



## Why We CARE

Too much screen time and social media have been linked to a number of problems in kids and adolescents, including: obesity, irregular sleep, anxiety, depression, impaired academic performance, violence, negative body image, and less time for creative play.



**95%** of kids ages 13 to 17 **report using social media.**

**>3 hours** Kids ages 12 to 15 who spent more than three hours a day on social media had **twice the risk of symptoms of depression and anxiety** as non-users.



**50%** of U.S. teens have been harassed online.

**93%** of cyberbullying victims reported feelings of sadness, hopelessness, and powerlessness. **Targets are twice as likely to have attempted suicide** as youths not involved in cyberbullying.

## How to PLAY IT SAFE

### BE AWARE!

The 3 most common things expressed by adolescents using social media are:

- 1** It makes them feel worse about themselves.
- 2** It makes them feel worse about their friendships.
- 3** They can't get off of it!

*(according to the U.S. Surgeon general)*



### DID YOU KNOW?

Teens care!

**75% of teens think elected officials and social media sites are not adequately addressing online abuse.**

## Engage Your Kids with These Conversation Starters



**"Talk to me. Or talk to someone."** One reason cyberbullying persists is that less than half of all cyberbully victims report it to an adult. Encourage your kids to tell someone if they are victims of cyberbullying or harassment.

**"Did something change?"** Notice changes in behavior such as not spending time with friends, depression, negative comments about physical appearance. Encourage a conversation with you, a close family member, or school counselor.

**"Take a breath."** If kids are having a tough time managing strong emotions or falling asleep at night, ask about media use. If that is their only coping strategy, offer other ways to calm mind and body, such as snuggling, listening to soft music, taking a walk or simply taking deep breaths.

**"Don't go surfing."** Instead of flipping through channels, seek quality videos or programming. Preview video games and smartphone applications before allowing your child to play with them. Watch what they watch!

**"Let's play!"** It's not so much about how many hours a day kids use media, but whether time spent on media crowds out other activities, such as spending quality time together, playing outdoors, or getting better sleep.

### PLAY IT SAFE

with burn safety, safe sleep, firearms, button batteries, and more in the **Georgia AAP Toolkit**—[gaaap.org/play-it-safe](http://gaaap.org/play-it-safe).

