Social Media and Screen Time: The Impact on Children’s Mental Health

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The Numbers
How many hours does the average teen spend on a screen each day? (Not including school, homework?)

a. 2 Hours
b. 5 Hours
c. 6.5 Hours
d. 13.5 Hours
- **22%** of teens log on to social media more than 10 times per day

  Girls: Min. 90 minutes per day  
  Boys: Min. 50 minutes per day

- **Half of ALL teens** log on to social media more than once a day.

- **Over 60%** of teens ages 13-17 have at least one online profile.

Internet Use

87% American Youths (ages 12-17) use the Internet.

51% Use it daily.

60% of 5-8 year old

96% of 12-14 year old

Video Games

91% of American children ages 2-17 years play video games

97% of American children play video games at least one hour per day

99% Boys

94% Girls

Mental Health Risks
✓ Depression ("Facebook Depression")
✓ Anxiety
✓ Low Self-Esteem
✓ Suicide Risk (Cyberbullying)
✓ Addiction
✓ Gray Matter Atrophy

#MySecretFamily

Repost if you battle with any of these and put the name in your profile

<table>
<thead>
<tr>
<th>Disorder</th>
<th>Girls</th>
<th>Boys</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anorexia</td>
<td>Ana</td>
<td>Rex</td>
</tr>
<tr>
<td>Bulimia</td>
<td>Mia</td>
<td>Bill</td>
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<tr>
<td>Paranoia</td>
<td>Perry</td>
<td>Pat</td>
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<tr>
<td>Anxiety</td>
<td>Annie</td>
<td>Max</td>
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<tr>
<td>ADD/ADHD</td>
<td>Addie</td>
<td>Andy</td>
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<td>OCD</td>
<td>Olive</td>
<td>Owen</td>
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<td>Borderline</td>
<td>Bella</td>
<td>Ben</td>
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<tr>
<td>Bipolar</td>
<td>Bri</td>
<td>Bob</td>
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<tr>
<td>Schizophrenia</td>
<td>Sophie</td>
<td>Skip</td>
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<tr>
<td>Insomnia</td>
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<td>Isaiah</td>
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<td>EDNOS</td>
<td>Ellie</td>
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<td>Selfharm</td>
<td>Cat</td>
<td>Sam</td>
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<tr>
<td>Depression</td>
<td>Deb</td>
<td>Dan</td>
</tr>
<tr>
<td>Suicidal</td>
<td>Sue</td>
<td>Dallas</td>
</tr>
</tbody>
</table>

Figure 3. #MySecretFamily downloaded icon from Instagram.

Other Concerns...
✓ Cyberbullying
✓ Sexting
✓ Digital Footprint/Reputation
✓ Social Deficits
✓ Violence


Benefits 😊
✓ Enhancement of creativity through community (i.e. music, art, etc.)

✓ Enhanced Learning Opportunities

✓ Expansion of Interests

✓ Health Information

✓ Cognitive Benefits (video games)


Health Risks
✓ Obesity
✓ Irregular Sleep
✓ Behavioral Issues
✓ Diminished Social Skills
✓ Violence
✓ Less time for actual play

What do we do?
✓ For children ages 2 to 5 years, limit screen use to 1 hour per day of high-quality programs.

✓ For children ages 6 and older, place consistent limits on the time spent using media, and the types of media, and make sure media does not take the place of adequate sleep, physical activity and other behaviors essential to health.

✓ Designate media-free times together, such as dinner or driving, as well as media-free locations at home, such as bedrooms.

✓ Have ongoing communication about online citizenship and safety, including treating others with respect online and offline.

Resources

732-663-1800, ext. 2180

https://www.screenagersmovie.com/tech-talk-tuesdays/
Resources

American Academy of Pediatrics: https://www.aap.org

Federal Trade Commission: Living Life Online www.ftc.gov/livinglifeonline


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References


References


