



YScreen is the emotional health screen offered to all 9th grade students at the high schools in Fond du Lac County to identify risk factors for depression, anxiety and suicide.

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Can Social Media Be Bad For Your Mental Health?

Imagine life without Facebook, Twitter, Instagram or Snapchat. Is it unimaginable? Nearly one in four teens report being online “almost constantly” with much of that online time dominated by social media. However, teens who use social media sites for two hours or more per day are more likely to suffer from poor mental health, psychological distress and suicidal thoughts. Another study found that teens who engage with social media during the night could be damaging their sleep and increasing their risk of anxiety and depression. Check out the *American Academy of Pediatrics*’ media and children resources to learn more.

Pointers for Parents

1. Create ground rules for technology and social media
2. Be aware of the sites your child is frequently using
3. Keep devices such as computers/iPads in a central location so that everything is out in the open
4. Talk to your children about an online reputation & the impact it has on their future (i.e. college and future careers)
5. Talk to your children about online dangers and maintain open communication
6. Be a good role model and demonstrate healthy social media habits

YScreen can help identify signs of stress and anxiety that may be a result of social media. YScreen is available to teens in Fond du Lac County. If you would like to request screening for your child or would like more information about YScreen, please contact us at **(920) 906-6700 ext. 4714**

The Fond du Lac Area YScreen Program is administered through Fond du Lac School District with guidance from the YScreen Advisory Board. The Fond du Lac Area YScreen program is proud to be supported in part by the Fond du Lac Area United Way and Agnesian HealthCare.