

Rethinking Social Media

In the same way that teenagers need different types of social support from their parents, they need digital support and guidance. The best advice experts have for parents in managing social media is to pay attention.

What's Triggering about social media for Young People? What causes social media anxiety for teens? Youth and technology experts say there is a range of social media-induced stressors that parents need to be aware of. Here is a list of common social media concerns from a teen's perspective:

- Seeing people posting about events to which they haven't been invited
- Feeling pressure to post positive and attractive content about themselves
- Feeling pressure to get comments and likes on posts
- Having someone post things about them that they cannot change or control
- Feeling replaceable: If they don't respond to a best friend's picture quickly or effusively enough, will she find a better friend?
- Too much communication: A boyfriend or girlfriend wants their partner to text far more often than they're comfortable with.
- Will not being up-to-date on the latest social media posts, prevent them from feeling like they can participate in real-life conversations at school the next day?

