

The background features abstract, overlapping green geometric shapes in various shades of green, primarily on the left and right sides of the slide.

# NORTHWESTERN COUNSELING

& SUPPORT SERVICES

*we're here for you*

## Welcome

NORTHWESTERN  
COUNSELING  
& SUPPORT SERVICES



*we're here for you*

# Social Media Use in Teens (and kids)

## What is Social Media?

- Facebook
- Instagram
- Snapchat
- TikTok
- **Video Games**

NORTHWESTERN  
COUNSELING

& SUPPORT SERVICES

*we're here for you*

# Internet and Gaming Addiction

<https://my.clevelandclinic.org/health/diseases/23124-video-game-addiction>

- Video game addiction (internet gaming disorder) is characterized by severely reduced control over gaming habits, resulting in negative impacts on daily functioning, including personal, social, educational and occupational responsibilities.

**NORTHWESTERN  
COUNSELING**

& SUPPORT SERVICES

*we're here for you*

# Internet and Gaming Addiction

## Signs and Symptoms:

- preoccupation with internet and gaming that interferes with goals/developmental milestones
- tolerance
- withdrawal
- end-stage

NORTHWESTERN  
COUNSELING  
& SUPPORT SERVICES

*we're here for you*



# ● Impact on education

Brain Drain: The Mere Presence of One's Own Smartphone  
Reduces Available Cognitive Capacity -

<https://www.journals.uchicago.edu/doi/full/10.1086/691462>

Impact of internet / phone use in classroom

Night-before effect (examples)

NORTHWESTERN  
COUNSELING  
& SUPPORT SERVICES

*we're here for you*

- Impact on mood / social development

Night-before effect

Hours in a day effect - interferes with key moments that can lead to human connection. Human connection and connection to the earth and our bodies are paramount for preventing depression, anxiety, substance use disorders, etc.

Decreased Exercise

- Physical health risks
  - Example: Obesity ->sleep apnea -> decreased energy and alertness

NORTHWESTERN  
COUNSELING  
& SUPPORT SERVICES

*we're here for you*



# Phones

- FOMO
- Kids on phones at school decrease social interaction at school. Social interaction outside of school is increasingly done via phone.
- Optimizing opportunities for kids to interact with each other at school, sans phones, is very important.
- Texting can be a signif source of drama and trauma in kids and teens.  
Cant text without a device

(examples)

# Increased rates of Depression and Suicidality tied to Social Media Use

<https://ifstudies.org/blog/how-much-is-social-media-to-blame-for-teens-declining-mental-health>

- Cyberbullying
- Comparison
- Consumption of negative/depressing content

**NORTHWESTERN  
COUNSELING**

& SUPPORT SERVICES

*we're here for you*

# Frequent Social Media Use = Higher Risks for teens

<https://www.usnews.com/news/health-news/articles/2024-10-09/study-frequent-social-media-use-associated-with-higher-risks-for-teens>

- Increased risk of being bullied
- 50% increased risk of suicidality

January 2024

<https://www.hhs.gov/about/news/2023/05/23/surgeon-general-issues-new-advisory-about-effects-social-media-use-has-youth-mental-health.html>

NORTHWESTERN  
COUNSELING

& SUPPORT SERVICES

*we're here for you*

*"The most common question parents ask me is, 'is social media safe for my kids'. The answer is that we don't have enough evidence to say it's safe, and in fact, there is growing evidence that social media use is associated with harm to young people's mental health," said U.S.*

*Surgeon General Dr. Vivek Murthy. "Children are exposed to harmful content on social media, ranging from violent and sexual content, to bullying and harassment. And for too many children, social media use is compromising their sleep and valuable in-person time with family and friends. We are in the middle of a national youth mental health crisis, and I am concerned that social media is an important driver of that crisis – one that we must urgently address."* - **Vivek Murthy- US**

**Surgeon General**

# Existential Depression

- Desensitization
- Lack of REAL novelty seeking and accomplishment
- Lack of exercise
- Lack of real human connection

NORTHWESTERN  
COUNSELING

& SUPPORT SERVICES

*we're here for you*

# Depression / Suicide Assessment

- Open dialogue. Asking about suicide does not increase the risk of suicide (proven)
- Some Signs of depression
  - Loss of interest in things
  - More seclusive
  - Poor hygiene
  - Sleep issues
  - Guilt
  - Low energy
  - Poor performance

Get Help! Call NCSS/Crisis, 988, individual therapy is good for most humans, can be lifesaving for depression

# Loneliness

[https://www.nytimes.com/2024/11/10/technology/personaltech/technology-loneliness.html?unlocked\\_article\\_code=1.ZE4.Y2Pm.zShCTEEx4OiW&smid=nytcore-ios-share&referringSource=articleShare](https://www.nytimes.com/2024/11/10/technology/personaltech/technology-loneliness.html?unlocked_article_code=1.ZE4.Y2Pm.zShCTEEx4OiW&smid=nytcore-ios-share&referringSource=articleShare)

**“To put it another way, even though the teenagers were on break from school and spending plenty of time on social media apps, most of them were not socializing at all.”**



# What Can We Do?

- Education - students and parents
  - <https://www.nytimes.com/2018/10/26/style/digital-divide-screens-schools.html?fbclid=IwAR3SKFrjVvCBsrifc9Ucm972MPkTbW9xnB6y2TPDuXTb6ThZbTCMq4xBw8w>
  - Setting limits works, easier to set them earlier than to rein them in, but reining them in still works! (example)
- Modeling - offer support to parents struggling with screen addiction. If kids see screen addicted parents they'll think that's the way life is meant to be lived.
- School's stepping in - examples Silicon Valley, etc.
  - [https://www.nytimes.com/2023/10/31/technology/school-smartphone-bans.html?action=click&pgtype=Article&state=default&module=storyline\\_top\\_links\\_recirc&variant=show&region=MAIN\\_CONTENT\\_1&block=storyline\\_top\\_links\\_recirc](https://www.nytimes.com/2023/10/31/technology/school-smartphone-bans.html?action=click&pgtype=Article&state=default&module=storyline_top_links_recirc&variant=show&region=MAIN_CONTENT_1&block=storyline_top_links_recirc)
  -
- Antidotes - Outdoor activities, in-person social activities, **School**

- Bipartisan Legislation
  - <https://www.schatz.senate.gov/news/press-releases/schatz-cotton-murphy-britt-introduce-bipartisan-legislation-to-help-protect-kids-from-harmful-impacts-of-social-media>
  - 04.26.2023

- **Schatz, Cotton, Murphy, Britt Introduce Bipartisan Legislation To Help Protect Kids From Harmful Impacts Of Social Media**

- New Bill Would Set Minimum Age For Social Media Users To 13, Require Parental Consent And Stop Use Of Algorithms For Teens Under 18
-

“The growing evidence is clear: social media is making kids more depressed and wreaking havoc on their mental health. While kids are suffering, social media companies are profiting. This needs to stop,” **said Senator Schatz.**

“From bullying and sex trafficking to addiction and explicit content, social media companies subject children and teens to a wide variety of content that can hurt them, emotionally and physically. Just as parents safeguard their kids from threats in the real world, they need the opportunity to protect their children online.” **said Senator Tom Cotton**

<https://www.mynbc5.com/article/vermont-lawmakers-contemplate-cell-phone-ban-in-schools/46874037>

## Vermont lawmakers contemplate cell phone ban in schools

The main keys are to improve students mental health, decrease distractions in the classroom, and reign in the dangerous grasp many say social media has over students.

#1 NEW YORK TIMES BESTSELLER

# The Anxious Generation

How the Great Rewiring of  
Childhood Is Causing an Epidemic  
of Mental Illness



Jonathan Haidt

Coauthor of *The Coddling of the American Mind*

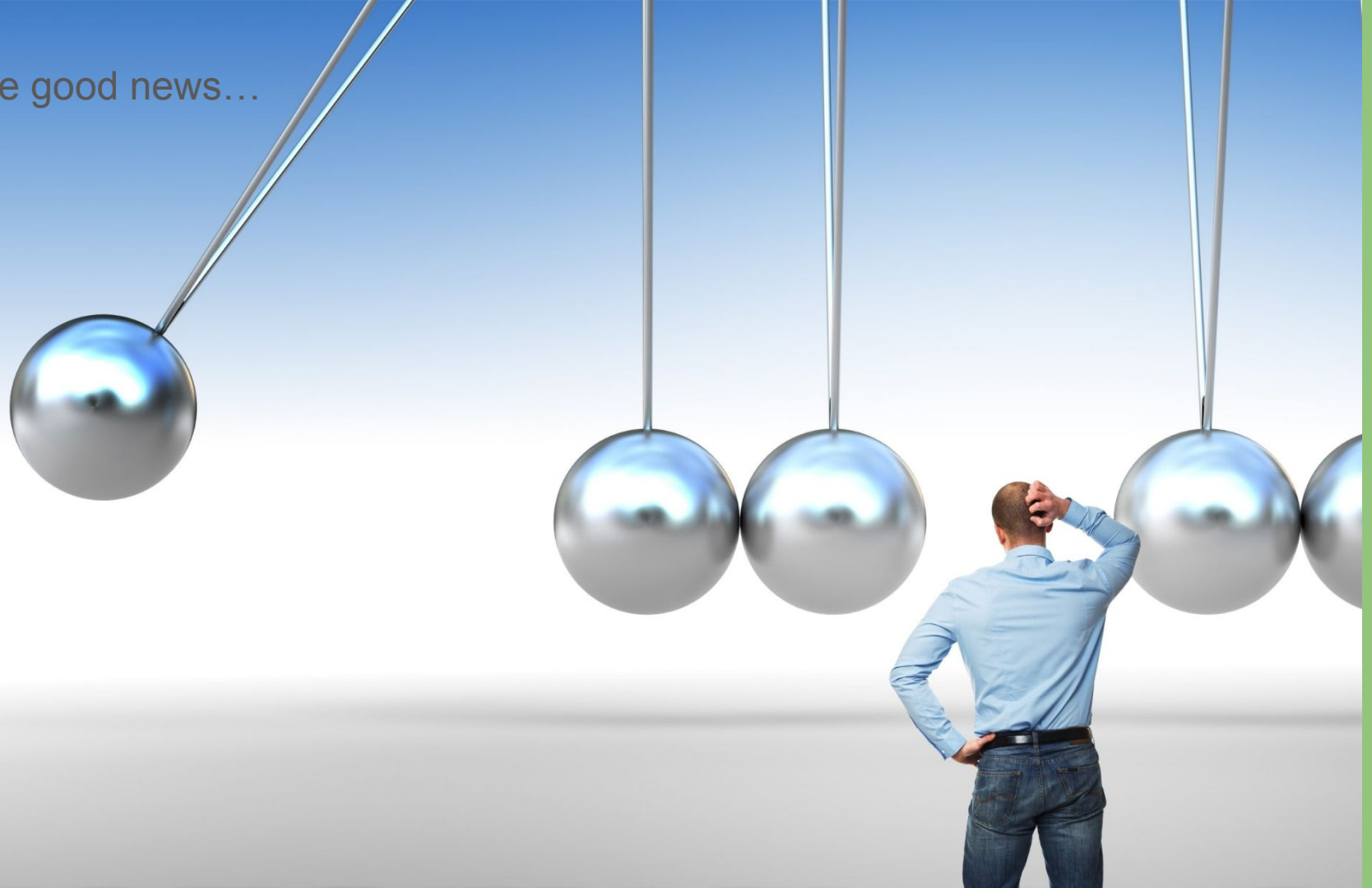
# Digital Dementia

[Letter to the Editor: Digital Dementia—Is Smart Technology Making Us Dumb? - PMC](#)

[Digital Dementia: How Excess Screen Time Is Affecting Our Brains](#)



The good news...





Thank you!

NORTHWESTERN  
COUNSELING  
& SUPPORT SERVICES  
*we're here for you*