

SOCIAL MEDIA & YOUTH



TALK TO YOUR KIDS

Manage use

Encourage **Meaningful** use

Model healthy use

Monitor signs of problematic use

- Are you an active or passive user of social media?
- Does social media use negatively impact major life areas?
- How does social media use have you feeling when not using it?

WHAT CAN YOU DO?

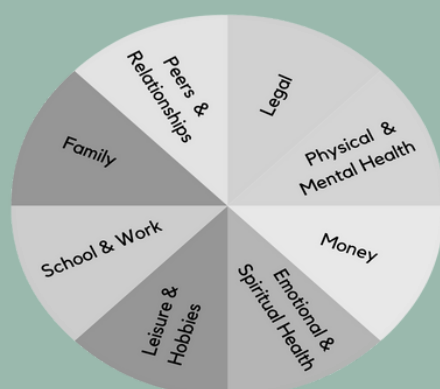
Protective Factors

These factors improve resiliency, which will assist in mitigating risk factors. How can you increase protective factors at an individual, relationship, school and community level?



Major Life Area's Wheel

Is your wheel in balance? Review the 8 major areas that make up the wheel and evaluate if something is negatively impacting your life



CHECK THIS OUT...

Mental Health Collaborative

The Adolescent Brain

Media Smarts

Common Sense Media

AHS - Youth Substance Use



WHERE TO GO?

AHS Youth Services- 403.297.4664

AHS Adult Services- 403.297.3071

Alberta Resources- 211

Health Link- 811

Access Mental Health- 403.943.1500



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