



# Impacts of Social Media Use

Protecting Children, Promoting Health

Debbie Somerville, RN, MPH, Director of Health Services

Susan Hahn, Supervisor, Family & Community Engagement





# Impacts of Social Media

## Objectives

- Identify "side effects" of social media use on children's mental health, social functioning and learning
- Raise awareness of BCPS resources and initiatives to promote healthy social media use
- Identify ways that families can partner with BCPS in this area



**/continuing** the conversation :

**/the  
mental health  
dilemma\_**



# Impact in the Classroom

## Quotes from Teachers

- When students have their phones out or even in their pockets, they are constantly distracted by their peers sending them messages. Middle School drama happens on social media and when students have access to their phones, they are more concerned about who says/said what about who. The students who have had to turn their phones in become more focused in their classes, have more positive peer interactions and just seem...happier.



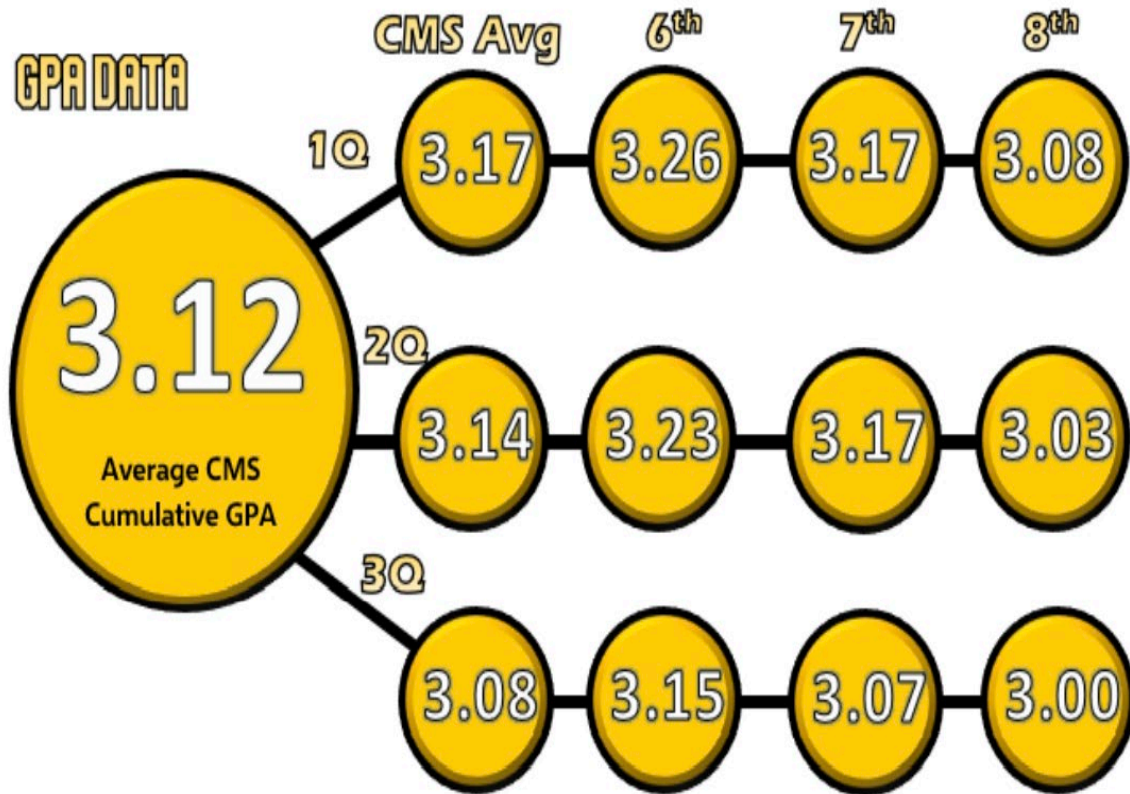
# Impact in the Classroom

## Quotes from Teachers

- Phones have become the biggest distractions in our children's lives. Without them, our students can focus on classwork and not on "likes" on social media.
- I have noticed the social maturity of students declining. They do not know how to interact with each other in person anymore and it is causing many problems in the hallways and in the classroom.
- The drama from social media spills over into the classroom. Students have a hard time settling down because they want to discuss the latest social media drama with friends.

# Learning Impact

## BCPS Middle School Data



	<b>0 Phone Violations</b>	<b>2+ Phone Violations</b>
<b>1Q</b>	<b>3.31</b>	<b>2.64</b>
<b>2Q</b>	<b>3.29</b>	<b>2.46</b>
<b>3Q</b>	<b>3.23</b>	<b>2.55</b>

# Learning Impact – BCPS Middle School

	Avg MAP Math Score	Avg MAP Math Percentile	Avg MAP Reading Score	Avg MAP Reading Percentile
<b>CMS Overall Average</b>	<b>221</b>	<b>47<sup>th</sup></b>	<b>218</b>	<b>53<sup>rd</sup></b>
<b>0 Phone Violations</b>	<b>224</b>	<b>54<sup>th</sup></b>	<b>220</b>	<b>54<sup>th</sup></b>
<b>2+ Phone Violations</b>	<b>216</b>	<b>35<sup>th</sup></b>	<b>213</b>	<b>51<sup>st</sup></b>

*This is Based on ACTUAL Cockeysville Middle School cell phone referral data as entered by our CMS Team Leaders and Teachers daily. All data was pulled from FOCUS*



# Surgeon General's Advisory - 2023

## Social Media and Youth Mental Health

### Brain Development Impact

- Frequent social media use may be associated with changes in amygdala (emotional learning & behavior) and prefrontal cortex (impulse control, emotional regulation, moderating social behavior.)
- Adolescent brain experiences heightened emotional sensitivity to social media content/use.





# Surgeon General's Advisory - 2023

## Mental Health Impacts

- Use more than 3 hours/day doubles the risk of experiencing poor mental health outcomes, including depression and anxiety symptoms.
- Monitoring the Future (2021) – 8<sup>th</sup> and 10<sup>th</sup> graders AVERAGE 3.5 hours/day



# Surgeon General's Advisory - 2023

## Mental Health Impacts

- Study 1: Limiting social media use to 30 minutes daily resulted in significant improvements in severity of depression – especially with those with high levels of depression
- Study 2: Deactivating a social media platform for 4 weeks improved reports of wellbeing (happiness, life satisfaction, depression and anxiety)



# Surgeon General's Advisory - 2023

## Research - Impacts

Study – greater social media use in young teens predicted

- Poor sleep
- Experiencing harassment online
- Poor body image
- Low self-esteem
- Higher depression scores

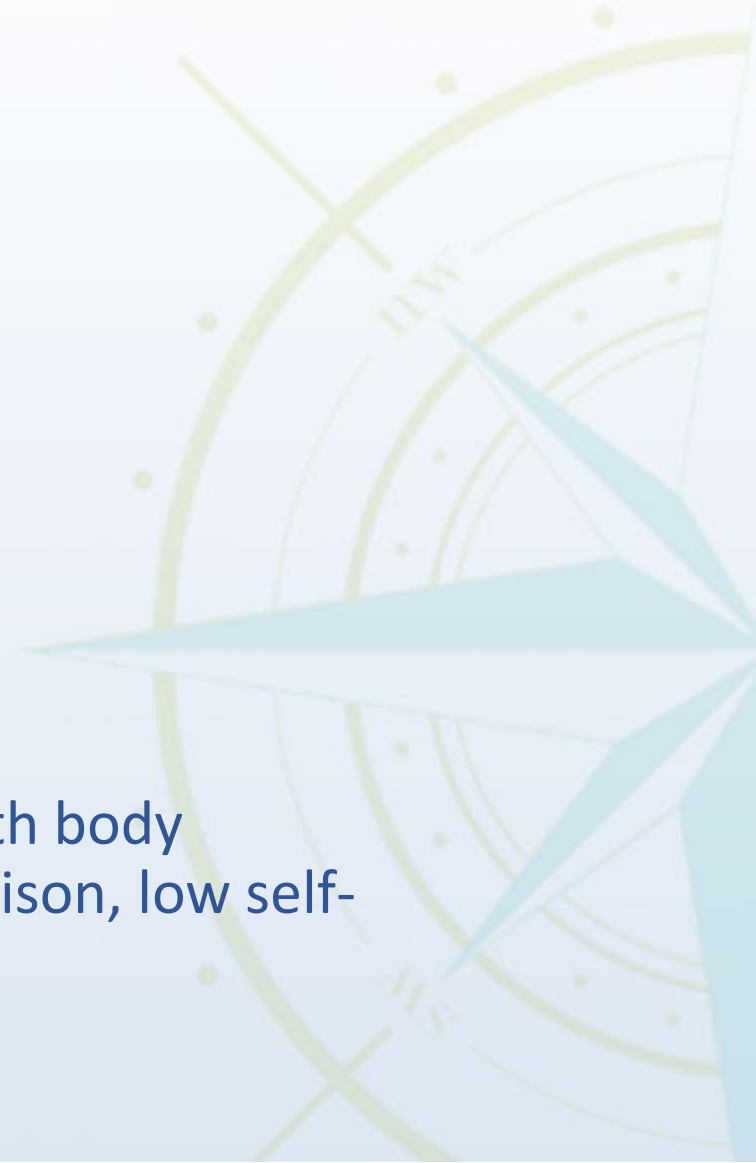




# Surgeon General's Advisory - 2023

## Harmful Content Exposure

- Self-Harm
  - Some platforms show live depiction of self-harm
  - Discussing content can normalize the behavior
- Hate-based content
  - Cyberbullying
  - Racist messages
- Body Image
  - Multiple studies indicate social media use is associated with body dissatisfaction, disordered eating behaviors, social comparison, low self-esteem

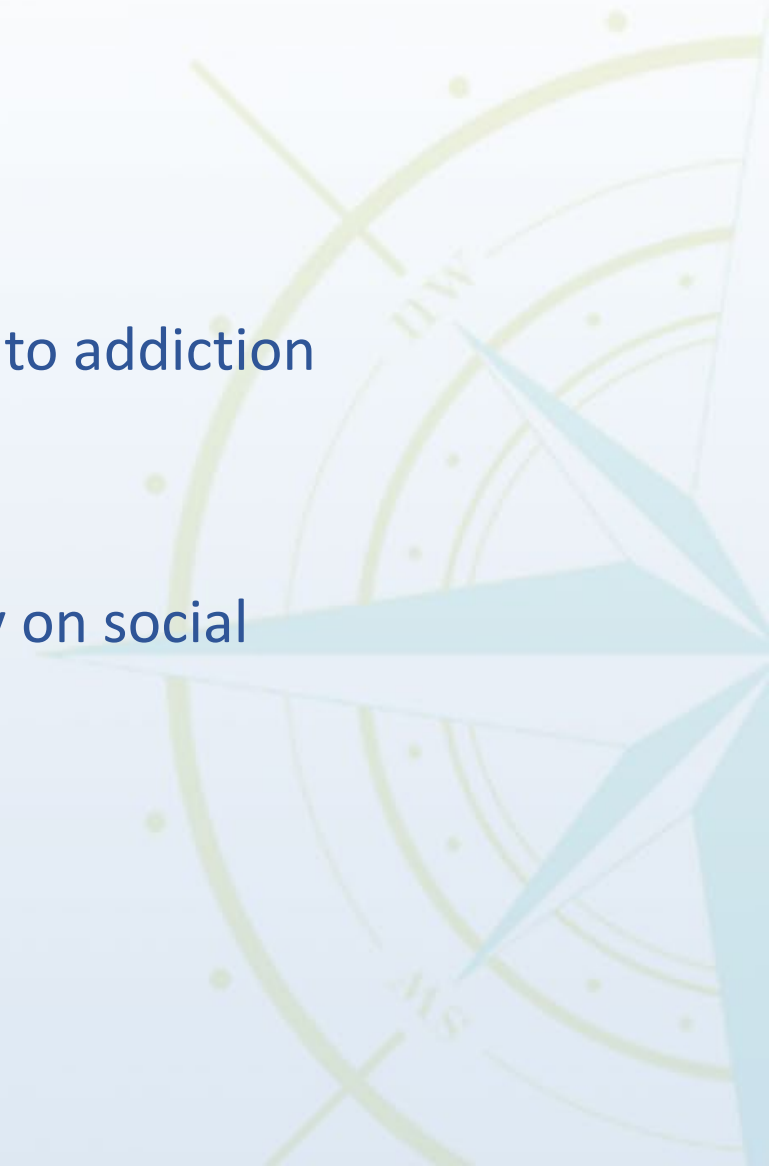




# Surgeon General's Advisory - 2023

## Harms from Excessive Use

- Compulsive use
  - Theory of overstimulation of reward center – comparable to addiction
- Replacement of healthy behaviors
  - Sleep – 33% use until midnight or later
  - Monitoring the Future – 25% spend 5 or more hours a day on social media; more than 10% spend 7 or more hours a day!

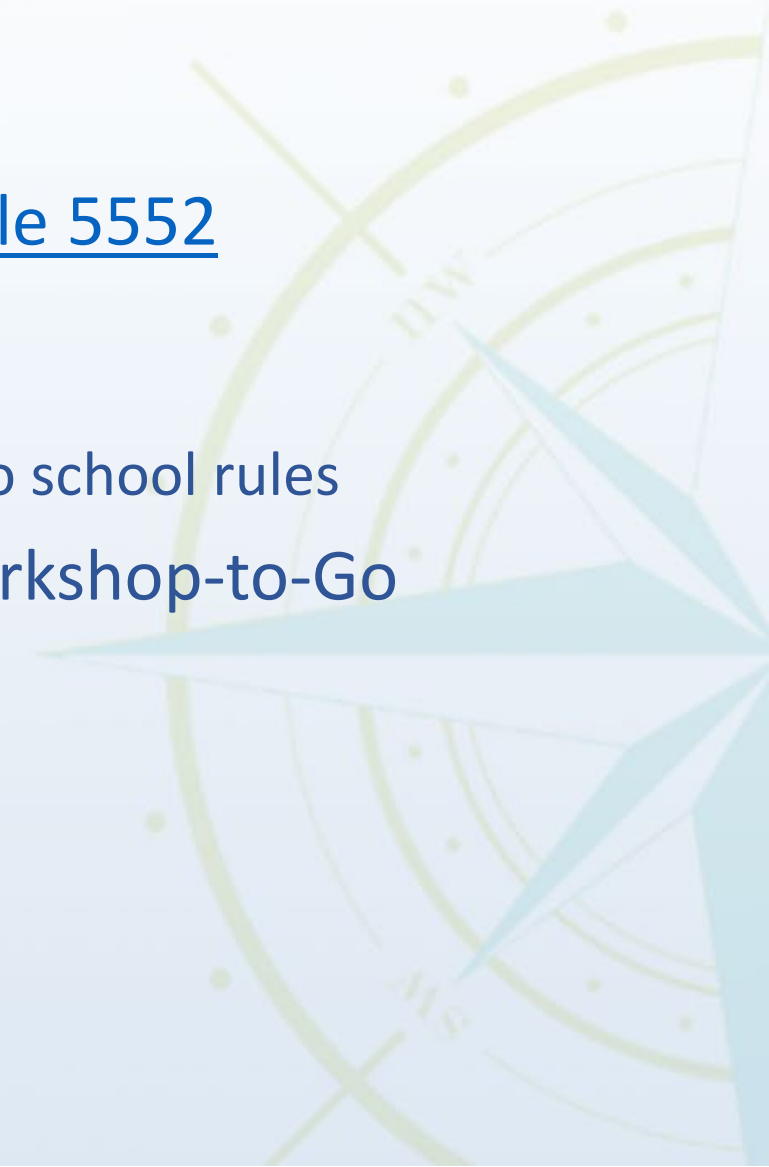




# Addressing the Impacts

## BCPS Resources and Efforts

- Portable Electronic Communication Device [Policy/Rule 5552](#)
  - Use during instruction is prohibited
  - Use for instructional purposes, grades 3 and above
  - Use during lunch, high schools; middle school according to school rules
- BCPS Family and Community Engagement (FACE) Workshop-to-Go
- School Health Council Social Media Workgroup





# Addressing the Impacts

## How Can Families Help?

- Participate in the Social Media Workgroup
- Review the research – [Common Sense Media](#)
- Attend and promote [Parent University](#) presentations
- Use settings to limit phone use during school hours
- Monitor apps and limit use
- Advise how BCPS can support family efforts

