



TIPS FOR HEALTHY SOCIAL MEDIA USE

01

1. Daily Habits



Create a screen time goal and schedule daily breaks from your devices.

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Resources & Support.

If you're struggling, using these resources can help;

- Helpline phone
- Mental health apps
- Well-being website

Interactive Element

2

Reflect on Your Social Media

How does social media make me feel?

What accounts help me grow?



My Social Media Habits

- ☒ I choose to follow positive accounts
- ☒ I mute or block negative content
- ☒ I limit my time on social media
- ☒ I put my phone away before bed
- ☒ I turn off notifications

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Designed/Created
By Madison W
7th Grade



SOCIAL MEDIA PRESSURE: WHAT YOU DON'T SEE ON THE FEED

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The Comparison Trap

Why doesn't my life look likat?



53% of youths ages 11 to 17 say they compare themselves to others online

- Filters and curated posts distort reality
- Reminder; You're seeing someone's highlight reel, not their behind-the-scenes



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03

Mental Health Impact



"I feel left out."

Social media linked to increased anxiety and depression



01

Time Drain & Distraction



Average screen time: 3+ hours /day on social apps



Impacts sleep, focus, and productivity

02

Mental Health Impact

"I feel left out"

Social media linked to increased anxiety and depression
Fear of missing out (FOMO) and cyberbullying are real stressors



Final Thought

Pause, Reflect. Reclaim your time. Your worth isn't measured in likes, views, or followers

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