



Exploring the Impact of Social Media on Youth

**Self-Reflection Guide
& Resource Document**

Self-Reflection Activity #3

- Are there other examples of perks that you have witnessed or experienced?

- In what ways do these perks resonate with your experience?

Self-Reflection Activity #5

- In what ways can you, in your current role, take action in continuing the conversation of youth mental health and social media?



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Resources for Further Learning

New York Specific

[Youth Mental Health Listening Tour Report-June 2023](#) - On March 16, New York State Office of Mental Health, Governor Hochul and OMH Commissioner Sullivan met personally with over a dozen New York City middle and high schoolers to learn about their own and their peers' experiences with mental health. Following this listening session, the Governor announced listening sessions in every region of the State, which took place from April to June 2023.

[New York State Office Of Mental Health Youth Advisory Board Experience Executive Summary](#) - On August 10-11, 2022 The Young Leaders and Advocates Network in Partnership with the New York State Office of Mental Health held a pilot a Youth Advisory Board (YAB) Experience to assist the strategic planning of the Division of Integrated Community Services for Children and Families.

Videos

[Impact of Social Media on Youth | Katanu Mbevi](#) - Katanu talks about the positive and negative impacts of social media on youth. Katanu is a student at Brookhouse School doing BTEC. Throughout her BTEC course she has developed a strong passion to study marketing. This talk was given at a TEDx event using the TED conference format but independently organized by a local community.

[Mental Health and Social Media](#) - Learn about both the benefits and disadvantages of social media usage on your mental health. This video will cover health habits for social media, and what to do if social media is impacting your mental health.

Articles, Toolkits & Research

[Youth MOVE Chapter Survey Results](#) - 28 youth from across our nation-wide chapter network used their voices to let us know what social media means to them and how it positively or negatively impacts their mental health.

[Social Media and Youth Mental Health: The U.S. Surgeon General's Advisory](#) - This



Advisory describes the current evidence on the impacts of social media on the mental health of children and adolescents. It states that we cannot conclude social media is sufficiently safe for children and adolescents and outlines immediate steps we can take to mitigate the risk of harm to children and adolescents.

[Connection, Creativity and Drama: Teen Life on Social Media in 2022](#) - Majorities of teens credit social media with strengthening their friendships and providing support while also noting the emotionally charged side of these platforms

[Tip Sheet on Social Media Use and Mental Health](#) - This resource discusses the benefits of social media and provides tips on how to use social media in ways to support your mental health.

[Social Media and Youth Mental Health - How can we take action?](#) - At a moment when we are experiencing a national youth mental health crisis, now is the time to act swiftly and decisively to protect children and adolescents from risk of harm.

[Social Media and Youth Mental Health | Mental Health America \(mhanational.org\)](#) - What Youth Are Saying, Fast Facts, Helping Cultivate Healthy Social Media Use With Youth In Your Life

[Engaging Youth With Technology](#) - Engaging youth in the digital age is full of opportunity but can sometimes be difficult. These tools can help you meet youth where they are and offer new ways of supporting youth. These platform recommendations can help you support and connect with youth.