AGES 12–18 EDUCATIONAL GUIDE

Social Media & Mental Health



WHAT THIS IS

Social media can connect us and also stress us out. Noticing how you feel before and after helps you take charge.

HOW TO USE IT

1. Track how you feel after 3 apps.
2. Check your digital habits.
3. Pick one change to try.

EXAMPLE

"*After 30 minutes scrolling I felt worse about myself, so I muted a few accounts.*"

App / platform	How I felt before	How I felt after	Better, same, or worse?

Healthy habits

- ☐ Phone-free meals
- ☐ No phone for 30 min before bed
- ☐ Mute or unfollow what drains me
- ☐ Follow people who inspire me
- ☐ Take breaks
- ☐ Remember posts are highlight reels

Warning signs

- ☐ Comparing myself a lot
- ☐ Feeling left out
- ☐ Losing sleep
- ☐ FOMO (fear of missing out)
- ☐ Anxious without my phone
- ☐ Getting into arguments online

One change I'll try this week:

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