



My Phone Is My Life... It's Driving Me Crazy!

Social media use by young people is nearly universal. Up to 95% of people ages 13-17 report using a social media platform. More than one third say they use social media “almost constantly.”

Research has emerged about the connection between increased social media use and soaring rates of mental distress among adolescents. Data indicates that heavy use of social media displaces important activities such as getting sufficient sleep and in-person time with family and friends. Excessive social media use can fuel feelings of addiction, anxiety, depression, isolation and ‘Fear of Missing Out’ (FOMO).

To help kids make smart media choices, the American Academy of Pediatrics recommends the following:

- Monitoring their media diet. Be aware of the established ratings for movies, shows or games to avoid inappropriate content.
- Limiting screen time at home, keep televisions, computers, or video games out of children’s bedrooms.
- Limiting exposure to entertainment media to no more than two hours per day.

If you are concerned about your child’s excessive social media use, please reach out! We can provide free, confidential counseling and other resources.

800-236-3231 or www.aurora.org/eap