

# Social Media Helpful Tips

Social media can be a great way to connect with friends, family and your community. Learn how to engage safely and protect your mental health.

## How does social media impact your life?

### PROS

- Connect with friends and social supports
- Explore interests and identity
- Access knowledge
- Hear from diverse perspectives
- Develop personal and professional skills

### CONS

- Increase risk of poor mental health
- Lose sleep
- Increase contact with cyberbullies and harmful language
- Miss out on in-person connections

### Is social media making you feel disconnected?

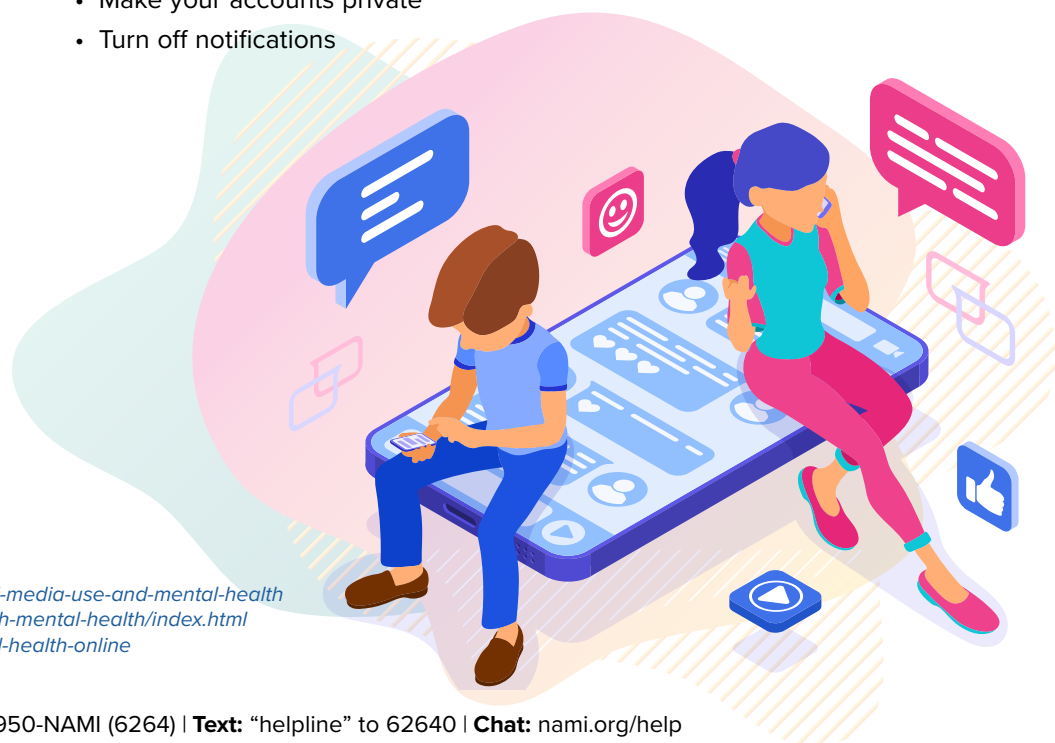
- **Pay attention to how you feel while you're scrolling**
  - If you notice yourself getting stressed or jealous, take a break
  - Avoid doomscrolling and content that causes you stress
  - Find content that makes you feel good
- **Reach out to friends about their posts instead of reacting and scrolling on**
- **Stay in the moment**
  - Wait until you get home to post about your day

### Do you take control of your accounts?

- **Adjust your algorithm**
  - Interact with posts that make you feel good and unfollow accounts that make you feel bad
  - Search for terms that enrich your feed
    - Examples: #queerbooks, #hijabstyle, #mentalhealth, #paraathletics
- **Change your settings**
  - Make your accounts private
  - Turn off notifications

### How do you protect yourself from cyberbullies?

- **If you're being cyberbullied or harassed online, tell a trusted adult**
- **Report cyberbullying and exploitation**
  - Cyber Tipline ([missingkids.org](https://missingkids.org))
  - TakelDown.ncmec.org
  - LoveisRespect.org
  - StopBullying.gov
- **Report, Mute, Block!**



#### Sources:

<https://engage.youth.gov/resources/tip-sheet-social-media-use-and-mental-health>  
<https://www.hhs.gov/surgeongeneral/priorities/youth-mental-health/index.html>  
<https://www.unicef.org/stories/5-ways-better-mental-health-online>