions
Healthy Social
Media Use

AAP's Center of
Excellence
Social Media
and Youth



New World!

How Much Media Use?

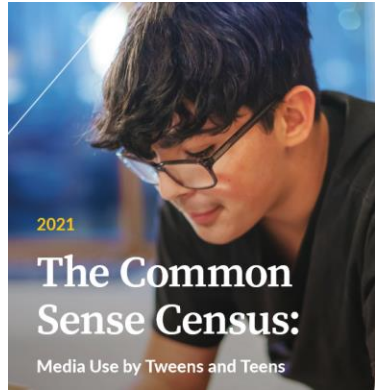
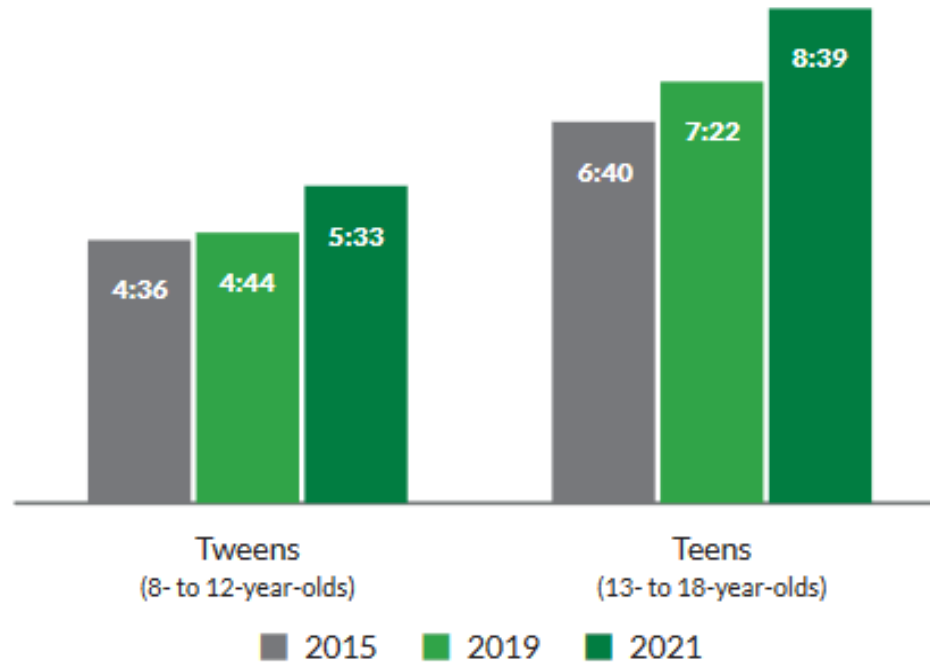
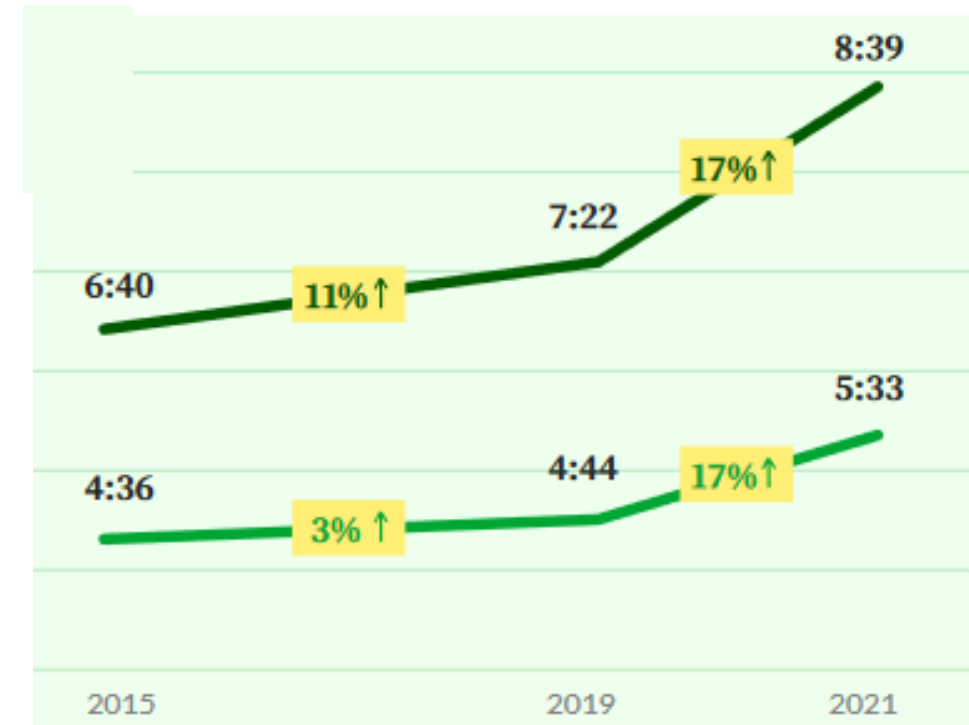


FIGURE A. Total entertainment screen use among tweens and teens, per day, 2015 to 2021



Total entertainment screen use per day (average)

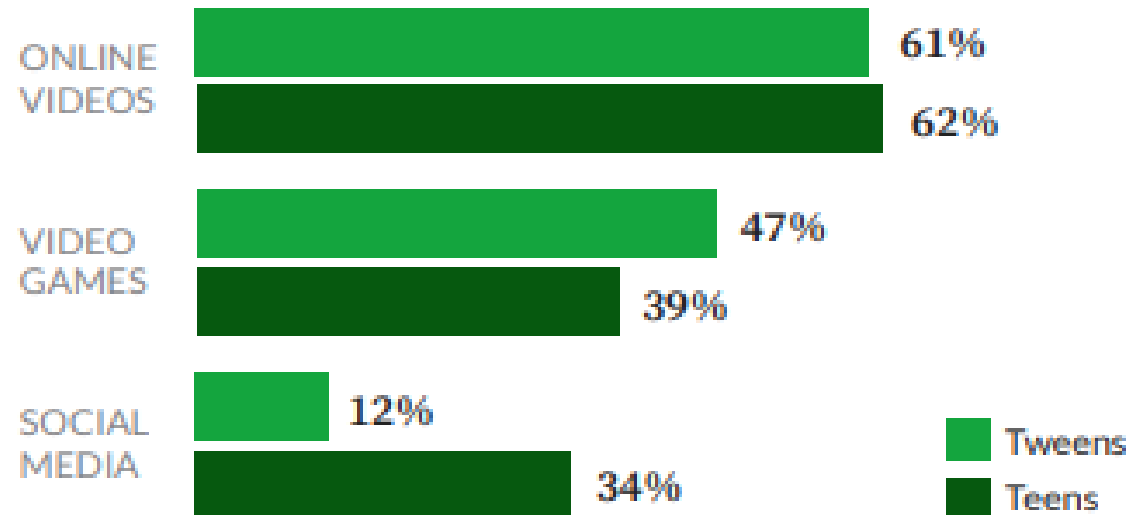


Top Choices of Screen Media

Watching online videos is the favorite media activity of both tweens and teens.



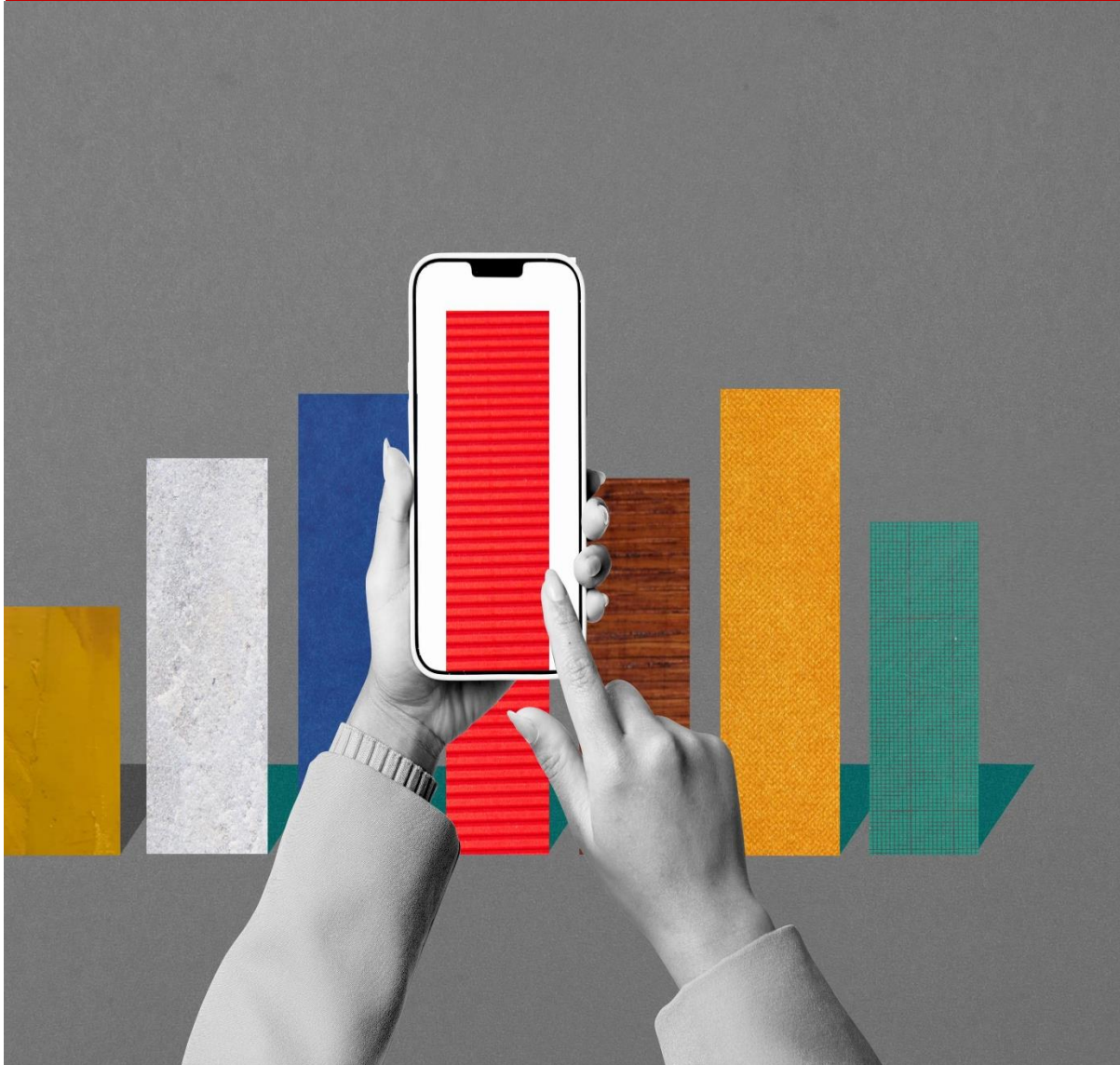
Percent of 8- to 18-year-olds who enjoy each activity “a lot,” 2021





Flip to Smart Phones

Smart Phones



- ~50% US children have phone by age 11
- 43% Tweens
- 88-95% Teens
- ***Constant companion***
- Checked- median 51/day

2023 Common Sense Media, Radesky et. al 2023

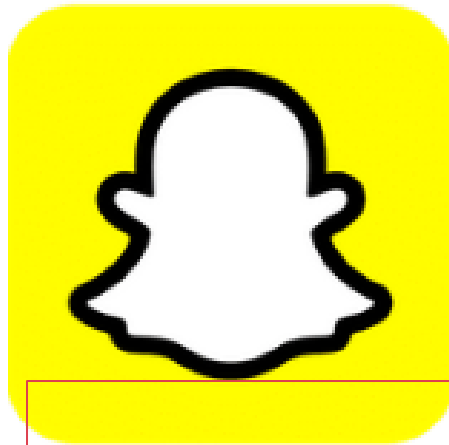


Social Media (n)



Instagram

Discord



Snapchat



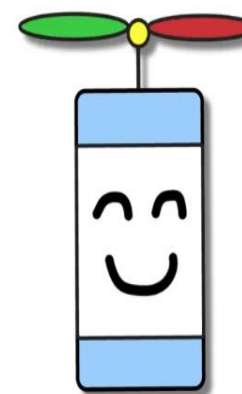
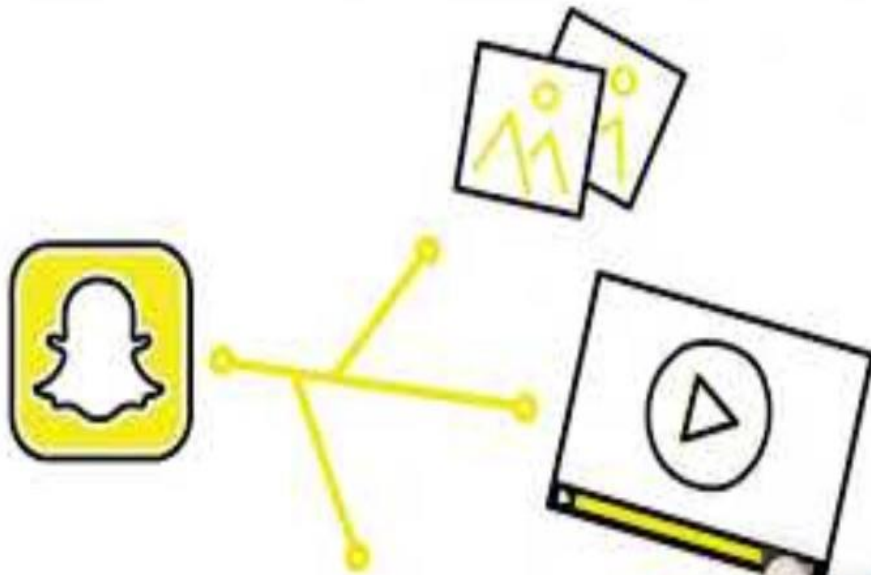
Facebook



Reddit



What is Snapchat?



psych child

Click any logo to see relevant mental health videos, graphics, articles, and tips!

Social Media



38% Tweens and 84% Teens use Social Media



Instagram
Tweens 10%
Teens 53%



Snapchat
Tweens 13%
Teens 49%



Discord
Tweens 5%
Teens 17%



Facebook
Tweens 8%
Teens 30%



Reddit

Are the Trends Related?



Rise in the prevalence of mental health conditions in youth coincides with increase in technology use and SM



Social Media Impact on Mental Health

- Increased screen time, particularly on SM is correlated with higher depression in teens
- Correlates with:
 - Depressive Symptoms,
 - Anxiety Symptoms
 - Self Esteem



Relationship is Complex...

- No consistent association between SM and depression & anxiety
- Relationship is complex and context-dependent
- Individual differences are key!



Worries



Social Media and Potential Risks

Excessive use and displacement of healthier activities:

- Impact on sleep
- Decreased physical activity

Cyberbullying, Contagion

•Nesi et al., 2017; O’Keeffe & Clarke-Pearson, 2011

Exposure to adult and risky content

• Owens et al., 2012; Brown & L’Engle, 2009

Sexting, Solicitation, Sextortion

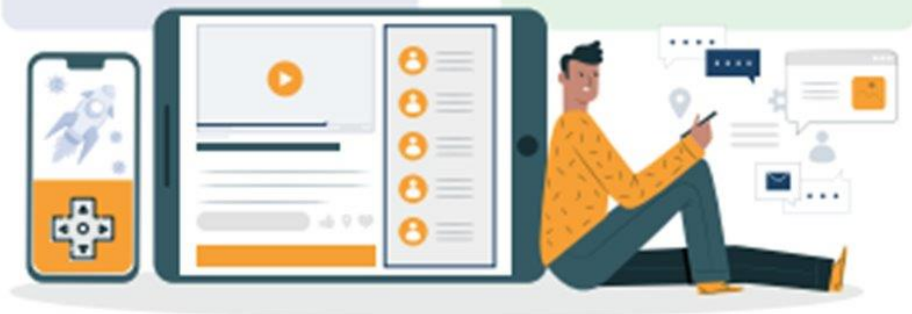
Cyberbullying risk increases with each additional hour of screen use



Participants who played single-player video games had a **14% greater** chance of being cyberbullied for each additional hour of game time.



For each additional hour of *total* screen time, participants had an **11% greater** chance of experiencing cyberbullying and a **10% greater** chance of cyberbullying someone else.



Body Image



Social media may perpetuate body dissatisfaction, disordered eating behaviors, social comparison, and low self-esteem, especially among adolescent girls.

When asked about the impact of social media teens said social media makes them feel worse



Harmful Hashtags

- #Thinspiration #Thinspo
- #Fitspo (fitness inspiration)
- #AnaTips (short for anorexia tips)
- #BodyCheck
- #WhatIEatInADay



Impact of Augmented Reality (AR)

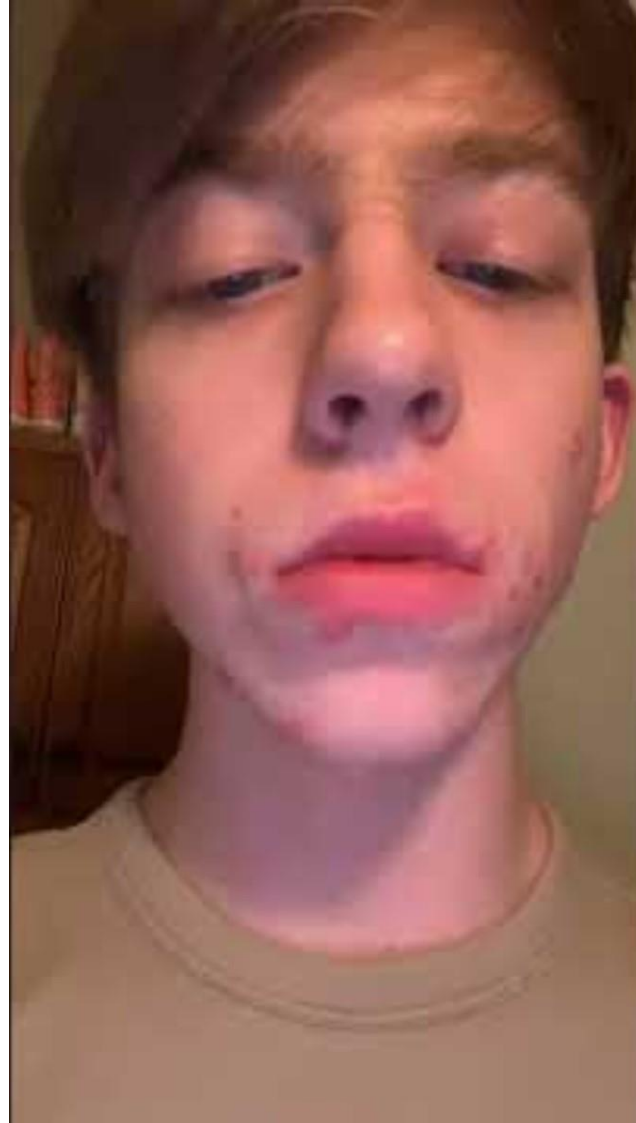


#boldglamourfilter

TikTok Subculture: The Art of "Maxxing"



Looksmaxxing





TikTok

@waitingformytitstocomein

The filters on Tik tok are
okay

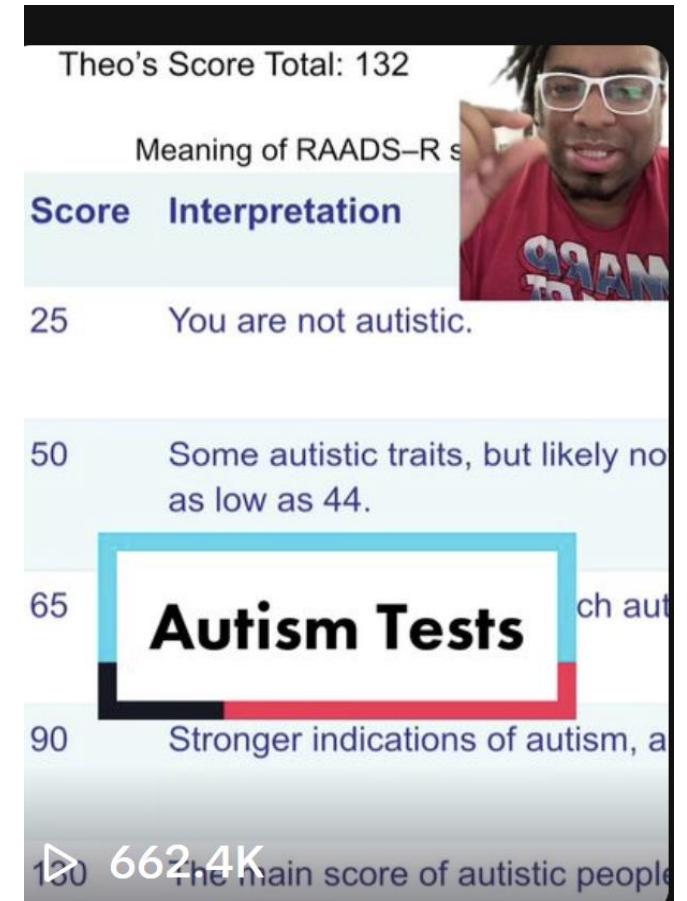
But my favorite is your actual
face

TikTok


Self Diagnosis

Self-Diagnosis- looking for connection, identifying with sick culture

Tics, Autism, searching to understand perceived difference





 CBS NEWS
TEXAS

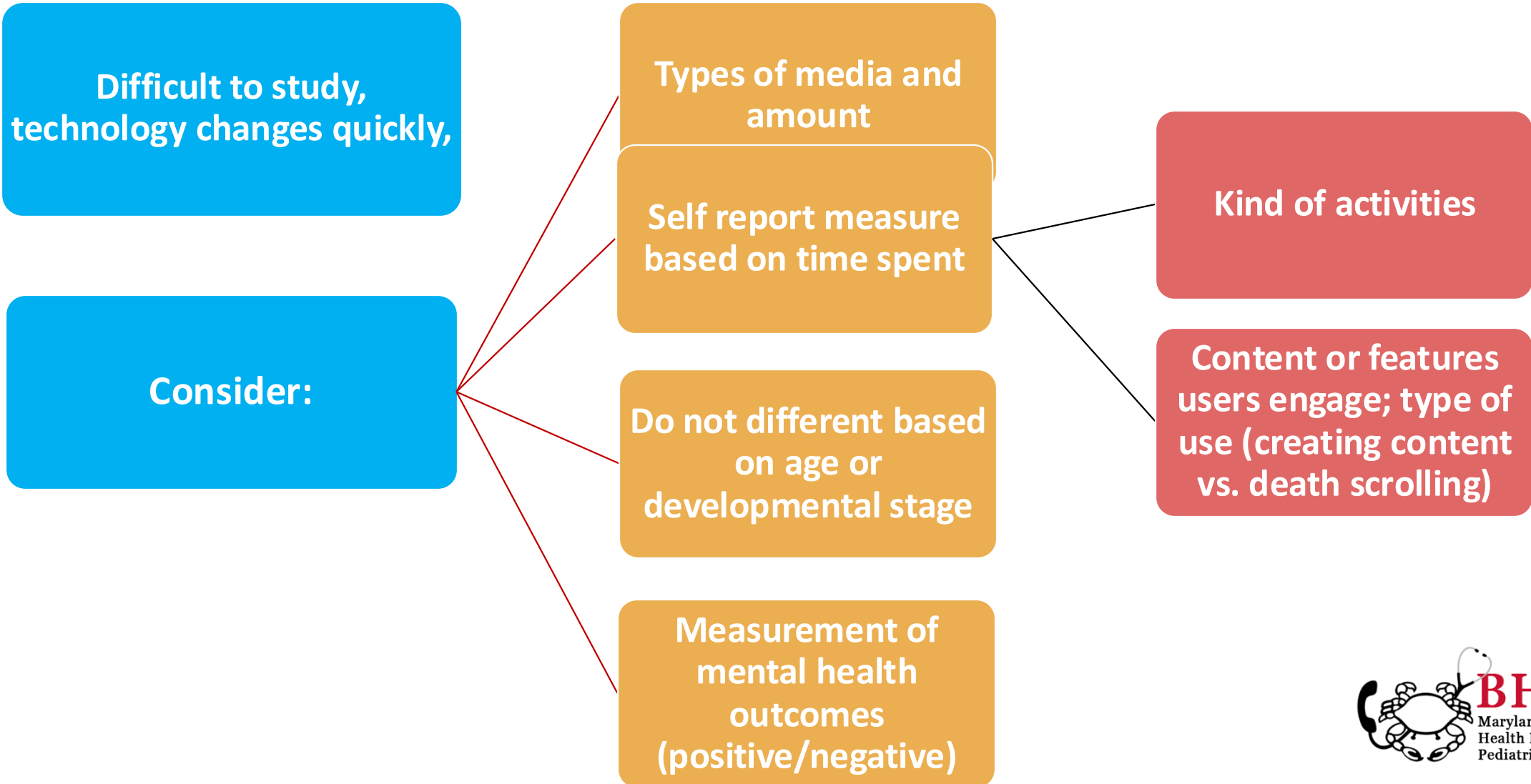
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Surgeon General's 2023 Advisory



- SM use by young people is nearly universal
- SM presents a meaningful risk of harm to youth, while also providing benefits
- We cannot conclude that SM is sufficiently safe for children and adolescents
- We can take immediate actions to make SM safer for youth

Key Issues with Research



Wins



Potential Positive Impacts of Social Media



“What I like about TikTok and YouTube and Instagram and stuff like that [is that] you get to see other people’s perspectives and how they think, instead of just always listening to your thoughts.” – Teen girl

“So, what I like about social media is it makes it easy to connect with the people from different parts of the world ... it helps you to experience cultures from around the world, such as people’s dressing, what they eat, and you also get a chance to know that, oh, I have to visit this place.” – Teen girl

- Social Connectiveness- connecting to family and friends
- Self Expression and Creative Spaces
- Access to new ideas and information/prospectives



Self Expression and Creativity

How a teenage chef created a social media empire with millions of views, from quarant cooking to an appearance on 'Chopped'

[Rachel E. Greenspan](#) Apr 14, 2020, 10:24 AM EDT

Share



Platform for Advocacy



- Empowers youth to engage with causes they care about and amplify their voices.

Single Session Interventions

What are **single-session interventions (SSIs)**?

“specific, structured, programs that **intentionally** involve just **one visit or encounter** with a clinic, provider, or program”

Source: Schleider, et al., 2020, *Journal of Clinical Child and Adolescent Psychology*

How to Keep the Wins and Decrease the Worries

- Type of media are you using?
- Type of use: creating content and learning new things or mindlessly scrolling
- When is being used? Is it interfering with important / healthy activities
- How does it make you feel after use?

Screening- The Problematic and Risky Internet Use Screening Scale Brief- PRIUSS 3

How often do you	Never 0	Rarely 1	Sometimes 2	Often 3	Very often 4
<i>experience increased social anxiety due to your internet use</i>					
<i>feel withdrawal when away from the internet</i>					
<i>lose motivation to do other things that need to get done because of the internet</i>					

Patients with a total score of greater than or equal to 3 on the PRIUSS-3 can then be administered the PRIUSS-18 as a more thorough evaluation.

Healthy Habits

Set

- Set clear boundaries define daily screen time limits established tech free zones no phones during bills or before bedtime, Family Media Plan

Encourage

- Encourage offline activities organized family outings or activities that do not involve screens

Open

- Open communication- have open discussions about social media's effects



CENTER OF EXCELLENCE
**Social Media and
Youth Mental Health**

Primary Aims:

- **Improve pediatric mental wellbeing** by reducing the risks and leveraging the benefits of social media
- **Build the capacity** of individuals who work with youth to mitigate SM's impact on mental wellbeing and promote health social media use
- **Synthesize and promote** the evidence base and best practices for healthy social media use via communication, guidance, and other resources

AAP Site: Glossary of Digital Media Platforms

Online Dictionary

Definitions of Common Digital Media Terms

Age-Based Media Reviews

Common Sense Media

Family Tip Sheet

Building Healthy Digital Habits

Social Media and Youth Mental Health Q&A Portal



AAP Site: Help Children Develop Healthy Media Habits

New Resources to Help Children Develop Healthy Media Habits

Check out these two new resources designed to help parents have conversations with teens and tweens about technology and digital media, and strategies to help children aged 10 and younger develop healthy relationships with media.

[Conversation Starters for Teens](#)

[Strategies for Children 10 and Younger](#)

Conversation Starters for Families of Tweens and Teens

Potential times for conversations

- When driving your child to or from activities and you have some alone time with them in the car
- During a family dinner so other family members can be part of the discussion
- During downtime at home
- After your child shared something that happened at school or with peers related to these topics

Times to avoid these conversations

- When there is a tight timeline or limited time for the conversations (e.g. When you have 10 minutes before the dentist appointment starts)
- During or just after a conflict related to technology and digital media
- When your child's friends are around



Conversation Starters for Families of Tweens and Teens



Conversation Starters By Topic

Setting initial boundaries around technology and digital media use



Initial check-ins after setting guidelines and boundaries



Social media specific check-ins



Checking in on unwanted contact



Checking in on unwanted content



Struggles with meeting family expectations around digital media use



Tween/teen gaming too much



Media and technology interfering with sleep



Overheard conversation about social media



Prompts to encourage reflection around relationships with media



Reflecting on other peoples' tech use



Parents talking about their own media use



“I’d like us to talk about our family’s approach for setting some boundaries around technology and media use. I was thinking that this is something we could work on together as I’d like to include your input in these decisions.”

Possible Follow-Up Prompts

- “Are there times of the day that you think we should not use devices or phones? One example may be during family dinner.”
- “Are there times that are important to you for me to be present and not on a device or phone?”
- “Digital media is fun and a learning opportunity, but it can also be a lot to handle. You and I are both learning about this together. I want you to know I’m here to help you through any situation that may come up. I’d like to keep an eye on a few things for now, like your sleep and whether you are seeing things or having experiences that stress you out.”
- “I’d like for us to talk about your device and internet use regularly; that way we can check in with each other and see how it’s working for you and for us. I’m thinking for now let’s touch base every other month or so, what do you think? When would be a good time to check in?”
- “Since a lot of the time when you’re on your phone, you’re doing it by yourself, I’ll be checking in with you about how it’s going. It’s important for you to feel comfortable talking to me in honest ways about this.”
- “I’d like to be sure that any discussions we have about rules or guidelines also apply to me and my own tech use. We can use the [Family Media Plan](#) tool from the AAP to get some ideas for approaches and guidelines for both/all of us. Let’s take a look and see if it is helpful to us.”



The 5 Cs of Media Use

Child

Content

Calm

Crowding Out

Communication

The 5 Cs Downloadable PDFs

The 5 Cs of Media Use

CENTER OF EXCELLENCE Social Media and Youth Mental Health | American Academy of Pediatrics

INFANCY: 0-18 MONTHS

From birth to 18 months, infants are building secure relationships with parents and caregivers, understanding and expressing early language, and quickly learning to move their bodies so they can explore the world and the objects around them. Emotionally, infants learn to self-soothe, fall asleep without depending on being held, enjoy playing back and forth with others, and learn new things. These are important tasks that media shouldn't crowd out.

ASK YOURSELF THE 5 Cs | WHAT YOU CAN DO

PDF

Infancy (0-18 months)

Select Language ▾

Download

The 5 Cs of Media Use

CENTER OF EXCELLENCE Social Media and Youth Mental Health | American Academy of Pediatrics

TODDLERS AND PRESCHOOLERS: 2 TO 4 YEARS

From ages 2 to 4 years, toddlers are learning A LOT, becoming more talkative, wanting to master new things by themselves, and can finally understand some educational content on media. This is also a time of big emotions and learning how to manage them. These are the important developmental tasks that media shouldn't crowd out.

ASK YOURSELF THE 5 Cs | WHAT YOU CAN DO

PDF

Toddlers & Preschoolers (2-4 years)

English ▾

Download

The 5 Cs of Media Use

CENTER OF EXCELLENCE Social Media and Youth Mental Health | American Academy of Pediatrics

SCHOOL-AGED CHILDREN: 5 TO 10 YEARS

Congrats! Your child is out of the big-emotions early childhood phase and now is starting to be more of a rule-based thinker. They can probably talk more about their feelings, are learning to read and pay attention to schoolwork, and are building friendships. These are the important developmental tasks that media shouldn't crowd out. Despite their growing maturity, kids are not ready for social media accounts at this age.

ASK YOURSELF THE 5 Cs | WHAT YOU CAN DO

PDF

School-Aged Children (5-10 years)

Select Language ▾

Download

The 5 Cs of Media Use

CENTER OF EXCELLENCE Social Media and Youth Mental Health | American Academy of Pediatrics

YOUNG TEENS: 10-14 YEARS

The early tween and teen years are a time of growing independence, changing bodies, exploring identity, and building a solid sense of self. During this phase, adolescents begin to place increased importance on relationships with peers, which can feel to parents like they are losing connection. Puberty brings changing bodies and strong emotions, comparisons with other kids, and trying to figure out who they are and where they fit. A central question for the early adolescent age range is "Am I normal?" This phase of development is also one in which adolescents can feel that they are "on stage" and that everyone is looking at them, so small social missteps either online or offline can feel devastating to them. It's an important time to establish regular conversations about their digital lives - who they are and what they interact with online.

ASK YOURSELF THE 5 Cs | WHAT YOU CAN DO

The 5 Cs of Media Use

CENTER OF EXCELLENCE Social Media and Youth Mental Health | American Academy of Pediatrics

OLDER TEENS: 15-17 YEARS

The older teen years are a time of increasing independence, building a sense of self, and intense peer group involvement. Media use can be one way that teens explore themselves and others as a healthy and normal part of adolescent development, communication, and peer relationships. This can also be a time in which peer relationships endure rocky times and challenging situations, some of which can be amplified by communicating online. Teens often want to feel a sense of power and control at this age, which can lead to more arguments with caregivers. However, they still need you to be a reliable, consistent, and understanding presence in their lives. For some teens, this phase is when they start to have more realistic visions of their future, which can lead to feeling nervous, excited or disappointed about their future options, sometimes all in the same day! Monitor media use, enjoy movies and shows together, have open-minded and caring conversations, and check in on device and/or social media habits. Give increasing independence as teens show responsibility.



Congrats! Your child is out of the big-emotions early childhood phase and now is starting to be more of a rule-based thinker. They can probably talk more about their feelings, are learning to read and pay attention to schoolwork, and are building friendships. These are the important developmental tasks that media shouldn't crowd out. Despite their growing maturity, kids are not ready for social media accounts at this age.

ASK YOURSELF THE 5 Cs

WHAT YOU CAN DO

Child

Who is your child, how do they react to media, and what are their motivations for using it?

Children's unique strengths and challenges start to become clear in elementary school. They may struggle with attention (like ADHD), social skills (like autism), reading or other academics (like learning disabilities), or managing their mood (like anxiety or depression). They are also likely to show interest or skills in activities. You may be learning that they are great artists, dancers, are good with animals or science facts. It's important to carve out time to build upon these strengths and interests.

Content

What is worth their attention?

Many kids start to love video games and YouTube at this age but can easily access content that is age-inappropriate (e.g., violent, sexual, or rude). Read reviews on [Common Sense Media](#) to find out what shows, games, and movies are the right fit for their maturity level. Family settings or parental controls, although not 100% effective, can be used for filtering content on devices your child uses.

Resources

- American Academy of Pediatrics

- Center of Excellence on Social Media and Youth Mental Health

- <https://www.aap.org/en/patient-care/media-and-children/center-of-excellence-on-social-media-and-youth-mental-health/>

- Common Sense Media

- <https://www.commonsensemedia.org/app-reviews>

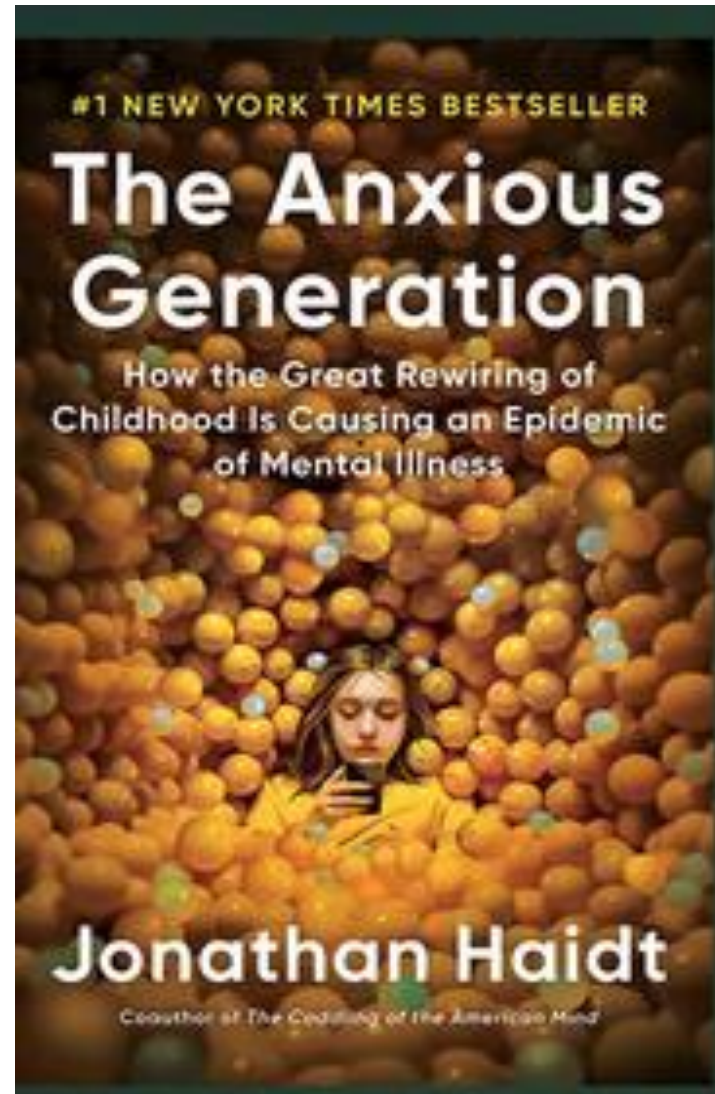
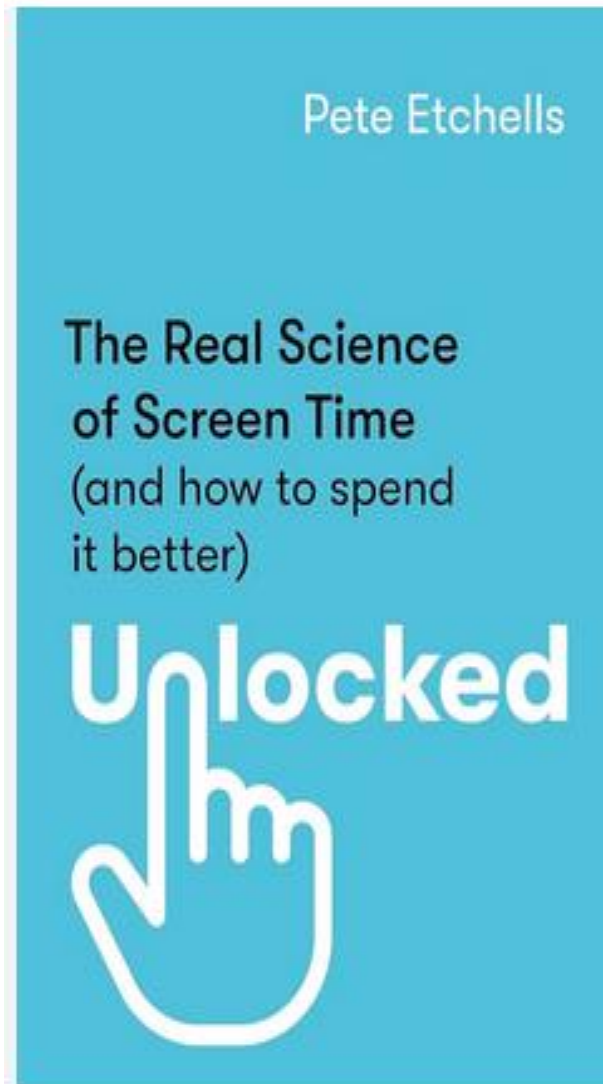
- <https://www.commonsensemedia.org/kids-action/articles/top-5-myths-about-kids-online-safety-legislation>

- Psychchild.com

- Facebook group for clinicians only
- Newsletter
- Office posters



Current Reads

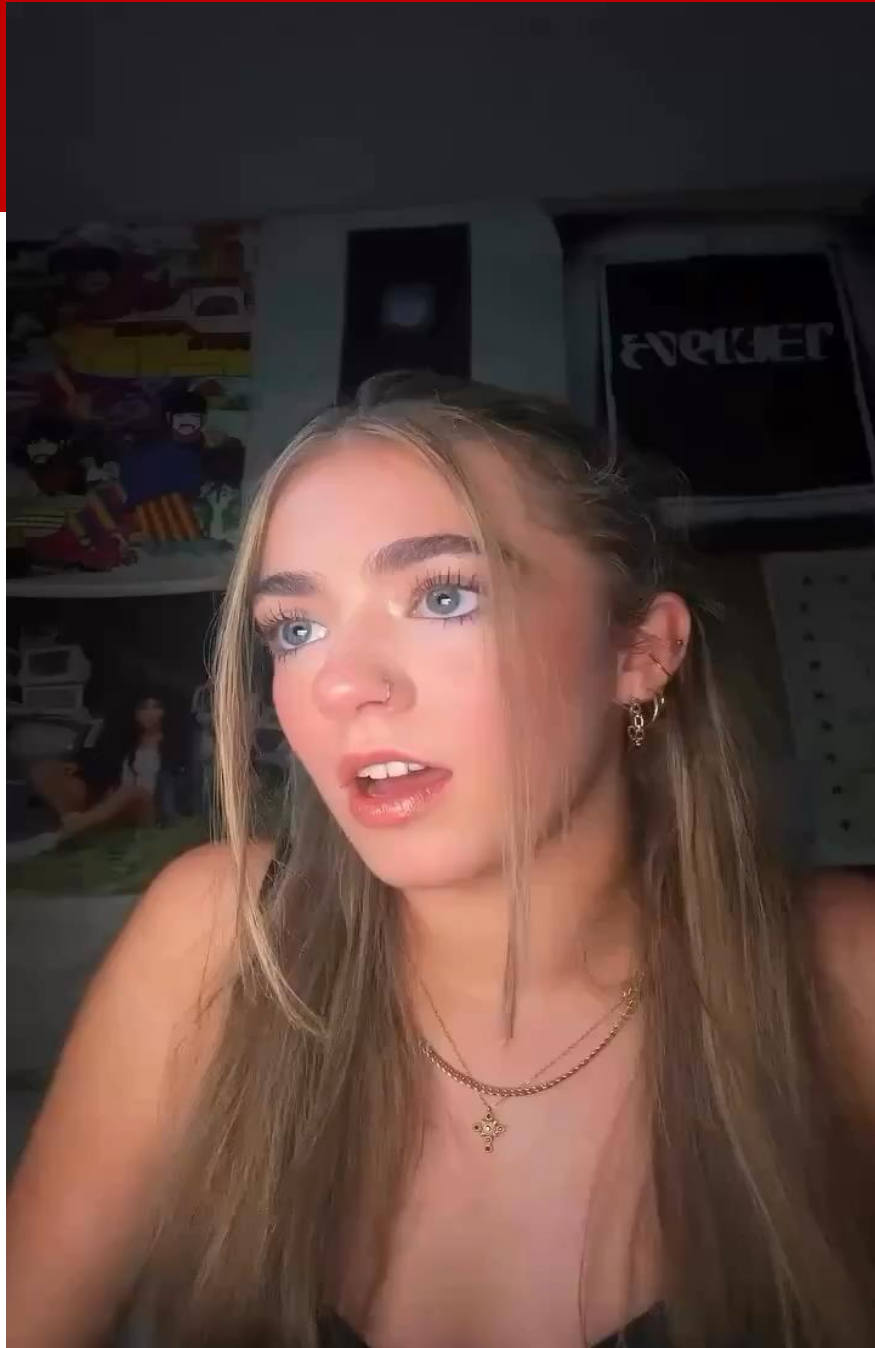


Advocacy

Surgeon General: Why I'm Calling for a Warning Label on Social Media Platforms

June 17, 2024

Kids Online Safety Act
#KOSA



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