

Youth Mental Health

And Social Media

Spending More Than 2 Hours A Day On Social Media:

- Decreased Stamina
- Social Comparison
- Inability To Focus
- Loss of Sleep
- Lack Of Sleep



Increased Number Of Young Children On Social Media
Between The Ages 7-10, Approximately 38% Are Active On Social Media

Social Media and Mental Health

Spending Upwards Of 3 Hours A Day On Social Media:

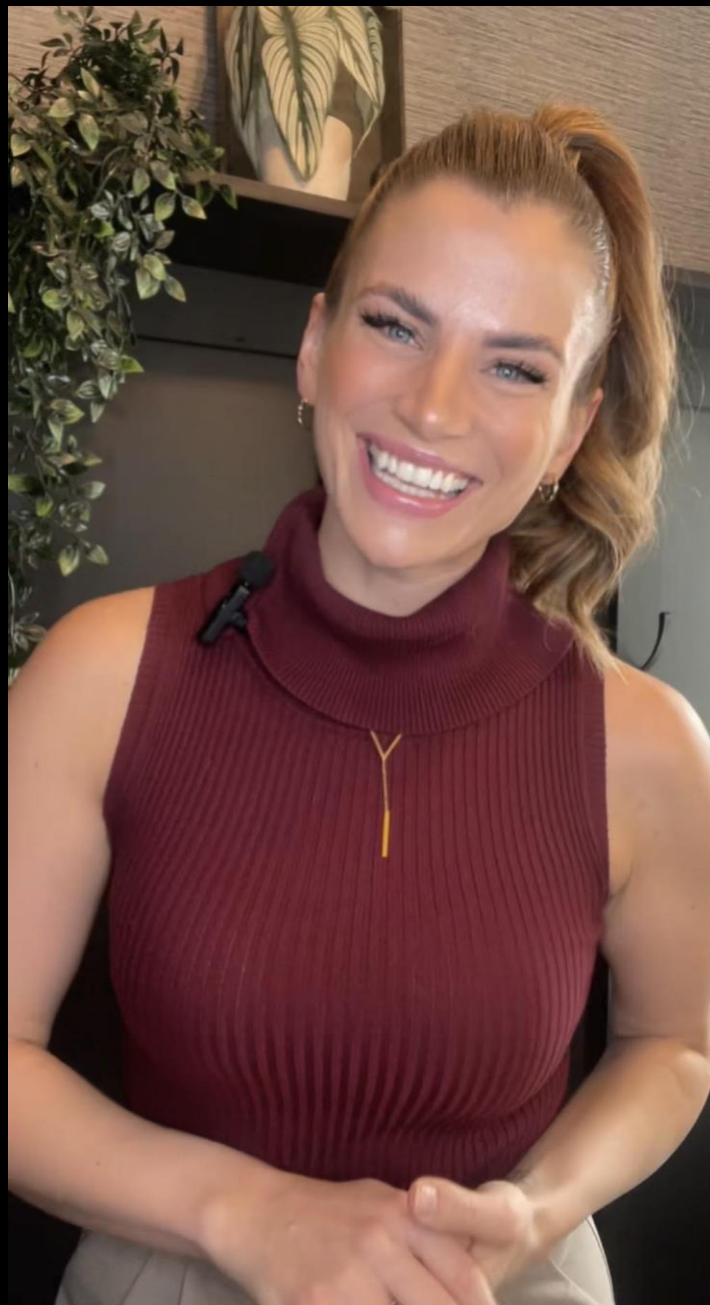
- Anxiety
- Social Comparison
- Body Dysmorphia
- Envious
- Frustration
- Anger
- Insecurity
- Depression

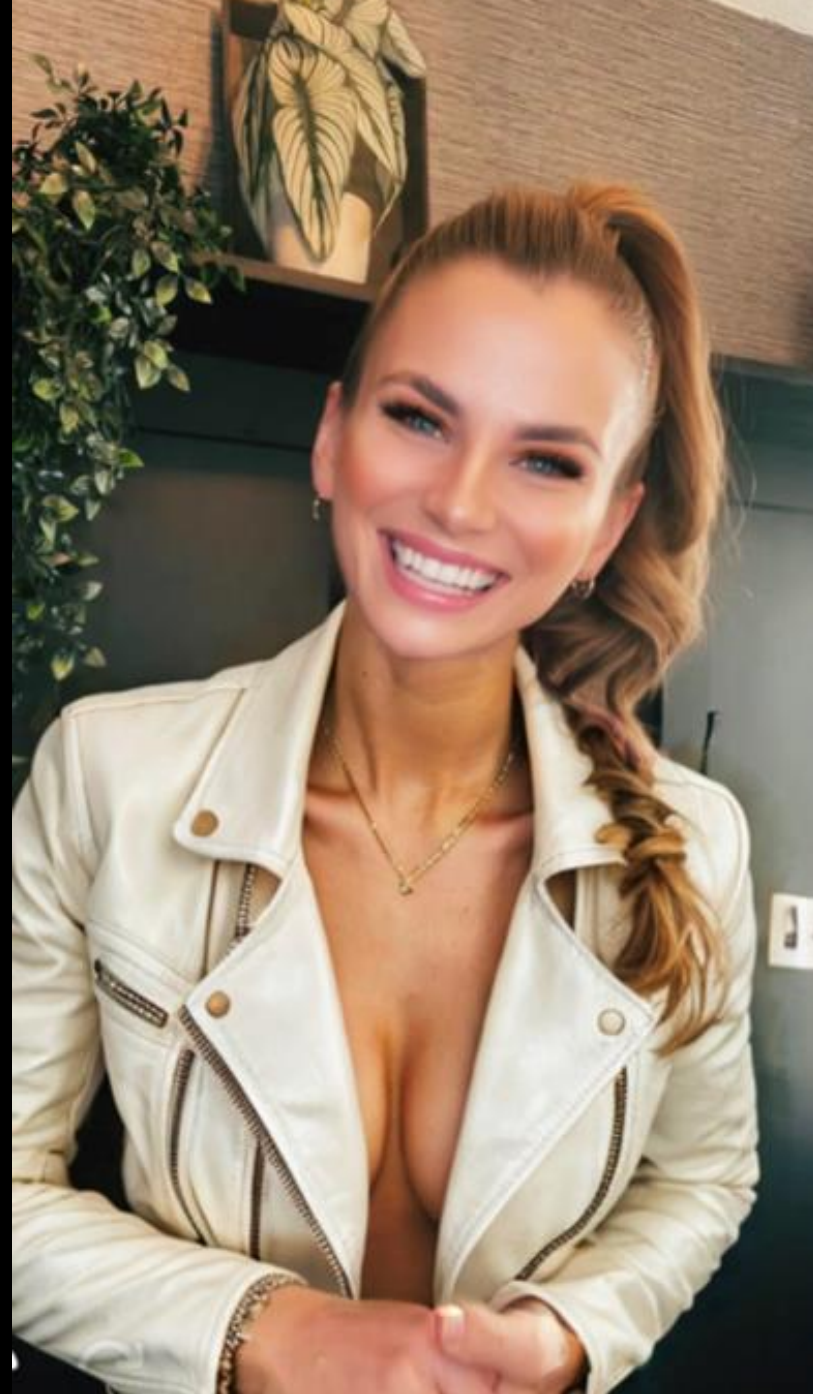
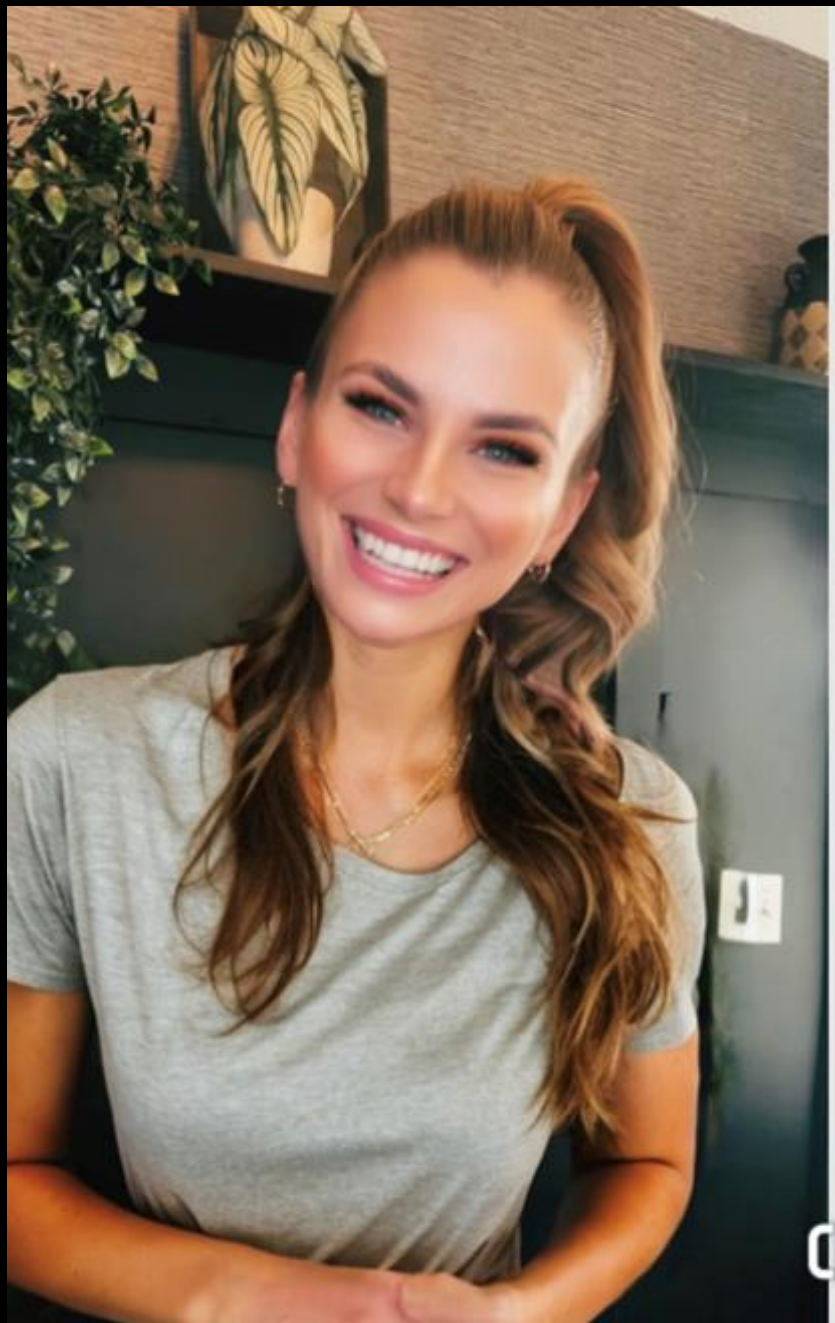


These Statistics Are Not Current Since The Introduction Of AI Generated Selfies

AI
GENERATED
SELFIES

(Face Tune)





Social Media Through The Generations



ROB WITH DYNAMIC INFLUENCES

Edutainment Lecture Topics:

Information Packet for College-Speaker-on-Substance-Awareness “Sober Thoughts” (Substance Awareness & Positive Choices)

This is not a “Don’t Do Drugs!” type of presentation. Often students already know the dangers of substance use and abuse, but choose to use anyways. Instead, this presentation focuses on what goes into decision making, the power of perception and influences, and teaches self awareness. This empowering presentation teaches students how to see through these negative influences and stay focused on making the decisions that will build the life you want. Both the Magic and the Messages are tailored audience grade levels.



