

# Youth: Social Media

## ADDICTION



The average span of 2 hours and 20 minutes a day spent on social media is considered excessive, which can lead to addiction. Regarding teens, 95 percent of youth ages 13–17 use social media daily. Teenage girls spend an average of 5.3 on social media sites daily, compared to teenage boys, who spend an average of 4.4 hours. Research has also demonstrated that 7 in 10 teens who use social media for over 5 hours are at a higher risk of committing suicide.

### Addiction Markers

- Excessive amounts of time spent on social media sites
- Lack or reduced time spent with family and friends
- Loss of interest in hobbies
- Poor grades or work performance
- Strong attachment to cell phone
- Emotional withdrawal from real-world interactions
- Experiencing anxiety when phone is taken away
- Mood changes due to social media use

### Strategies to Avoid Addiction

- **Set boundaries**
  - Prioritize God first
  - Unfollow/mute accounts and people that aren't a positive influence
  - Mute notifications or delete social media apps from phone
- **Limit screen time**
  - Establish screen-free or social media-free time frames (Sunday evenings, etc.)
  - Set time limits on social media apps
- **Digital mindfulness**
  - Develop awareness of online behavior
- **Strategic scheduling**
  - Set aside dedicated time toward specific non-screen activities to fill your time.
- **Prioritize self-care**
  - Exercise
  - Get enough rest
  - Establish a support system

**“My friends, remember that you are really strangers in this world. You do not belong here. So I am telling you not to do the bad things that your bodies may want to do. Those bad things fight against what is good for your soul.”**  
—1 Peter 2:11 (EASY)

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