

Teen Mental Wellness Day: Is social media wrecking your kid's self-esteem?

Love it or hate it, teens rely on social media for a lot of reasons — it helps them stay connected to their friends, interact with a more diverse group of people, and find support that might not be available to them IRL. But if you're concerned about the effect of cyberbullies and overly perfect influencers on your kid's self-confidence, you're not alone.

Here are some tips for communicating with your kid about social media and their mental health:

TALK ABOUT IT

Check in with your teen about how social media's working for them right now. How do they feel when they're on YouTube for hours on end? How do they feel when they're not? What do they wish they could change?

KEEP AN EYE OUT FOR GOOD CONTENT

Yes, you can be a parent and still find interesting accounts and inspiring role models on social media that your kid may not have seen before. Talk to them about their interests and share similar content.

HELP THEM EXPLORE THEIR INTERESTS

Talk to them about how they can use social media to pursue their interests, and brainstorm some ways they can do that. (Don't forget to talk about the risks that come with putting their images or personal info online.)

ENCOURAGE THEM TO CREATE COMMUNITY

Feeling like they're part of a group can help your kid feel more comfortable exploring their identity. Encourage them to safely connect with others on social media who have similar interests or shared lived experiences.

URGE THEM TO STAY GROUNDED

If using social media makes your kid feel "less than," remind them that not everything they see is real. Encourage them to cultivate some screen-free time to stay in touch with who they are IRL, too.

GET MORE SUPPORT

You know your kid best. If you're concerned about social media affecting their mental health, setting limits as a family could help. For more tips guiding these conversations, your Brightline coach is always available to help.

Support your family's mental health with Brightline:



Fast access to personalized support — schedule video visits within days



Evidence-based care from experts with years of experience working with kids



Track your family's progress on our one-stop digital platform

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