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TOOLS TO MENTOR ADOLESCENTS' SOCIAL MEDIA ODYSSEY

S. Serena Shim, Ph.D., Educational Psychology



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Overview

- Adolescent mental health crisis and connection to social media

- Social media addiction
- Adolescent developmental stage

- Legal restrictions imposed on minor's use of social media

- Educational intervention



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**Let's find out about our audience
today**

Region

Age/Generation

The grade level that you teach

Social media account

<https://www.menti.com/alyw1bzdgxou>



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WHAT IS SOCIAL MEDIA?

- Digital technologies, which allow people to connect, interact, produce, and share content (Lewis, 2010, p. 2).

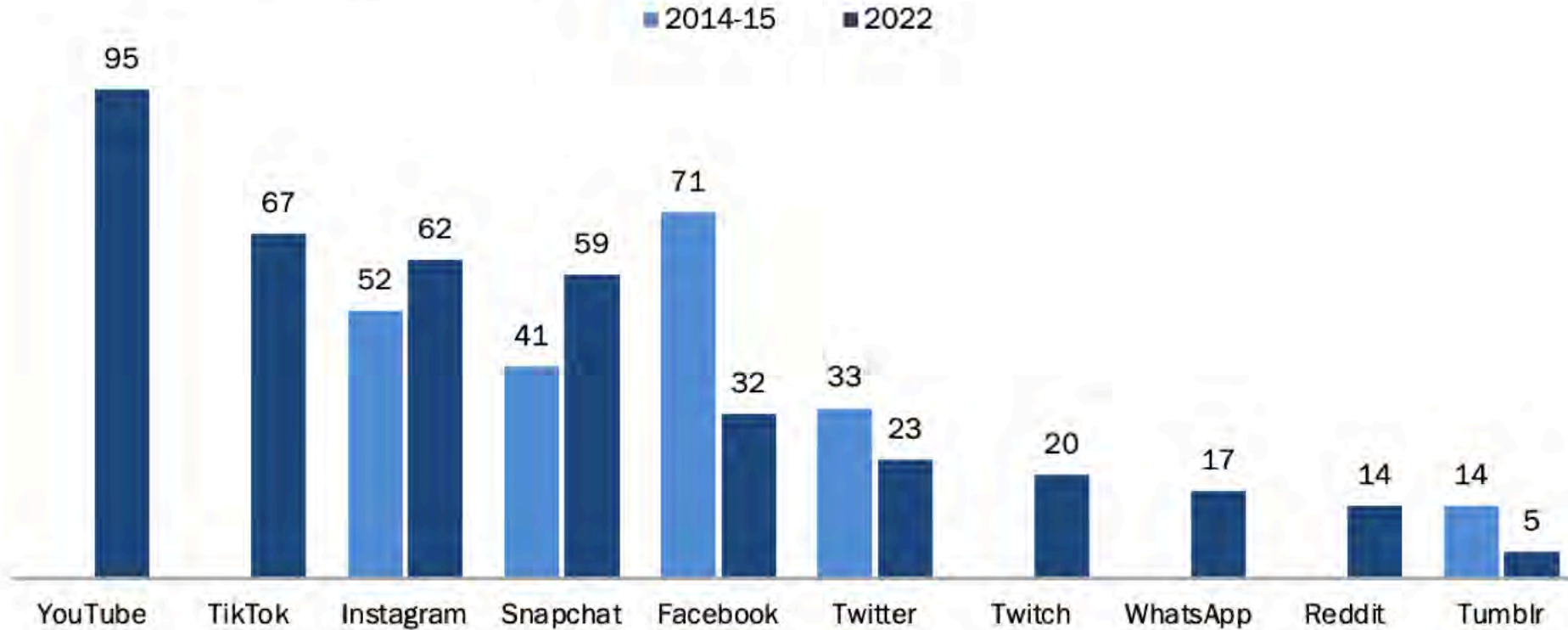




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Majority of teens use YouTube, TikTok, Instagram, Snapchat; share of teens who use Facebook dropped sharply from 2014-15 to now

% of U.S. teens who say they ever use each of the following apps or sites

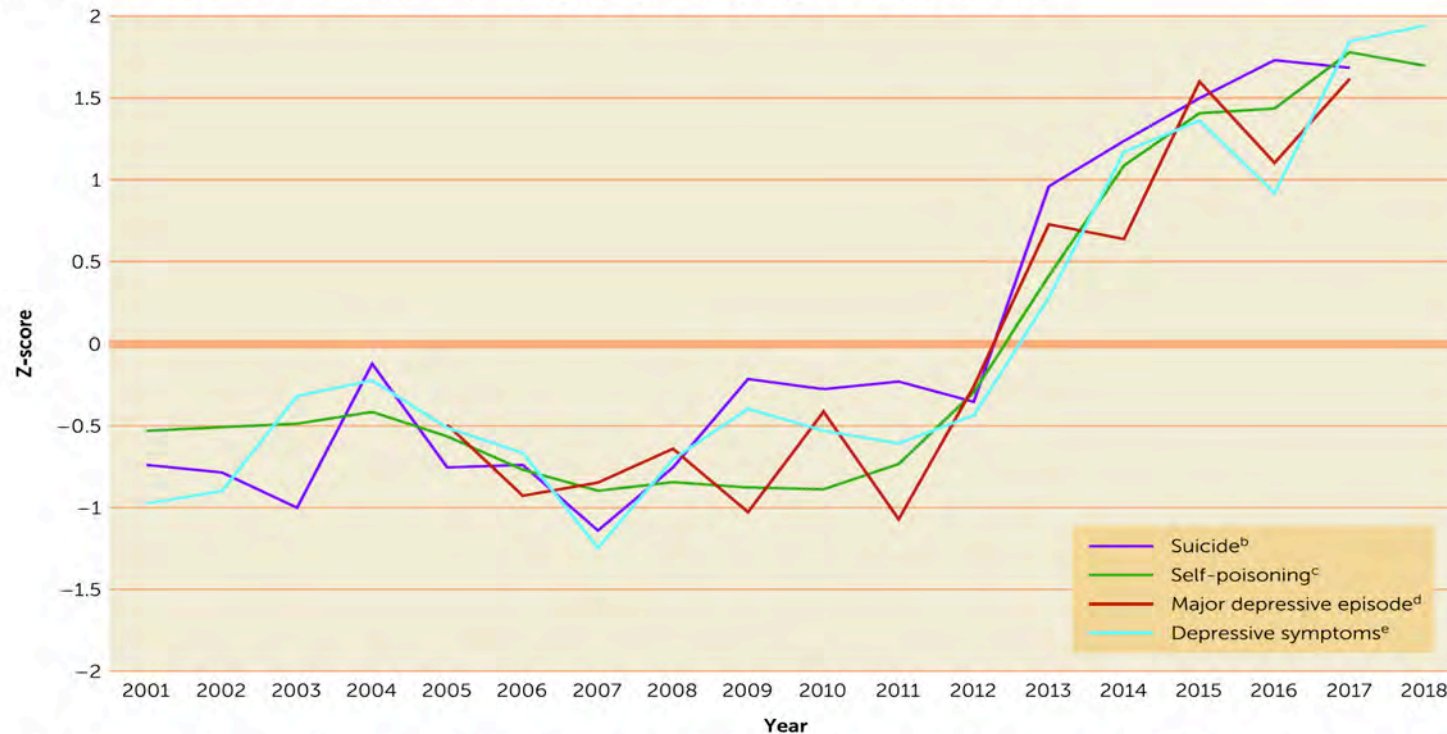


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ADOLESCENTS MENTAL HEALTH CRISIS: TREND DURING 2001-2018 (TWENGE, 2020)

INCREASES IN DEPRESSION, SELF-HARM, AND SUICIDE AMONG U.S. ADOLESCENTS

FIGURE 1. Indicators of poor mental health among U.S. girls and young women, 2001–2018^a



^a Standard deviations are within means at the generational level, not at the individual level, and thus should not be used to calculate individual-level effect sizes.

^b Source: Centers for Disease Control and Prevention. Suicide rates among 12- to 14-year-old girls.

^c Source: Spiller et al. (14). Self-poisoning among 13- to 15-year-old girls.

^d Source: Twenge et al. (11). Major depressive episode among 14- to 15-year-old girls.

^e Sources: Keyes et al. (8) and Twenge et al. (9). Depressive symptoms among eighth-grade girls.



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Percent with a major depressive episode in the past 12 months (2009-2017)

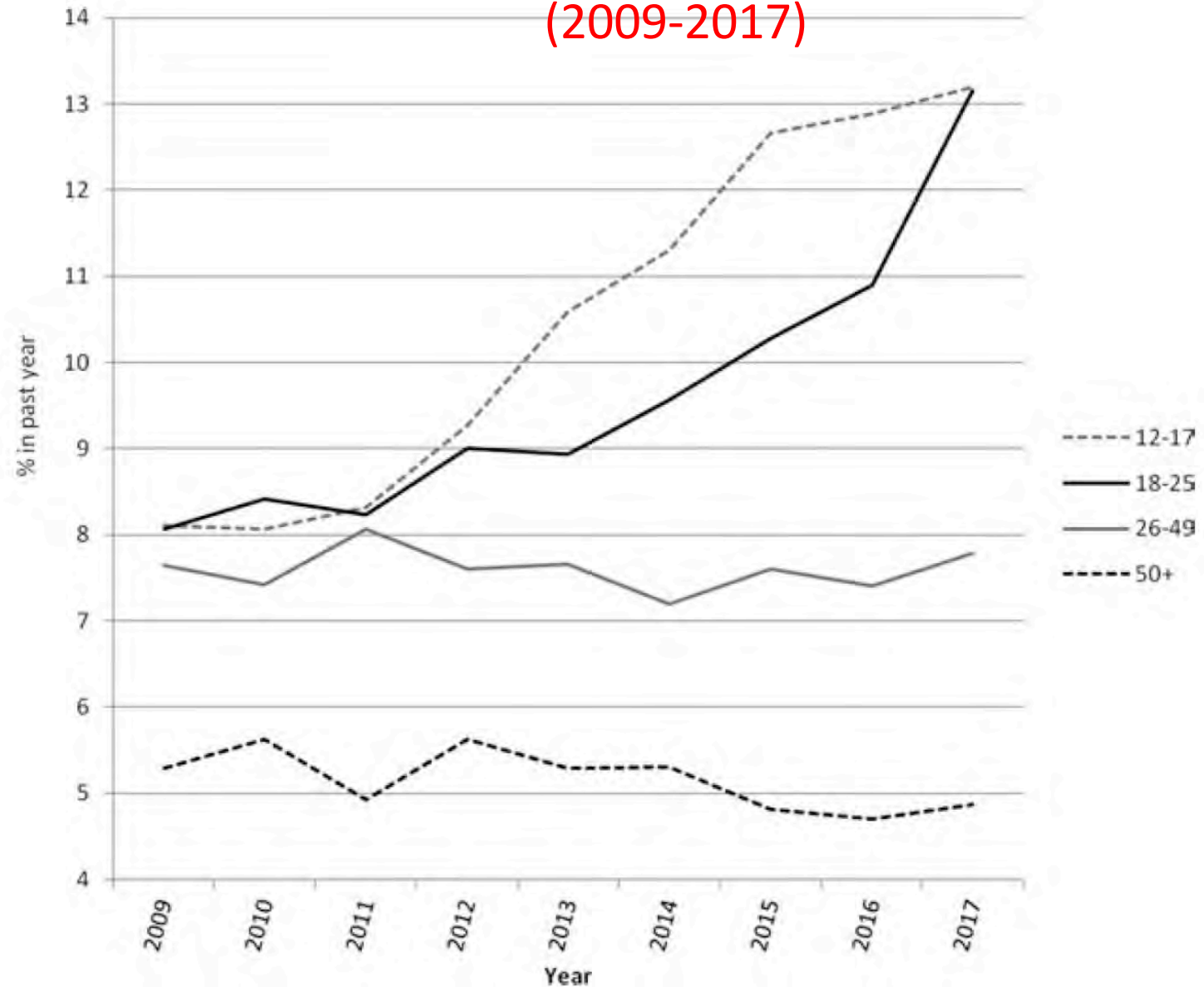


Figure 3. Percent with major depressive episode in the past 12 months, by age group, 2009-2017.

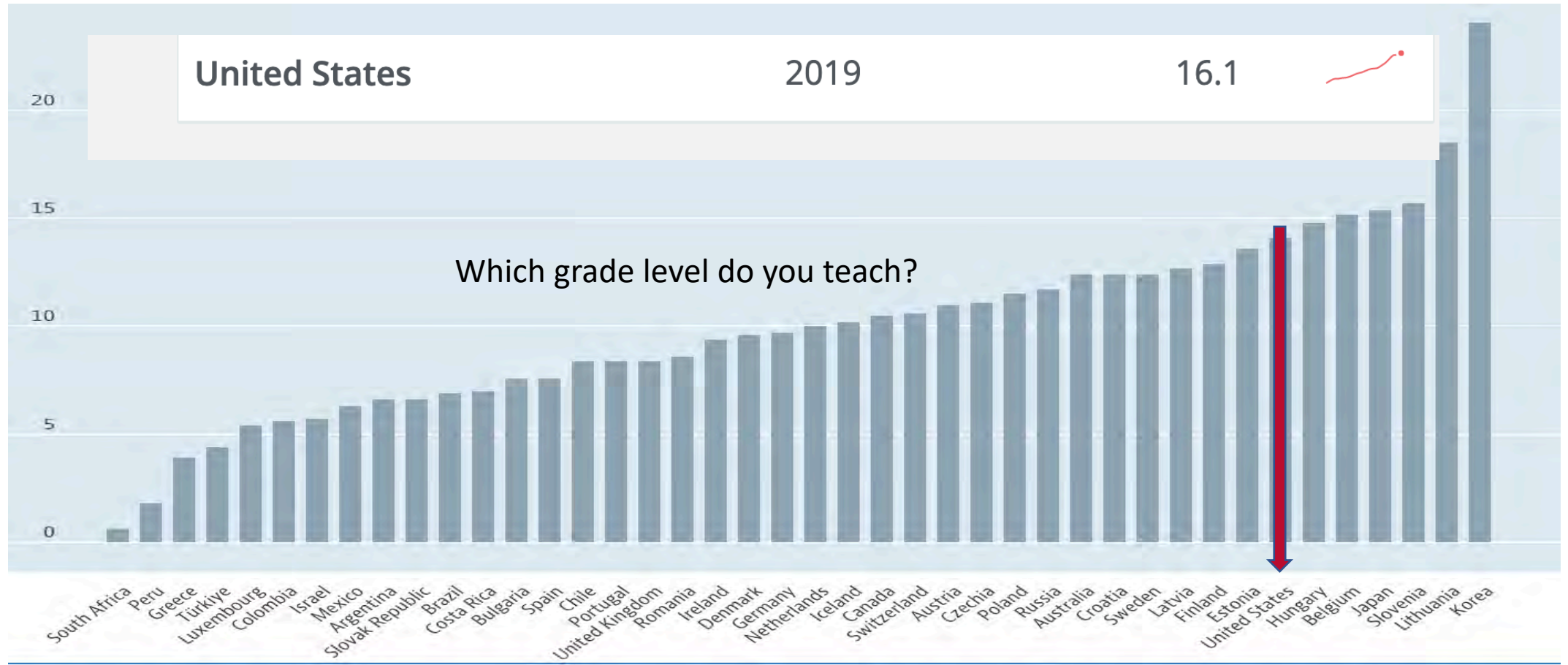
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THE MOST RECENT SUICIDE STATISTICS

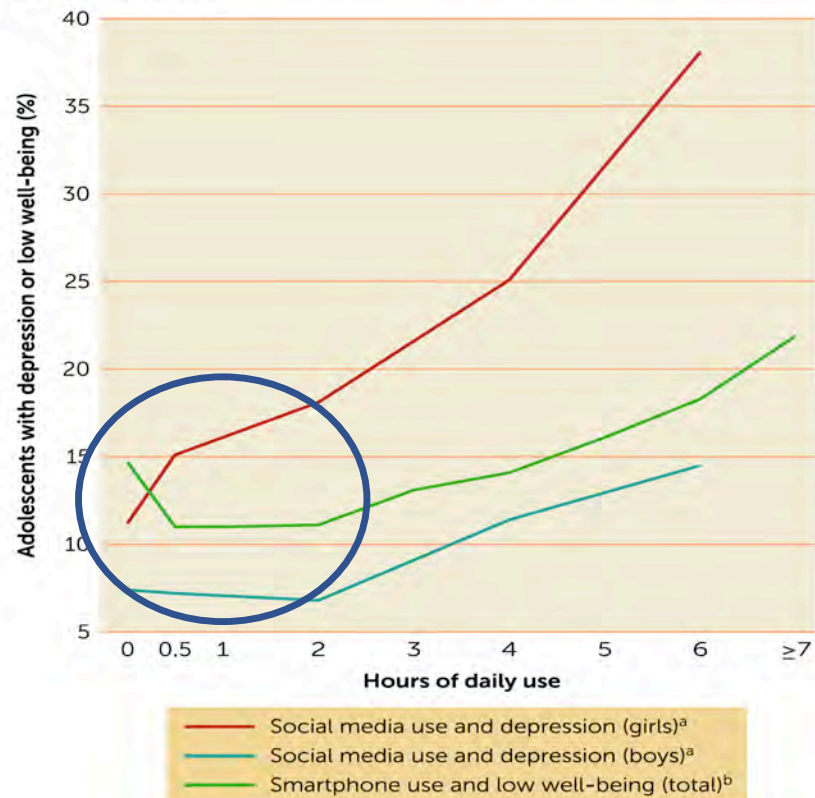
(WORLD HEALTH ORGANIZATION, # PER 1 MILLION)



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DIGITAL MEDIA USE LINKED TO MENTAL HEALTH

FIGURE 2. Proportion of adolescents with depression or low psychological well-being, by hours a day of social media or smartphone use



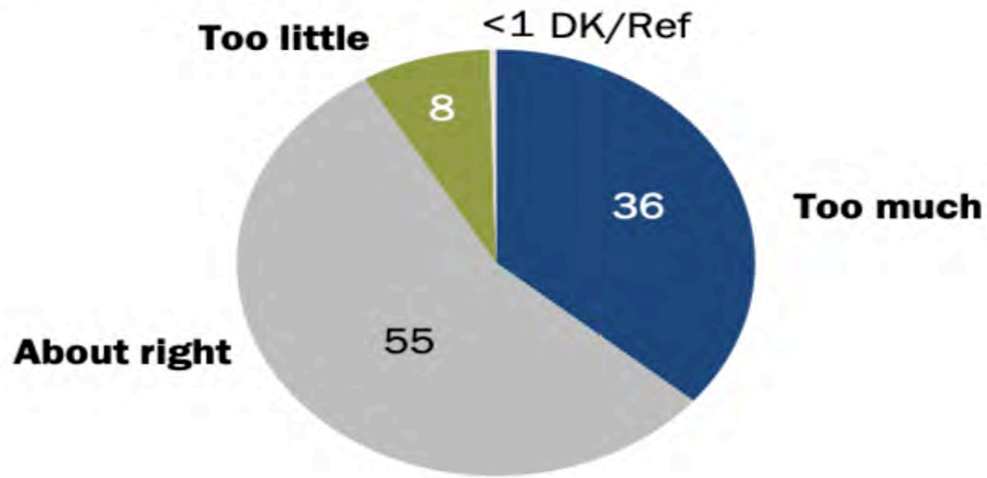
Hours/day on
social media or
smart phone
vs.
Depression

Gender difference:
Girls > Boys



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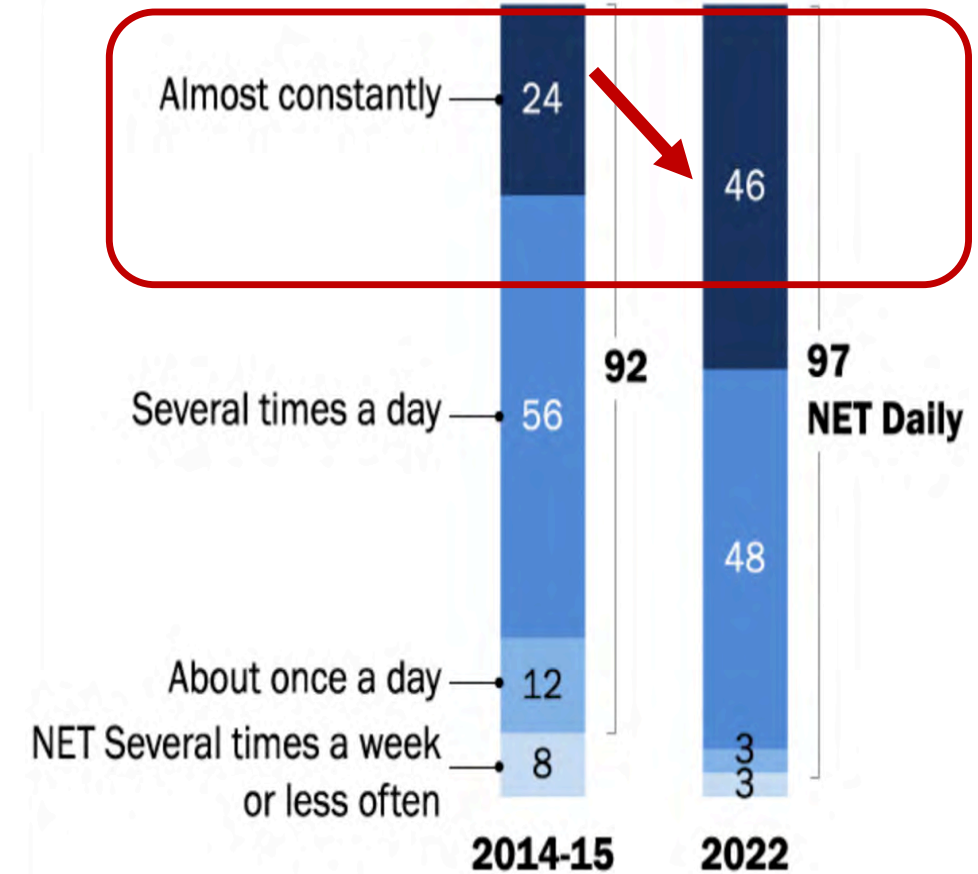
% of U.S. teens who say that overall, the amount of time they spend on social media is ...



% of U.S. teens who say it would be ___ for them to give up social media



% of U.S. teens who say they use the internet ...

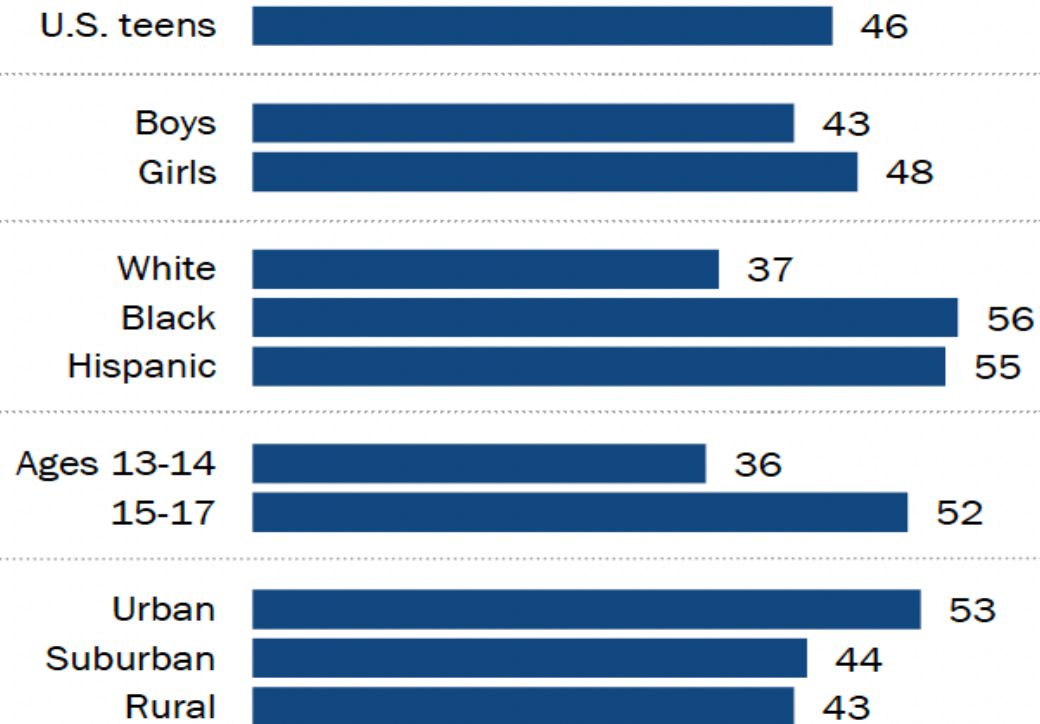




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Black, Hispanic teens more likely than White teens to say they are online almost constantly

*% of U.S. teens who say they use the internet **almost constantly** either on a computer or a cellphone*



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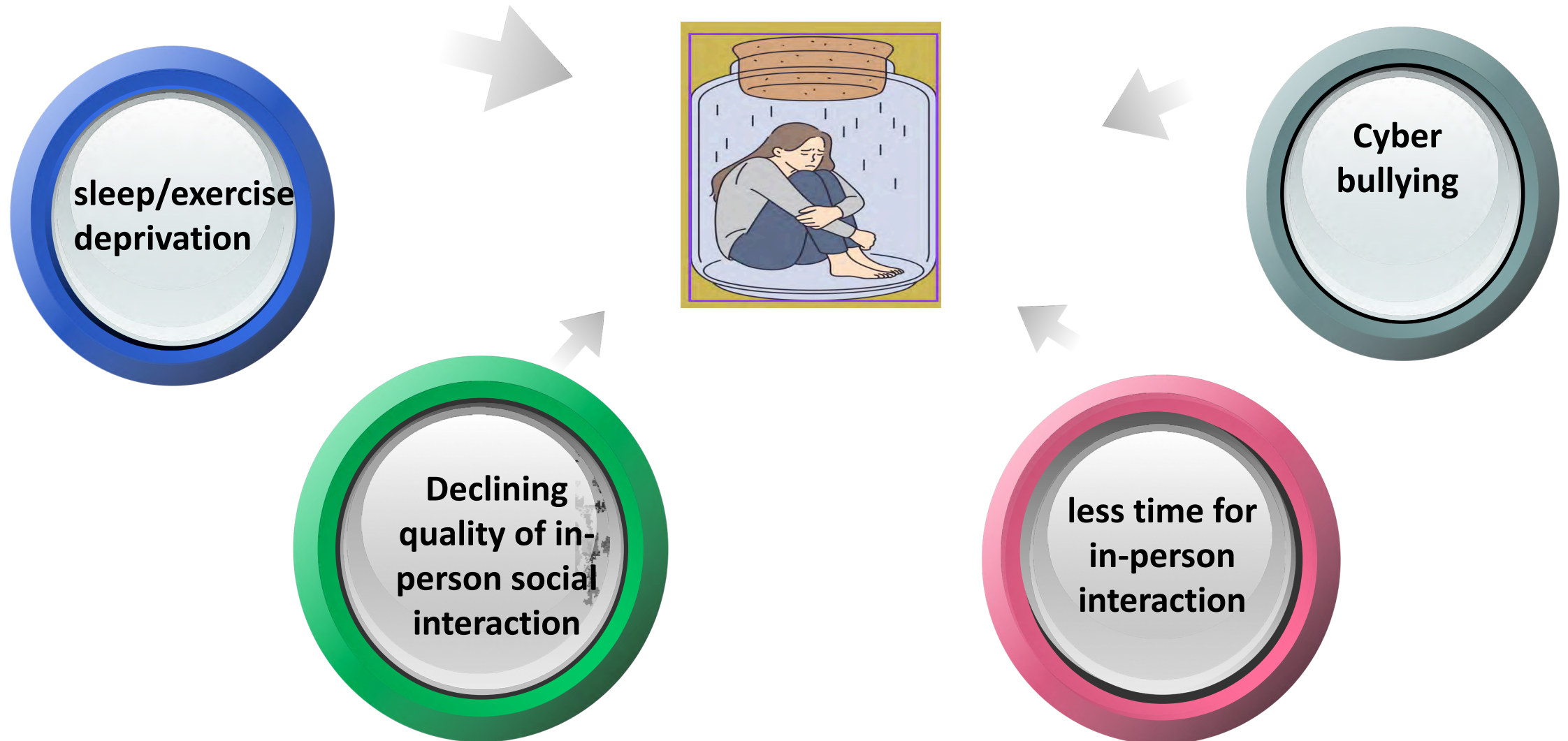
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If you have to stop using social media from today...

- <https://www.menti.com/alyw1bzdgxou>

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MECHANISMS EXPLAINING THE LINK BETWEEN SOCIAL MEDIA USE AND MENTAL HEALTH





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CAN SOCIAL MEDIA BE AS ADDICTIVE AS DRUGS?"



<https://www.menti.com/alyw1bzdgxou>



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CAN SOCIAL MEDIA BE AS ADDICTIVE AS DRUGS?"

The answer is Yes!

- **Social media use can trigger the brain's reward system, boosting the "feel-good" hormone, dopamine.**
- When a person uses social media and gets a surge of dopamine, they begin to crave more rewards and seek them out from social media.
- Social media algorithms are also programmed to show a constant stream of content that you enjoy the most, which can make it more addictive.





SIGNS OF SOCIAL MEDIA ADDICTION

- ✓ Individuals have an uncontrollable urge to check and use social media.
- ✓ Feeling anxious or restless when unable to access social media.
- ✓ Obsessively checking notifications, likes, comments, or messages.
- ✓ Neglecting real-life relationships or obligations in favor of social media interactions.



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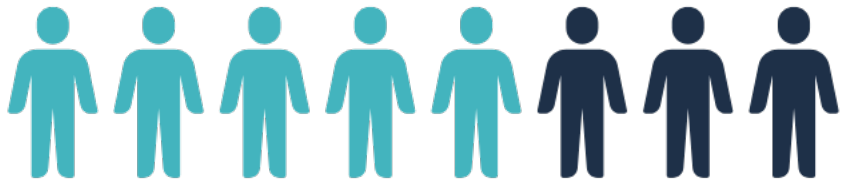
Am I addicted to social media?

<https://www.menti.com/al3jcbghefaj>



소셜 미디어 중독 비율: 국가간 비교 연구

Cheng et al. (2020) Meta-analysis
**Prevalence of social media addiction
across 32 nations**



- By Rigorous criterion 5%
- By loose criterion 25%



Collectivistic society(31%)

>

individualistic society (14%)

WHY ADOLESCENTS ARE MORE PRONE TO SOCIAL MEDIA ADDICTION

- Adolescent brain development
 - The reward system is being developed and highly sensitive
 - The prefrontal cortex, responsible for impulse control, is not yet fully developed
- Identity development and fitting into the peer group
 - Need for validation and approval from peers

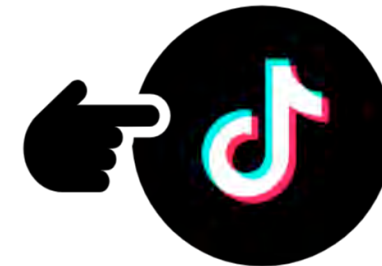
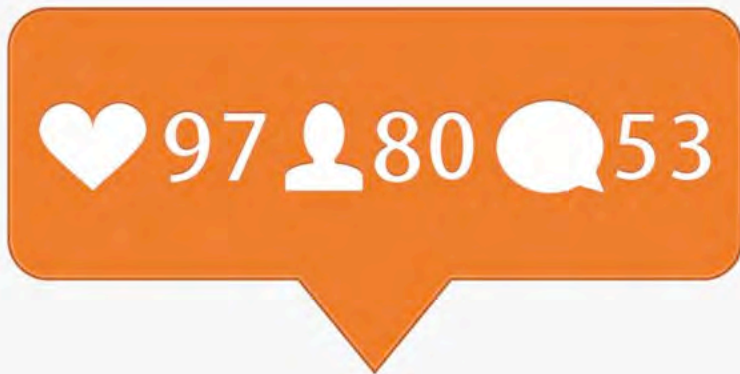




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THERE IS NO CLOCK IN THE DEPARTMENT STORES AND THE BAR FOOD IS SALTY!

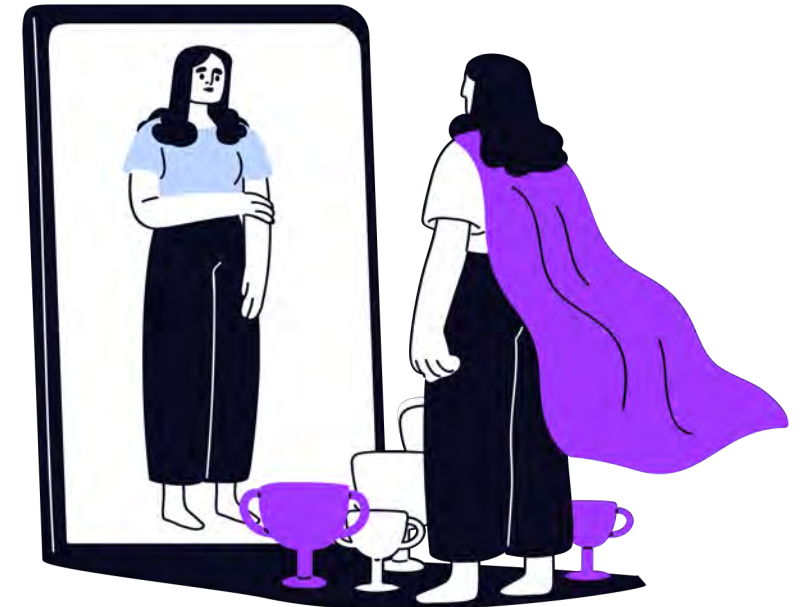
The 'dopamine loop' of social media



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RISK FACTORS FOR SOCIAL MEDIA ADDICTION

- Lower dispositional self-control, impulsivity
- High social anxiety
- High stress, depression, and aggressiveness
- Low self-esteem



MOVEMENT TO BAN THE SOCIAL MEDIA AMONG MINORS

Lawmakers begin to explore social media restrictions for children

By Brandon Smith, IPB News | Published on February 8, 2024 in [Family Issues](#), [Government](#), [Politics](#), [Technology](#)



Sen. Spencer Deery (R-West Lafayette) said his bill this session on children and social media was meant to be the start of a conversation. (Brandon Smith/IPB News)

 ABC Chicago

Florida House of Representatives approves bill to ban social media for kids under 16

A Florida bill that would prohibit kids under 16 from signing up for most social media platforms has passed the state House of...

3 weeks ago

 New Jersey Monitor

N.J. minors would need parental consent to sign up for social media accounts under new bill

The bill would require an annual report from state officials on their ability to reduce the use of social media among children.

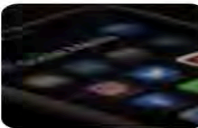
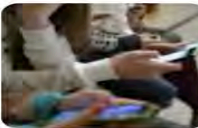
Dec 11, 2023

 GovTech

About Ohio's Law on Parental Consent for Teen Social Media

The law, called the Parental Notification by Social Media Operators Act, will cover nearly all websites in Ohio that allow users to create...

1 month ago



Utah : H.B. 311 (Effective from May1st, 2024)

- ✓ Design restriction (e.g., likes)
- ✓ Parental consent required for 18 and under user to open an account
- ✓ Curfew from 10:30pm ~ 6:30am for the minors





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Ban or restricting an effective solution?

- <https://www.menti.com/al3jcbghefaj>

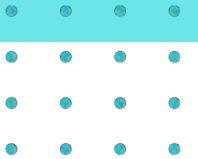
What can we help?

Educational Intervention

Digital literacy



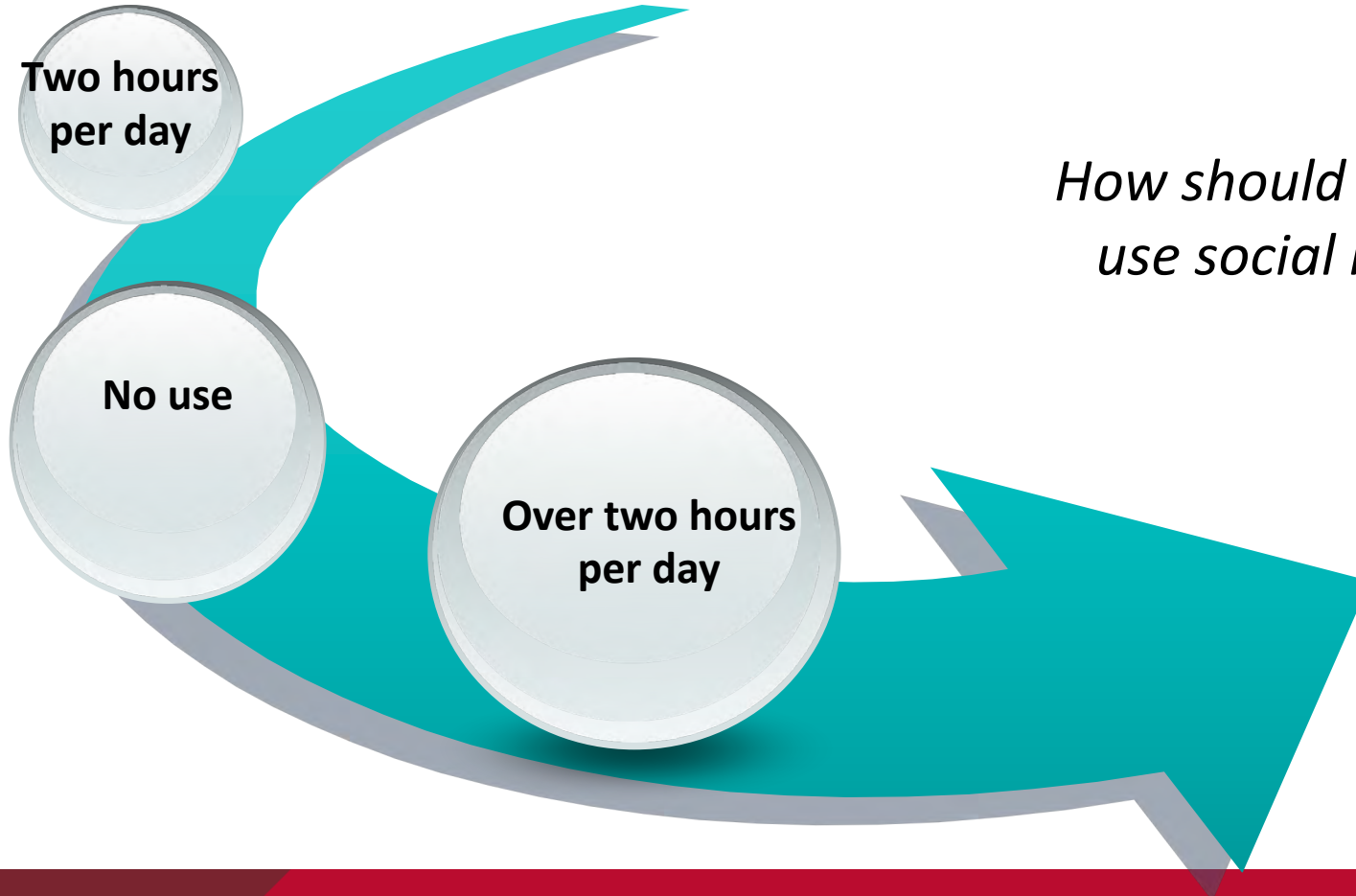
Achievement, mental health, social competence, identity development





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APPROPRIATE USE OF DIGITAL MEDIA



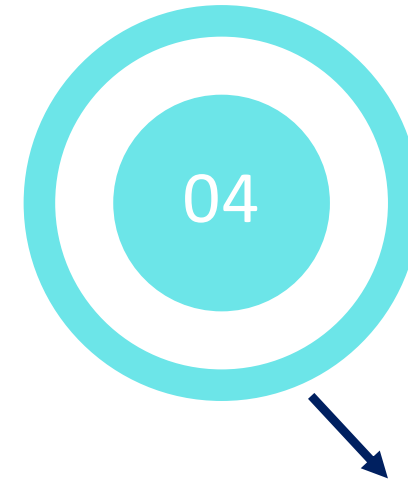
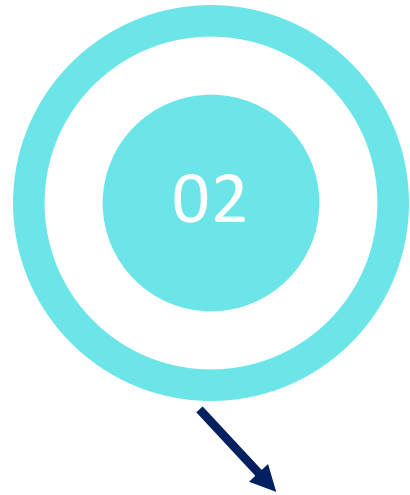
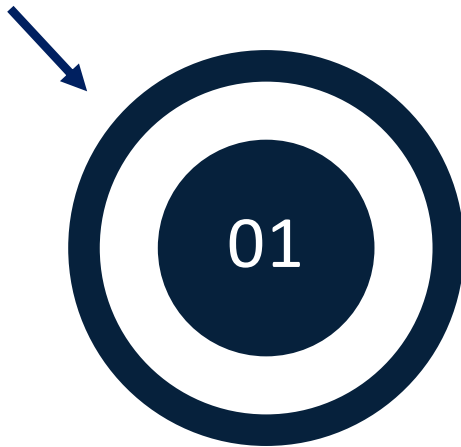
How should we guide our students to use social media in healthy ways?



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Design principles for interventions

- *Self-regulation, self-control training*
- *Digital detox challenge (see tech habit lesson activity)*



- *Provide alternative but equally appealing activities (e.g., Hobbies involving friends and social opportunities)*

- *Identity exploration opportunities*
- *Encourage students to set life goals beyond serving oneself*

Discussion activities

- *What do “good friends” do online?*
- *“Media norm setting through discussion”*
- *Digital literacy (privacy, cyberbullying)*

CLASSROOM ACTIVITY EXAMPLE

- Value sorting activities developed by Harvard Graduate School of Education





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**What else can we do?
Please share your thoughts on the
future directions.
You can also put questions for me.**

<https://www.menti.com/alyw1bzdgxou>



THANK YOU FOR LISTENING!

Reach out for any questions.

Contact Info:

Sungok Serena Shim, Ph.D.

TC546

Educational Psychology, Teachers College,
Ball State University

2000 W. University Ave.

Muncie, IN 47304

sshim@bsu.edu





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W E F L Y

