

## GCAPP PARENT TOOLKIT:

# Rethinking Social Media

Just as teenagers need different types of support from their parents, they also need **digital support and guidance**. Experts recommend that parents pay close attention to their teen's social media experiences and the stressors they may encounter.

## What's Triggering About Social Media for Young People?

Social media can create anxiety for teens in many ways. Youth and technology experts highlight the following common concerns from a teen's perspective:

### ► Feeling Excluded

Seeing posts about events they were not invited to.

### ► Pressure To Present Positively

Feeling they must post attractive, positive content about themselves.

### ► Validation Through Likes/Comments

Feeling pressure to receive comments, likes, or reactions on their posts.

### ► Loss Of Control

Having someone post content about them that they cannot change.

### ► Feeling Replaceable

Worrying that if they don't respond quickly or enthusiastically to a friend's post, they will be replaced.

### ► Over-communication Stress

Receiving excessive texts or messages from a partner or friend, more than they feel comfortable with.

### ► Fear Of Missing Out (FOMO)

Feeling that not staying up-to-date on social media may prevent them from participating in conversations at school or with peers.



## HOW PARENTS CAN HELP?

- **Pay attention:**  
*Observe your teen's digital behavior and emotional responses.*
- **Talk openly:**  
*Encourage discussions about what they see, post, and experience online.*
- **Set boundaries together:**  
*Work with your teen to create healthy social media routines.*
- **Validate feelings:**  
*Let them know it's normal to feel pressure, stress, or exclusion online.*

## SOURCE:

Adapted from research on youth and technology; for more info, visit [Common Sense Media](#)



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