

Youth: Social Media

BUILDING HEALTHY HABITS



Between the ages of 10–19, the brain goes through a highly sensitive period, when feelings of self-worth and identities are developing. The constant use of social media can potentially affect the brain, including the functions of emotional learning, behavior, emotional regulation, and impulse control.

Digital Wellness Plan

Screen Time Goals:

Current Daily Average: _____ hours

Healthy Target Goal: _____ hours

Best times for social media use: _____

Phone-free designated zones: _____

Coping Strategies

Offline activities to enjoy instead:

1. _____
2. _____
3. _____

Trustworthy individuals to speak to:

1. _____
2. _____

A daily Digital Wellness goal:

1. _____

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is—his good, pleasing and perfect will”

—Romans 12:2 (NIV)

References:

1. Katella, K. (2024, June 17). *How Social Media Affects Your Teen’s Mental Health: A Parent’s Guide*. Yale Medicine. <https://www.yalemedicine.org/news/social-media-teen-mental-health-a-parents-guide>