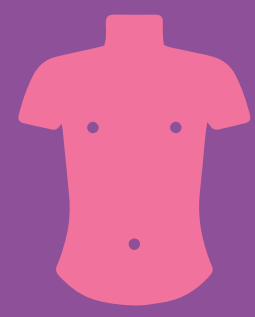


KEEP TEENS SAFE IN THE DIGITAL WORLD: KNOWLEDGE IS THE BEST FIREWALL

KEY ISSUES AND PLATFORMS:



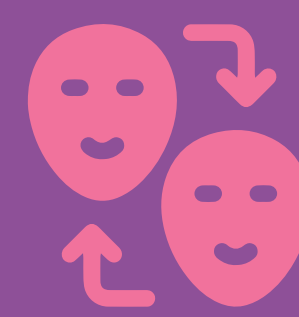
Anxiety



Body Image Issues



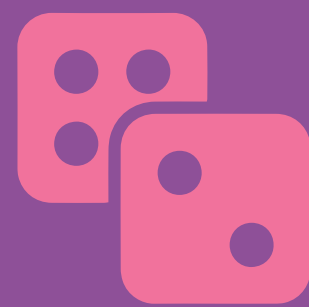
Cyberbullying



Deep Fakes



Depression



Gambling



Instagram



Social Isolation



TikTok

WHY IS IT AN ISSUE?

In today's digital age, **teenagers are more connected than ever before**. While this offers numerous benefits, it also creates a number of challenges. As teenagers spend more and more time online, there is a growing concern that their digital activity is significantly and negatively impacting their mental health, social development, and overall well-being.



KNOW THE SIGNS

Awareness is your first step in helping protect your teen from the harmful effects of being online. Signs of a problem include:



Low self-esteem and losing confidence in themselves and their abilities



Being sad



Withdrawing and pulling away from others



Getting angry or upset



Noticeable change in behavior



Not wanting to engage in hobbies or social activities



Drinking, smoking, or drug use



Change in view of the world

HOW TO HELP YOUR TEEN

- **Educate yourself** about the appeal and risks of the most popular platforms.
- **Have open, non-judgmental conversations** about your teen's digital activity.
- **Set clear guidelines** for online activity
- **Involve your teen** in the rule-making process.
- **Encourage critical thinking** about content consumed.
- **Model healthy digital habits** in your own life.
- **Help them develop strong self-esteem and identity** outside of social media validation.
- **Be alert to signs of excessive use or negative impacts.** Promote activities that do not involve using their phone.



HELP THEM REFLECT ON HOW THEY CONNECT