



<p><b>Graphic: Parent Social Media Survey</b> -50% of parents have noticed their children's mental health has suffered due to social media use in the past year</p>	<p>MEDIA CAN CONTRIBUTE TO DEPRESSION, ANXIETY AND DECREASED SELF-ESTEEM. A NEW NATIONAL SURVEY BY THE ON OUR SLEEVES MOVEMENT FOR CHILDREN'S MENTAL HEALTH FINDS HALF OF PARENTS HAVE NOTICED THEIR CHILDREN'S MENTAL HEALTH SUFFER DUE TO SOCIAL MEDIA USE IN THE PAST YEAR. :14</p>
<p><b>CG: Ariana Hoet, PhD</b> Clinical Director, On Our Sleeves</p> <p>Shots of family filling in social media plan template</p>	<p><i>"Expecting a child whose brain is still under development to set their own boundaries and know when something is not right, it's not fair."</i> :07</p> <p>PEDIATRIC PSYCHOLOGIST DOCTOR ARIANA HOET RECOMMENDS CREATING A CLEAR PLAN AS A FAMILY TO ESTABLISH LIMITS, SCHEDULE REGULAR CHECK-INS AND CREATE ACTION PLANS TO ASK FOR HELP. :10</p>
<p><b>Dr. Hoet (CG'd earlier)</b></p>	<p><i>"The family's social media plan is kind of like a contract for how social media is going to be used in the household. And it is for everyone, not just for the child, but for the adult, siblings, everyone in the household."</i> :10</p>
<p><b>Graphic: Parents who feel comfortable talking to their kids about mental health</b> -2022: 91% -2023: 86%</p> <p>Shot of parent watching social content with their child</p>	<p>THE SURVEY ALSO FOUND THAT THE NUMBER OF PARENTS WHO FEEL COMFORTABLE HAVING A CONVERSATION WITH THEIR KIDS ABOUT MENTAL HEALTH HAS DROPPED FIVE PERCENT COMPARED TO JUST A YEAR AGO. DOCTOR HOET SAYS TAKING AN ACTIVE ROLE IN A CHILD'S SOCIAL MEDIA ENGAGEMENT AND WATCHING CONTENT WITH THEM IS A GREAT PLACE TO START. :16</p>
<p><b>Dr. Hoet (CG'd earlier)</b></p> <p>Shots of Collin's kids watching content on tablets</p>	<p><i>"And then as you're doing that, you can start those open-ended conversations. 'Why do you like following this person? What is funny about this? How do you feel when you're on social media?'"</i> :09</p> <p>IT'S SOMETHING THAT'S HELPED COLLIN BUILD TRUST WITH HIS KIDS AS THEY GROW AND EXPLORE. :04</p>
<p><b>Collin Ricks (CG'd earlier)</b></p> <p>Shots of Collin's kids watching content on tablets <b>(PACKAGE END)</b> -----</p>	<p><i>"Us as parents, we're not going to always be there. And so, that's why those conversations are critical and very, very important so they're able to respond to those moments effectively."</i> :09</p> <p>IN COLUMBUS, OHIO, THIS IS BARB CONSIGLIO REPORTING. :02</p>
<p><b>ANCHOR TAG</b></p>	<p>WHILE MOST SOCIAL MEDIA APPS ALLOW KIDS TO CREATE A PROFILE WHEN THEY'RE THIRTEEN, EXPERTS SAY THERE'S NO ONE-SIZE-FITS-ALL</p>



**CG: Ariana Hoet, PhD**  
Clinical Director, On Our Sleeves

Hoet lists signs of the negative effects of social media on kids:  
*“Look for changes in their sleep. Social media can really get in the way of kids' sleep. Look for changes in the way they view themselves, their body image and their eating patterns. And so you know your kid best. If you start seeing any changes, it's definitely a sign to check in.” :17*

Hoet says On Our Sleeves resources are designed to help parents implement expert recommendations:  
*“Implementing that at home can be really hard. The behavior change can be really hard. And so that's what On Our Sleeves is here to do, to give parents the strategies of how do I do the recommended X, Y, Z in my home? And giving the tools for parents to feel confident in setting those boundaries and regulations for kids.” 20*

Hoet says it's important to listen and react thoughtfully to social media concerns:

*“The way we react is going to determine whether a child will keep trusting us and keep coming back to us. So we really have to pause, breathe and make it about the child. Listen, don't bombard them with questions or concerns or advice and just, ‘oh, tell me a little bit about why you've been watching this. Tell me a little bit of why you posted X, Y, Z.’” :20*

Collin says simple conversations on a regular basis help build trust with kids:

*“Taking the time to say, ‘Hey, how was your day?’ And I think that simple question really begins to open the door for your child to believe that you trust the things that are going on in their life that you can help fix those things. And so they come to you with their problems, with their challenges. And I think that goes a long way.” :17*

**CG: Collin Ricks**  
Parent

Collin says it's important to create an environment where your kids feel they can come to you with problems:

*“If your kids just really don't feel that they can come to you, they will try to find answers potentially in the wrong places. And so, that's why I feel it's very important to create that nurturing environment where your kids really do feel comfortable coming to you.” :12*

Collin says setting boundaries for social media creates a partnership with your kids:

*“It's a partnership really. So, whenever we talk about restrictions and things that we want them to do or not do on social media, it's really entrusting them with those boundaries. And over time, as our kids get older, we want to be able to loosen the reins more and more and more.” :16*

## References

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<sup>1</sup>*The Common Sense Census: Media Use by Tweens and Teens*, **Common Sense Media**, **March 9, 2022**. Online:  
[https://www.commonsensemedia.org/sites/default/files/research/report/8-18-census-integrated-report-final-web\\_0.pdf](https://www.commonsensemedia.org/sites/default/files/research/report/8-18-census-integrated-report-final-web_0.pdf)

<sup>2</sup>*Social Media and Kid's Mental Health*, **On Our Sleeves**, **2023**. Online:  
<https://www.onoursleeves.org/mental-wellness-tools-guides/social-media>

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