

QUICK SELF-CHECK

IS IT BECOMING TOO MUCH?

BE HONEST WITH YOURSELF

- ☐ I keep scrolling even when I told myself I'd stop
- ☐ I feel anxious or restless when I can't get on my phone
- ☐ I spend way more time on it than I planned
- ☐ I've lied to keep access to my phone or social media
- ☐ It's getting in the way of school, sleep, or people I care about
- ☐ I'm missing out on real life because I'm online
- ☐ The people in my life are getting less of me because my phone is getting more

The goal is for social media to work for you, not against you.

If it is working against you, you do not have to figure that out alone.

YOU DON'T HAVE TO FIGURE THIS OUT ALONE

When you need additional support, here is where to start.

FIND A TRUSTED ADULT

You deserve someone in your corner. If you don't have one yet, here's where to start looking.



NEED MORE SUPPORT?

Common Sense Media

Guides to navigate social media use for teens; parent ratings for popular media



AAP Conversation Starters for Families

A guide to support meaningful, ongoing conversations between parents and teens about social media, technology use, online safety, and digital well-being.



SOCIAL MEDIA AND TEENS WELLNESS: FINDING BALANCE ONLINE



BEHIND YOUR FEED

Have you ever wondered why you can't put your phone down?

Did you know social media wasn't built for your wellbeing – it was built to keep you on it?

Did you know every time you like, pause, or scroll, the algorithm is learning about you?

Have you ever wondered what your feed says about how you've been feeling?

SO ASK YOURSELF:

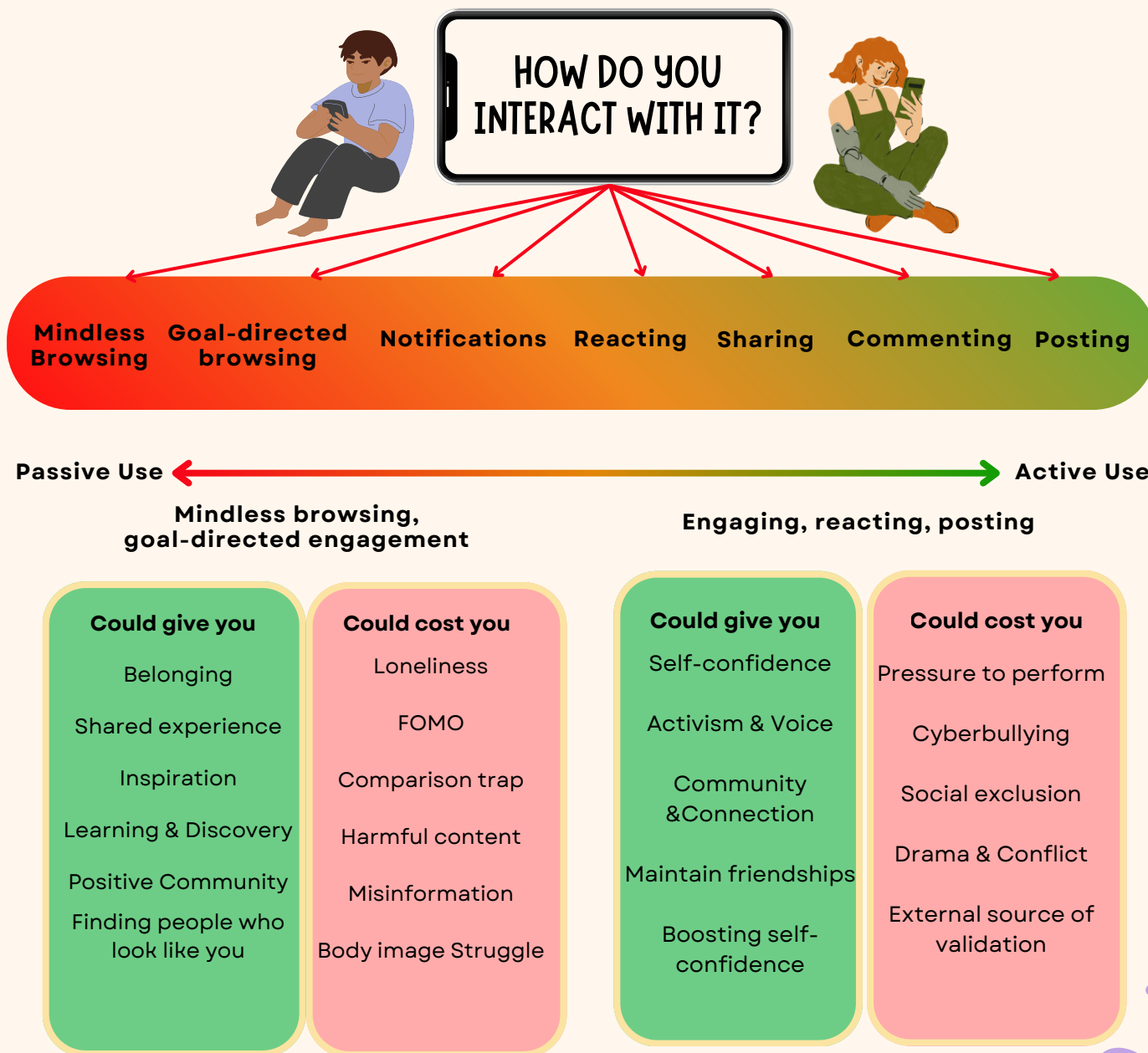
What's been showing up on your feed lately?

✦ Does that match how you've been feeling?



WHERE ARE YOU ON THIS SPECTRUM?

Think about how you mostly use social media – then look at what that could be giving you and costing you.



Both are real. Both can happen to you. Sometimes in the same scroll. Which one are you experiencing right now?