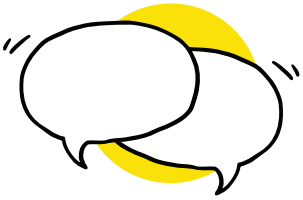
Screens, social media, and your teen's mental health.

While there are some benefits to screens and social media, research suggests that teens' mental health can be impacted by how they use it. Using screens and social media too much can have negative effects on mental health and well-being including:

- increased feelings of anxiety and depression
- decreased attention span and social connectedness
- lower self-reported happiness and self-esteem
- sleep deprivation

To support teens' mental health, parents and caregivers can:



Have regular conversations with their teen about **mental health** and how social media and too much **screen time makes them feel**.

Use a family tech planner to guide their teen in being mindful of how they spend their time online.

Model healthy screen use and make sure social media does not get in the way of **adequate sleep, physical activity**, and other things like hobbies and in-person interactions.

School Mental Health Ontario provides information on how to know if your teen's screen time is problematic and recommendations if you are concerned that it is.

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