



# Developing Healthy Habits with Social Media



# We are so glad to be here!

This webinar will be delivered by a credentialed and experienced Brightline coach who has vast experience working with children and teens in a behavioral health setting. In addition the coach has subject matter expertise regarding the use of social media with children.

Brightline will provide the name of the presenter and his/her bio approximately 1 month prior to the webinar.

# Social Media Trivia

**What do you think?**

**Question 1: What percentage of teens admit to checking their social media accounts multiple times per day?**

- A) 35%**
- B) 60%**
- C) 80%**
- D) 95%**

# Social Media Trivia

**What do you think?**

**Question 1: What percentage of teens admit to checking their social media accounts multiple times per day?**

- A) 35%
- B) 60%
- C) 80%**
- D) 95%

# Social Media Trivia

**What do you think?**

**Question 2: What social media platform has the highest percentage of teenage users?**

- A) Facebook**
- B) Instagram**
- C) Snapchat**
- D) TikTok**

# Social Media Trivia

**What do you think?**

**Question 2: What social media platform has the highest percentage of teenage users?**

- A) Facebook**
- B) Instagram**
- C) Snapchat**
- D) TikTok**

# Social Media Trivia

**What do you think?**

**Question 3: What percentage of parents say they have snooped on their teen's social media accounts?**

- A) 10%**
- B) 30%**
- C) 50%**
- D) 70%**

# Social Media Trivia

**What do you think?**

**Question 3: What percentage of parents say they have snooped on their teen's social media accounts?**

- A) 10%
- B) 30%
- C) 50%**
- D) 70%



# Social Media Trivia

**What do you think?**

**Question 4: What percentage of teenagers have experienced bullying on social media?**

- A) 10%**
- B) 30%**
- C) 50%**
- D) 70%**

# Social Media Trivia

**What do you think?**

**Question 4: What percentage of teenagers have experienced bullying on social media?**

- A) 10%
- B) 30%
- C) 50%**
- D) 70%

# Social Media Trivia

**What do you think?**

**Question 5: What percentage of teens say they have made friends online that they have never met in person?**

- A) 10%**
- B) 30%**
- C) 50%**
- D) 70%**

# Social Media Trivia

**What do you think?**

**Question 5: What percentage of teens say they have made friends online that they have never met in person?**

- A) 10%
- B) 30%
- C) 50%**
- D) 70%

# Social Media Trivia

**What do you think?**

**Question 6: Which social media platform is known to have the highest rates of negative impact on mental health among teenagers?**

- A) TikTok**
- B) Instagram**
- C) Facebook**
- D) Snapchat**
- E) Twitter**

# Social Media Trivia

**What do you think?**

**Question 6: Which social media platform is known to have the highest rates of negative impact on mental health among teenagers?**

- A) TikTok
- B) Instagram**
- C) Facebook
- D) Snapchat
- E) Twitter

# What we'll cover

- Pros and Cons of Social Media
- Social Media and the Brain
- Boundaries & Healthy Habits
- Teamwork
- FAQ
- How Brightline Can Help

**The average daily use of social media worldwide is 2 hours 24 minutes.**

## **Social Media Cons**

- Low Self-Esteem
- Digital Footprint Regret
- Privacy & Safety Concerns
- Impact on Mental Health
- Cyberbullying
- Skewed perceptions



**60% of the world's population uses social media regularly**

## **Social Media Pros**

- Connection
- Education
- Creative Expression
- Activism & Awareness
- Career Growth
- Problem Solving

# Discretionary Use and Setting Boundaries



## The need for parental involvement

### The developing brain

The prefrontal cortex is the area of the brain responsible for regulating thoughts, emotions, and actions.

As a teen or adolescent, this area of the brain is underdeveloped relative to other areas, this can lead to struggles with impulse control, complex reasoning, and working memory.

# Setting Boundaries & Creating Healthy Habits



## 10 Tips and Strategies for Digital Well-Being

- Time & Platform Limits
- Device-Free Zones
- Privacy Settings and Personal Information
- Practice Mindful Consumption
- Communication & Openness

# Setting Boundaries & Creating Healthy Habits



## 10 Tips and Strategies for Digital Well-Being

- **Cyberbullying Awareness**
- **Prioritize Offline Activities**
- **Practice Empathy and Respect**
- **Try a Digital Detox**

# Teamwork, Boundaries



## Recognizing warning signs of overuse

- Tracking screen time
- Open discussions around mental health
- Checking in on teens
- Encouraging in-person social interactions
- Setting aside time to spend together socializing





# Concerns we're seeing

- Self-esteem struggles
  - Over-use concerns
  - Unrealistic expectations
  - Lacking boundaries
  - Social isolation
  - Unhealthy habits
- Stress and Anxiety

# Cognitive Behavioral Approach

**The coaching approach to social media concerns.**

- Recognize negative thinking patterns
- Understand the result of these patterns
- Replace negative with positive
- Build skills to combat negative thinking
- Learn effective communication skills
- The power of vulnerability
- Collaborative Problem Solving





# Questions

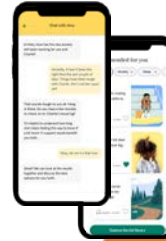
# Get Support

The only all-in-one behavioral health solution built to provide families, children, and teenagers ages 1.5 up to 18 years

- 1:1 virtual sessions with expert behavioral health coaches to address common challenges



Coaching



Connect +

- Digital front door to navigate families to the right support
- On-demand coach chat & personalized resources

Care

- 1:1 virtual sessions with highly-trained therapists and prescribers to treat clinical concerns



# Get Started

1. Scan this QR code or visit [hellobrightline.com](https://hellobrightline.com)



2. Click 'Get started' or 'Sign up' to get to your account creation page

The first screen of the Brightline app is titled "Let's get started". It features a "brightline" logo at the top. Below the title, there are two input fields: "Email\*" and "Create a password\*", with a "hide" icon next to the password field. A link for "See requirements" is below the password field. A checkbox is labeled "I agree to Brightline's Terms of Service". A green "Next" button is at the bottom. At the very bottom, there is a link: "Already have an account?". A small disclaimer at the bottom states: "Brightline is committed to protecting and respecting your privacy. Learn more about how your information is monitored and used."

3. Enter your personal email and a password to create your account.

The second screen is titled "Who provides your child's benefits?". It includes the "brightline" logo and the text: "We'll check if Brightline is covered by your health plan." Below this, there is a question: "Who is your child's insurance provider?" with a "Select..." dropdown menu. Another question follows: "Which employer\* provides your child's benefits?" with an input field. A footnote states: "\*This also be a school, union, or other benefits provider." A green "Next" button is at the bottom, and a link "Check coverage later" is at the very bottom.

4. Enter your child's insurance and your employer information to confirm your Brightline coverage.

The third screen is titled "Tell us about your family". It features the "brightline" logo and the text: "This private information will never be shared outside of Brightline." Below this, there is a section for "Child 1" with three input fields: "Child's first name\*", "Child's last name\*", and "Child's date of birth\*" (with a "mm/dd/yyyy" placeholder). A link "+ Add another child" is below the date field. A green "Next" button is at the bottom.

5. Tell us about your family by sharing your kids' names and ages

The fourth screen is titled "What's on your mind?". It features the "brightline" logo and the text: "Let's take some of that stress away. What are areas where your family could use support?". Below this, there are several buttons for selection: "Worries & anxiety", "School", "Sadness & depression", "Sleep", "Attention & ADHD", "Autism", "Self-esteem", "Gender Identity", "Sexual Identity", "Sex & dating", and "Racial & ethnic Identity". A green "Next" button is at the bottom.

6. Share what's on your mind — we'll help you get the right support. Choose as many as apply to your family.