




# ATTENTION TEENS

## 6 Tips to Navigate Your Social Media Use: Based on The U.S. Surgeon General's Advisory



1. **Create Healthy Boundaries-** Did you know the blue light emitted from your devices can impact sleep? Turn off devices an hour before going to bed and get the 8 hours of sleep recommended for your age.

- Unplug and enjoy in-person conversations. Keep mealtimes and gatherings device-free. Turn off notifications to reduce distractions.

2. **Use Caution-** Learn about privacy settings and block unwanted contacts and content. Be selective with whom you share personal information. Stop and think before you post. If you're unsure, then you probably should stop. Be aware of how much time you're spending online. Social media can be addictive!

3. **Protect Yourself & Others.** Have you or someone you know been a victim of harassment or cyberbullying? Rumors, trolling, and having photos shared can leave you feeling upset, sad, or ashamed. You are not alone. Read on for the steps you can take:

4. **Find Someone You Trust-** Identify at least 1 person who can give you the support you deserve. Also, [www.LoveIsRespect.org](http://www.LoveIsRespect.org) is a resource for those who have experienced harassment or abuse by a partner and [Takeitdown.ncmec.org](http://Takeitdown.ncmec.org) can help to remove private images posted on social media without consent.

5. **Be the Stronger Person-** How will you react when you receive inappropriate images or messages? Please do not take part in the harassment by forwarding or sharing messages. Tell others to stop or report content to the media platform where you saw it.

6. **Reach Out for Help-** The **Center of Excellence on Social Media & Youth Mental Health** is a source of information and technical assistance to support adolescents using social media. Text or Dial 988 for the **Suicide & Crisis Lifeline** if you know someone experiencing a mental health crisis and need immediate help.

