Technology & Social Media's Influence on Mental Wellness, Interpersonal Connectivity, & Self-Image

Take Away Ideas for School Counselors and Parents

Suggestions for starting dialogue with kids & teenagers that will help them think about the impact of social media.

- How does it feel when someone approves of your pictures or posts?
- Why does it feel important to stay connected to your friends online?
- How long can you go without checking your phone or social media accounts?
- What are the benefits of interpersonal interaction vs. online communication?
- How many times a day do you compare yourself to someone else online?
- Have you ever felt worse about yourself after looking at social media? Ex. Instagram
- Are people you are “friends” with on social media people you have positive interactions with in person?
- How do you feel when you do not have your phone with you?
- If you are having a bad day, are you more likely to talk about it with someone or post about it?
- Discuss the benefits of being bored. Boredom, in moderation, can foster creativity, encourage new goals, increase problem solving skills, help you be more productive, and increase altruistic behaviors.

Suggestions for impacting kid & teenage use of social media.

- Model appropriate use and teach appropriate interpersonal communications
- Encourage face to face interaction during free or unstructured time
- Foster self-advocacy skills
- Discuss social skills and cues, emotional identification
- Engage in problem solving skills and discuss what works and what doesn’t
- Device Free family times – dinner, evening, bedtime
- Discuss your values
- Review media literacy and how to identify credible sources
- Write a contract, along with your child, outlining social media usage.

Helpful/Positive Apps:
- Stop, Think, Breathe
- Mindfulness Bell
- Calm
- Unwind
- StressLess-Psychologies
- Get Grounded
- Mind Body Machine
- Smiling Mind
- Balanced -Goals & Habits
- Good Habit Maker
- I Can Be Confident
- Optimism
- MindShift