



Excessive screen use can negatively impact mental health and can change brain functioning (e.g., impulse control). This can show up as persistent problems with emotions, like angry outbursts, worries, or low mood. Or you may notice changes with friendships and family relationships. Perhaps your child has started to avoid face-to-face interactions and is struggling with friendship skills. It is important to note that children and youth who struggled with mental health concerns before the pandemic or since are more vulnerable to problems related to technology overuse.

Excessive use of social media can impact young people's self esteem. Your child may compare themselves to images of others and may feel that they do not "measure up" to the people they see on-line. You may notice a pre-occupation with posts, likes, or "Snapchat streaks" (i.e., a count of the number of days two people have continuously sent each other snaps). Social media can also introduce and normalize risky and harmful behaviours such as self-harm and suicidality among youth.



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