

How To Help?

1. **Encourage offline activities:** Promote participation in sports, clubs, or community events.
2. **Communicate:** Create a space where they can talk about their feelings without being judged.
3. **Model healthy behavior:** Demonstrate the value of in-person relationships.
4. **Set family time:** Establish regular periods for family interactions without devices.
5. **Teach social skills:** Help teens navigate real-world social situations with confidence.
6. **Limit screen time:** Establish reasonable boundaries for device use.
7. **Recognize signs of isolation:** Be alert to changes in behavior or mood that might indicate loneliness.
8. **Seek professional help:** Connect with counseling services if isolation persists or worsens.



Nearly **70%** of teenagers reported feeling alone in the last two weeks.

Parents: The original social network.

CONNECTION ISN'T MEASURED IN LIKES, BUT IN MOMENTS SHARED.

SOCIAL ISOLATION ONLINE:

Understanding the Paradox



The Problem: Online Activity and Teen Social Isolation

Teenagers are spending more time online, yet this increase in internet activity can make them feel more isolated. While social media and other platforms may create more opportunities to connect, these interactions are often superficial compared to the deeper connections formed in face-to-face relationships. Teens may have hundreds of online friends but feel profoundly lonely.

The constant self-comparison to others' curated online lives can lead to feelings of inadequacy and disconnection. Moreover, excessive online time can reduce opportunities for real-world interactions, stunting the development of crucial social skills.

The addictive nature of social media and online games can lead to neglect of in-person relationships and activities. This digital immersion can create a cycle where teens feel more comfortable online than in real-life social situations, which can make isolation worse.



Know the Signs

It can be difficult to identify the signs of isolation. This is why communication is key. Having your child talk to you about their challenges can be critical to giving them the support that they need.

Symptoms of social isolation include:

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