

HIDDEN DANGERS OF SOCIAL MEDIA



KNOW THE FACTS

- Youth who spend more than 3 hours per day on social media face a **higher risk of experiencing poor mental health outcomes**, including symptoms of depression and anxiety. (hhs.gov)
- Social media can **expose youth to harmful content**, including violence, substance use and sales, sexually explicit material and marketing, cyberbullying, cyberstalking, drug trafficking, and human trafficking. (hhs.gov)
- **The big 3:** Snapchat, Telegram, and Cash App are the most common drug marketing and sales apps. (local law enforcement)

Tips to Avoid Social Media Distractions and Harms of Daily Use by Youth:

- Establish achievable social media boundaries.
- Prioritize quality sleep and implement a device-free bedtime routine.
- Develop a family media agreement to supervise youth social media usage.
- Initiate candid conversations about the dangers of using applications like Snapchat, Instagram, Telegram, and Signal.

COMMON DRUG EMOJI CODES



DEA emoji decoder can be found at dea.gov/onepill

SCAN THE QR CODE FOR RESOURCES



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DATA TRENDS

- 95% of teenagers between 13 and 17 years old reported using a social media platform, with more than 33% indicating they are on social media “almost constantly.” (hhs.gov)
- 41% of young people who extensively use social media rate their overall mental health as poor or very poor. (apa.org)
- Cyberbullying is highest in middle schools at 33%, followed by high schools at 30%. (cdc.gov)

IF YOU OR SOMEONE YOU KNOW IS STRUGGLING OR IN CRISIS, HELP IS AVAILABLE.

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SUICIDE & CRISIS LIFELINE