# Survey: Half of parents believe their children's mental health suffered due to social media in past year

On Our Sleeves offers free resources to help parents monitor their family's social media use and keep lines of communication open

\*Note: Embargoed until Wednesday, May 3, 2023 at 12 a.m. Eastern

Nationwide Children's Hospital

Produced by: MediaSource To download broadcast-quality video and other multimedia www.mediasourcetv.com elements: https://bit.ly/42bMGMr Content provided by: Package Length: 1:41 On Our Sleeves

NEWS PACKAGE	
SUGGESTED TEASE	AS SOCIAL MEDIA USE RISES IN TEENS AND TWEENS <sup>1</sup> , A NEW SURVEY REVEALS PARENTS' GROWING CONCERNS OVER THE NEGATIVE EFFECTS ON THEIR CHILDREN'S MENTAL HEALTH. COMING UP, EXPERT ADVICE ON HOW TO HELP YOUR FAMILY SAFELY NAVIGATE AN INCREASINGLY DIGITAL WORLD.
ANCHOR LEAD	SOCIAL MEDIA CAN BE A GREAT PLACE FOR TEENS TO CONNECT WITH FRIENDS, EXPLORE THEIR INTERESTS AND EXPRESS THEIR CREATIVITY, BUT IT'S NOT WITHOUT RISKS.  EVEN ADULTS STRUGGLE TO PUT LIMITS ON THEIR SOCIAL MEDIA USE OR AVOID CONTENT THAT CAN HAVE A NEGATIVE IMPACT ON THEIR MOOD OR EMOTIONS. SO, IT'S A THREAT THAT KIDS CAN'T – AND REALLY SHOULDN'T – MANAGE ON THEIR OWN. IN FACT, A NEW SURVEY SHOWS PARENTS' CONCERNS ABOUT HOW SOCIAL MEDIA AFFECTS THEIR CHILDREN'S MENTAL HEALTH ARE GROWING. BARB CONSIGLIO HAS TIPS AND RESOURCES FOR PARENTS AND CAREGIVERS WORKING TO GUIDE THEIR FAMILIES THROUGH AN EVER-CHANGING DIGITAL WORLD.
(PACKAGE START)CG: Courtesy: On Our Sleeves Shots of family playing game together	AS COLLIN RICKS KIDS' INTEREST IN SOCIAL MEDIA GROWS, SO DO HIS WORRIES ABOUT HOW IT'S AFFECTING THEM. :05
CG: Collin Ricks Parent	"They start comparing themselves to other people, and I think some of those platforms and the lack of restrictions, it opens the door for that self-reflection probably too soon." :09
Shots of kids viewing social content	BULLYING AND HARMFUL CONTENT ON SOCIAL

Producers and Reporters: To download scripts, video and photos go to:

Graphic: Parent Social Media Survey -50% of parents have noticed their children's mental health has suffered due to social media use in the past year

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

Shots of family filling in social media plan template

Dr. Hoet (CG'd earlier)

Graphic: Parents who feel comfortable talking to their kids about mental health

-2022: 91% -2023: 86%

Shot of parent watching social content with their child

Dr. Hoet (CG'd earlier)

Shots of Collin's kids watching content on tablets

Collin Ricks (CG'd earlier)

Shots of Collin's kids watching content on tablets

(PACKAGE END) -----

**ANCHOR TAG** 

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

"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." :07

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

"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." :10

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

"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?" :09

IT'S SOMETHING THAT'S HELPED COLLIN BUILD TRUST WITH HIS KIDS AS THEY GROW AND EXPLORE. :04

"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." :09

IN COLUMBUS, OHIO, THIS IS BARB CONSIGLIO REPORTING. :02

WHILE MOST SOCIAL MEDIA APPS ALLOW KIDS TO CREATE A PROFILE WHEN THEY'RE THIRTEEN, EXPERTS SAY THERE'S NO ONE-SIZE-FITS-ALL

APPROACH AND PARENTS SHOULD CONSIDER THEIR TEEN'S DEVELOPMENT, BEHAVIOR AND ANY MENTAL HEALTH CONCERNS BEFORE MAKING A DECISION.

IF YOU NOTICE A CHANGE IN MOOD OR BEHAVIOR IN YOUR CHILD, IT MAY BE TIME TO CHECK IN AND ADJUST THE PLAN.

WHILE THIS CAN ALL BE OVERWHELMING FOR PARENTS, FREE RESOURCES<sup>2</sup> TO HELP IMPLEMENT EXPERT RECOMMENDATIONS CAN BE FOUND AT ON-OUR-SLEEVES-DOT-ORG, INCLUDING CONVERSATION STARTERS AND FAMILY SOCIAL MEDIA PLAN TEMPLATES TO KEEP EVERYONE ON THE SAME PAGE.

### **SOCIAL MEDIA**

Share it! Suggested tweet:

A new survey by <u>@OnOurSleeves</u> finds half of parents believe their children's mental health has suffered due to social media use in the past year. How parents can help keep the lines of communication open and help their families safely explore social media: https://bit.ly/42bMGMr

Suggested post:

A new survey by On Our Sleeves finds half of parents believe their children's mental health has suffered due to social media use in the past year. For parents trying to navigate an ever-changing digital world, OnOurSleeves.org offers free resources to open the lines of communication, set guidelines for different ages and stages of development and keep tabs on how social media is affecting their children's mood or self-esteem. https://bit.ly/42bMGMr

### **EXTRA BITES**

Hoet says it's important to consider time spent on social media, as well as content:

"Are they not hanging out with friends, not doing after-school activities? Are they spending too much time sitting? All of that is going to impact their mental health. And I'm also thinking about what are they consuming? Are they exposed to things that make them feel less than, because there are social comparison factors? Are they exposed to things that lead them to higher risk of eating disorders, depression, anxiety?":22

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

Hoet says it's important to decide as a family if and how social media will be used:

"Coming to that decision as a family, am I going to give my child access and what are they going to access? And then finding that balance, making sure that the use is healthy, that we're teaching them how to use it in a way that keeps them safe both physically and mentally." :16

Producers and Reporters: To download scripts, video and photos go to:

"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 lists signs of the negative effects of social media on kids:

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

<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-integrate d-report-final-web 0.pdf

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

## For viewer information on this story contact:

Nationwide Children's Hospital: (614) 355-0495 Log onto http://www.NationwideChildrens.org - click on "News Room"

Produced by:

MEDIA SOURCE

1800 West 5th Ave. Columbus, Ohio 43212 Phone: (614) 932-9950 Fax: (614) 932-9920

www.mediasourcetv.com

Video content provided by: On Our Sleeves Marketing Department: (614) 355-0495