

# 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