# How You Can Help

Here are strategies to support your teenager:

- **Open communication:** Create a safe space for your teen to discuss their online experiences.
- **Set boundaries:** Establish clear rules about device usage.
- **Educate yourself:** Stay informed about the latest social media platforms and online trends.
- **Encourage offline activities:** Promote face-to-face social interactions, physical exercise, and hobbies.
- **Model healthy behavior:** Demonstrate good digital habits by limiting your own screen time.
- **Teach digital literacy:** Help your teen develop critical-thinking skills to recognize potential risks.
- **Monitor without invading privacy:** Use parental controls and have open conversations about online safety.
- **Promote self-care:** Encourage your teen to practice mindfulness and get enough sleep.
- **Seek professional help:** If online anxiety is significantly impacting your teen's life, consult a mental health professional.
- **Foster a positive online environment:** Help your teen curate their online presence to focus on positive connections and content.

**46%** (or nearly half) of teenagers say that social media negatively impacts their self-esteem.

## Online anxiety is serious, but solvable.

## BE THE ANCHOR IN A DIGITAL STORM.

# ONLINE ANXIETY
### A Challenge for Today's Teen

# Why Online Anxiety Is a Problem

In today's digital age, teenagers are more connected than ever before. While this offers numerous benefits, it also brings difficulties like anxiety. Online anxiety among teens is a growing concern that can significantly impact their mental health, social development, and overall well-being.
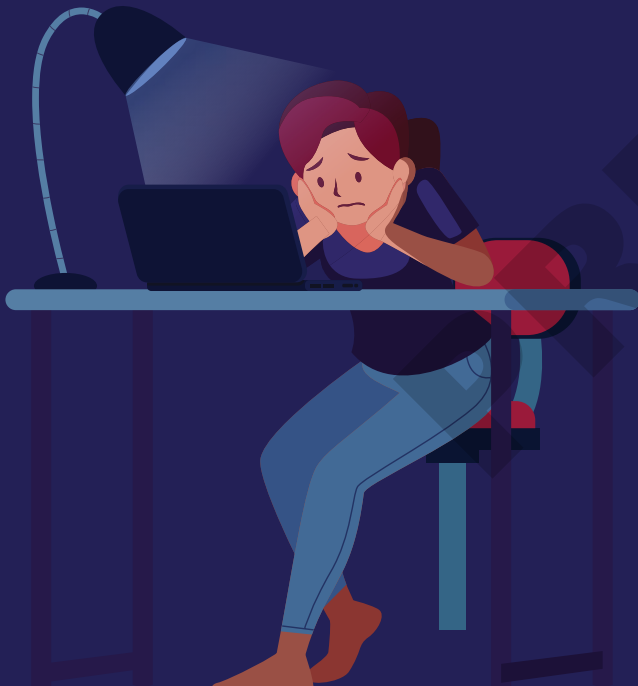
Constant connectivity and the pressure to maintain an online presence can lead to:

- Fear of missing out (FOMO)
- Comparison anxiety
- Cyberbullying and online harassment
- Information overload
- Pressure to present a perfect image online
- Sleep deprivation due to excessive screen time

These factors can contribute to decreased self-esteem, social isolation, and academic struggles, making online anxiety a serious issue that parents need to address.

# What Are the Symptoms?

Recognizing the signs of online anxiety is crucial for early intervention. Parents should be aware of the following symptoms:

1. **Mood changes:** Increased irritability, sadness, or anger, especially after using devices
2. **Social withdrawal:** Avoiding face-to-face interactions in favor of online communication
3. **Sleep disturbances:** Difficulty falling asleep or staying asleep due to late-night device use
4. **Obsessive behavior:** Constantly checking social media or messaging apps
5. **Physical symptoms:** Headaches, stomachaches, or other unexplained physical complaints
6. **Decreased self-esteem:** Negative self-talk or comparing oneself unfavorably to others online
7. **Academic decline:** Falling grades or lack of interest in school activities
8. **Anxiety or panic** when unable to access devices or the internet
9. **Neglecting offline activities** or hobbies
10. **Lying about online activities** or hiding device use