



## A PREVIEW OF: **THE EFFECTS OF SOCIAL MEDIA ON YOUTH MENTAL HEALTH**

Authored by  
**Dr. Scott Poland, Ed.D.**

Internationally Recognized Professor  
& Director of the Suicide and Violence  
Prevention Office, NSU Florida

## **THE STATE OF YOUTH MENTAL HEALTH**

According to the CDC's Youth Risk Behavior Survey:



**40%**

The percentage of high schoolers reported feeling hopeless or persistently sad for at least two weeks



**50%**

The percentage of high school girls reported feeling hopeless or persistently sad for at least two weeks



**1 in 3**

Nearly 1 in 3 boys also report significant symptoms of depression

## **WHAT ROLE DOES SOCIAL MEDIA PLAY IN MENTAL HEALTH?**

Today's students are online more than ever, and schools are seeing the consequences. Dr. Poland explores how social media, screen time, and digital pressure are fueling rising rates of anxiety, depression, and suicide ideation-- and what educators can do in response.

# THE DATA TELLS THE STORY



**4.8 hours**

Average daily social media use among U.S. teens



**41%**

High-use social media teens who report poor or very poor mental health



**60%**

The percentage of poor mental health among heavy users with low parental support



**18,000+**

Suicide prevention cases opened in Navigate360 Behavioral Case Manager platform last year



## KEY TAKEAWAYS

- Why screen time matters—and when it becomes harmful
- How digital habits disrupt sleep, relationships, and resilience
- What schools, parents, and students can do to reclaim balance
- Strategies to address cyberbullying, online predators, and algorithm-driven harm
- Actionable tools that help identify risk early and support student well-being

## WANT THE FULL GUIDE?

This one-pager is just the beginning. Get the complete eBook to access:

- Role-specific guidance for schools, parents, and students
- A developmental screen time guide
- Real-world tools, frameworks, and prevention strategies



**DOWNLOAD  
THE FULL  
GUIDE NOW!**