Social Media and Youth Mental Health

Culture is Protective Factor
For the Abenaki youth, creating a wampum belt, performing a ceremonial dance, or listening to traditional stories is not just a part of their culture, it’s a part of their identity. These activities connect youth to the heritage, culture, and ancestors. The feelings of belonging and that they matter can give them the strength to cope in the face of adversity.

Culture is a Protective Factor
As the U.S. Surgeon General noted in his recently released advisory on youth mental health, “We’re in this together, everything we do matters.” We are all part of what the Surgeon General calls the “collective responsibility of our society” to help all of our youth make it through this challenging time.

May is Maternal Mental Health Awareness Month
Perinatal Mood and Anxiety Disorders (PMADs) can occur any time during pregnancy or the first year after childbirth, making it the leading cause of mental illness during this time. For many, PMADs can make everyday activities or responsibilities feel impossible to manage.

The Screening, Treatment & Access to Mothers and Perinatal Partners (STAMPP) program was developed to improve the mental health and well-being of pregnant and postpartum people, their families and communities, by developing and sustaining perinatal mental health supports. STAMPP newly launched a new brand and communications campaign

Center for Parent and Teen Communication — Cultural Practices Within Indigenous Communities That Help Teens Thrive
https://www.indieflix.com/like/resources
Podcast on the power technology has over our lives.
How can we build a world where we have healthy relationships with technology?

Social connections
around Sleep, Nutrition, and other technologies
Review your practices and learn from difficult

Recommendations
First, it’s important to recognize that maternal mental health affects the whole family, from pregnant women and new parents to older caregivers and other family members. During the pandemic, and especially when physically distancing from others in order to keep ourselves and others safe, many youth may have turned to virtual methods of connection. Some research suggests that around 80% of teens have at least one social media account. (Parents, caregivers, and others may wonder what impact social media may have on their children’s mental health.

Social media can hurt. Here are 6 ways to reduce its harms (fastcompany.com)
Common Sense Media: Age-Based Media Reviews for Families | Common Sense Media
Your Undivided Attention Podcast — Center for Humane Technology
Take Control of Your Social Media Use for Well-being (humanetech.com)

● Social media can hurt. Here are 6 ways to reduce its harms (fastcompany.com) tips from a mental health expert
● Social Media Effects on Teens | Impact of Social Media on Self-Esteem (childmind.org)

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Podcast on social media and teens, from American Psychological Association

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SAY/SHSA Native Connections — Culture is Prevention

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