

# Screen Time & Social Media

## Questions to ask about youth about social media use

- Do you find yourself not successful in trying to stay off social media?
- Is social media affecting your sleep patterns?
- Is social media affecting your well-being?
- Is social media affecting your relationships with others?

## 2023 Parent Survey Results

**67%** of Addison County parents felt that the overuse of social media and screen time was a major concern for kids in grades 9-12 and **63.5%** of parents felt similarly for students in grades in 6-8.



Scan for full results

## How to address excessive use of social media

- Setting a time limit on apps
- At night, placing phones out of reach
- Turning off notifications at a certain time of night

**Addison County  
Substance Use &  
Prevention Coalition**



# Pros and Cons of Social Media

## Pros

- Being able to stay in touch with family and friends (Facetime)
- Express yourself in a creative way (A page to show off arts and crafts)
- Advice (Support groups/safe spaces)

## Cons

- The feeling of being anxious and lonely/depressed (Following celebrities who promote living lavish lifestyles)
- Low self-esteem to body image (Influencers who don't promote body positivity which can possibly lead to eating disorders)
- Cyberbullying (Online harassment and sharing photos with the intent of making a joke)

## RESOURCES

**VT Help Link:**  
**802-565-LINK (5465)**

**ParentUpVT.org**

**Find a Counselor**  
**psychologytoday.com**

**United Way of Addison County's Resource Page has additional support regarding mental health, food, transportation, after-school activities, and parent & caregiver support**

