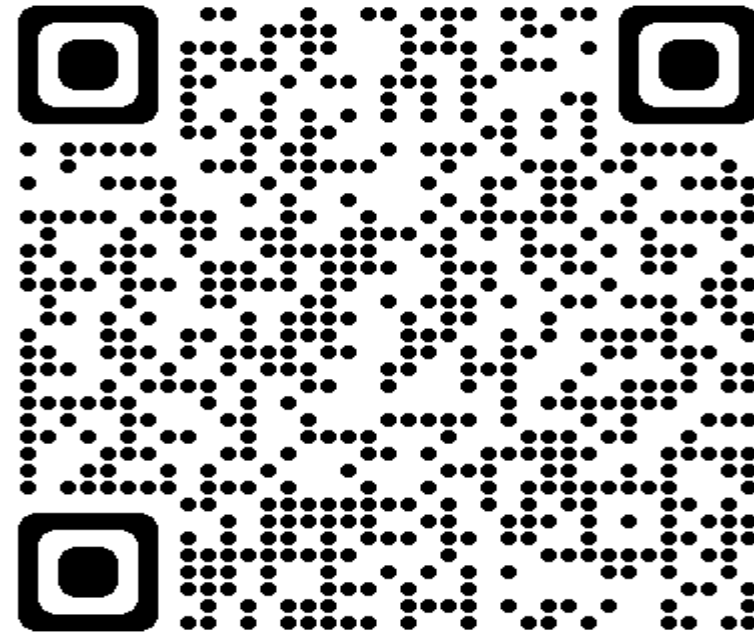




CALLY CONKLIN

Statewide Education Specialist, Safe School Institute



cconklin@crime-stoppers.org

SAFE COMMUNITY SPONSORS



PROVIDING ENERGY. IMPROVING LIVES.



The Hamill Foundation

Texas Office of the Governor -
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COMMUNITY IMPACT PARTNERS



**As of October 2023*

SOCIAL MEDIA & MENTAL HEALTH



TOPICS OF THE DAY



What is Mental Health?



Teen Social Media Use



Student Experiences



Developing Healthy Internet Habits



Safety Conversations



Resources



WHAT IS MENTAL HEALTH?

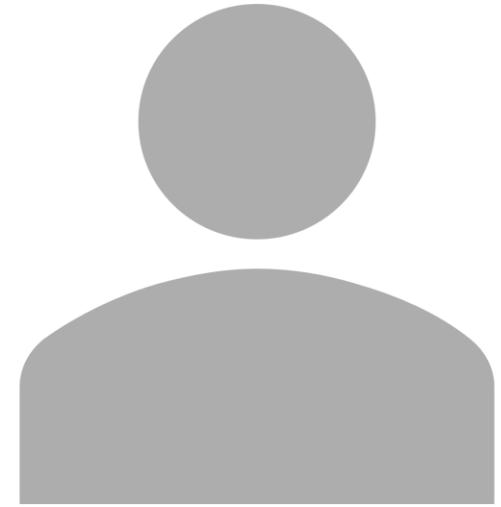
Mental Health includes our:



Emotional



Psychological



Social Well-Being

Think, Act, Feel



WHAT IS MENTAL HEALTH?



HUMAN BRAIN DEVELOPMENT



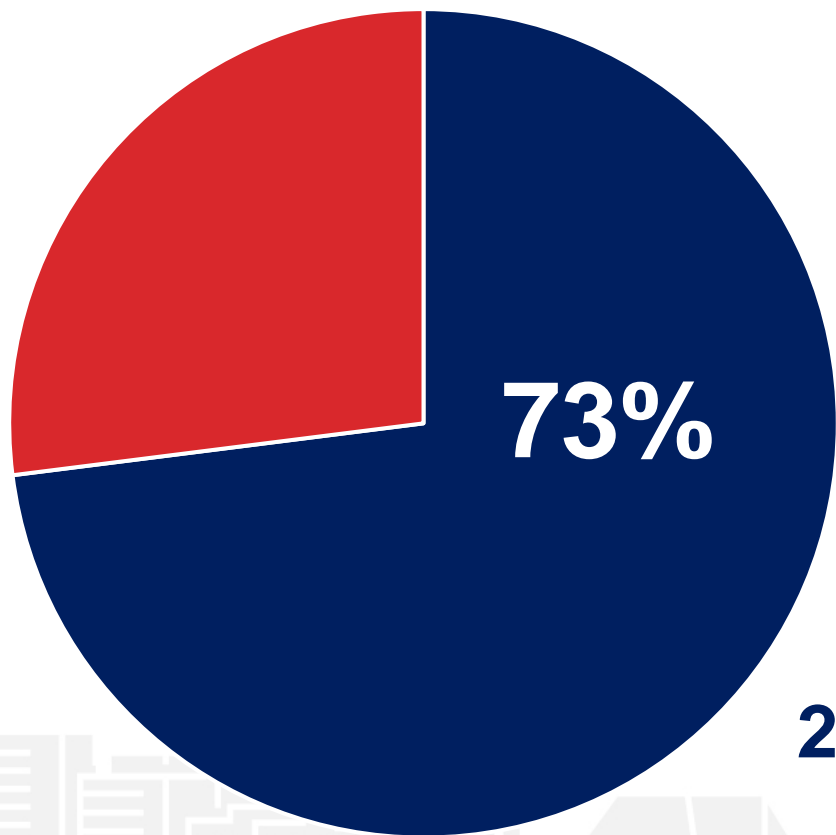
A human brain doesn't fully develop until roughly **25**

- 1** Limbic System
- 2** Prefrontal Cortex

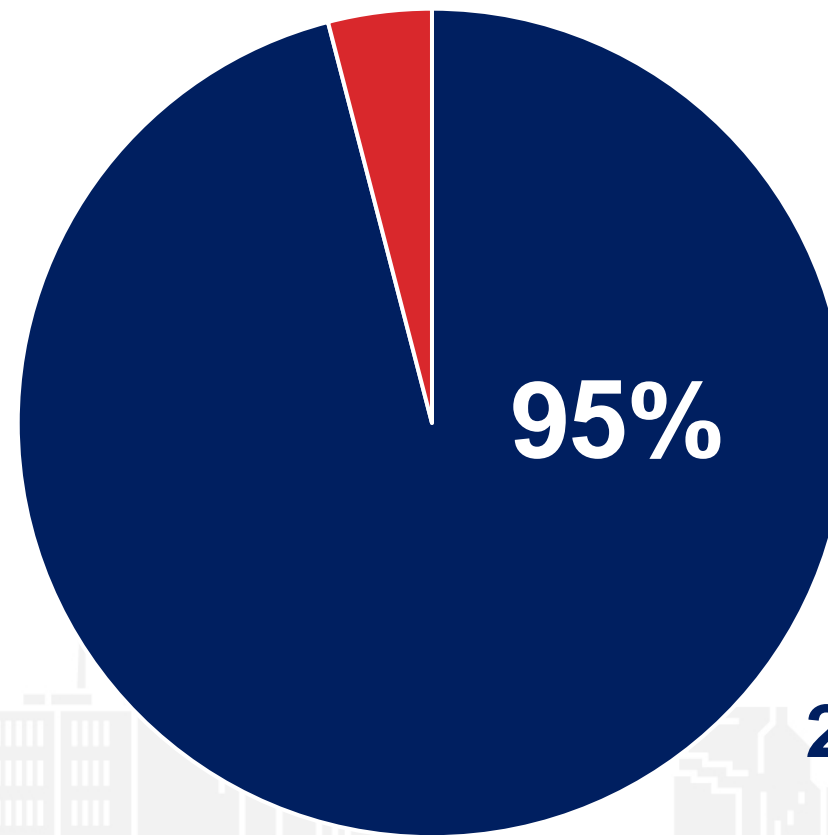


* via Science of High-Risk Behavior, Crystal Collier, PhD, LPC-S

THE RISE OF SMARTPHONES



2014



2021

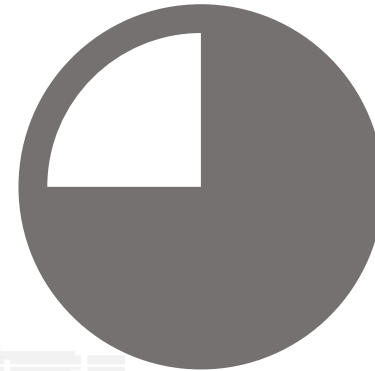
Percentage of Teens with a Smartphone



SOCIAL MEDIA USAGE

75% of teens have at least one active social media profile

54% of teens say it would be hard to give up social media



51% visit a social media site daily

35% say they are on social media “almost constantly”





SOCIAL MEDIA & MENTAL HEALTH



Tweets containing false news spread to more people through Twitter than tweets containing true news

Limiting use of social media showed significant reeducations in feelings of loneliness, depression, and anxiety

Habitual checking of social media may increase sensitivity to social rewards in adolescents

POSITIVE ASPECTS OF SOCIAL MEDIA



NEGATIVE ASPECTS OF SOCIAL MEDIA



VULNERABILITY



Relationships



Home Life



Trauma



GROOMING PROCESS



Target



Befriend



Gain Trust



Fulfill Need



Isolate



Capitalize

SEXTORTION



Sextortion describes a crime that happens online when an adult convinces a person who is younger than 18 to **share sexual pictures or perform sexual acts** on video. It is also a serious crime that occurs when someone **threatens to distribute your private and sensitive material if you don't provide them images of a sexual nature, sexual favors, or money.**

SEXTORTION

Predators impersonating young girls are currently targeting boys ages 14 to 17 years old

Between 2019 and 2021, the number of reports involving sextortion more than doubled

82.2% of teens have encountered nudity or sexual content online

60% of online victims were threatened within 2 weeks of initial contact

Among kids who have shared their own nudes, 43% admitted they had shared them with someone they did not know in real life



SEXTORTION

Prevention



**Do Not
Comply**



**Stop
Responding**

Report User



Tell Someone

**Remove
Images**



**DO NOT DELETE
ANY MESSAGES**



STUDENT EXPERIENCES



CURRENT LAWS

Threats

Impersonation

Child
Pornography

David's Law

Did you know
you can be
arrested at 10?



DEVELOP A HEALTHY DIGITAL ENVIRONMENT

Consider creating boundaries surrounding technology use.



SOCIAL MEDIA TIPS

**Private
Accounts**

**Engaging
with
Strangers**

**Location
Tracking**

**Don't Complain
Online**

**Safety
Settings**

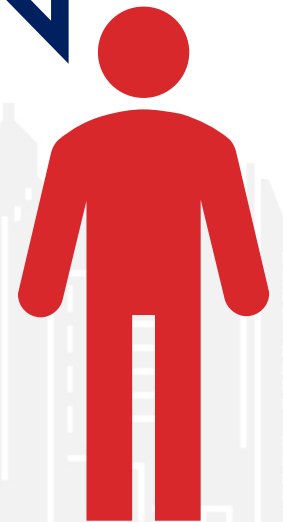
Keep Personal Information Private



CONVERSATIONS



Make personal safety an ongoing topic of conversation!



REMINDERS

1

It's okay to not be okay!

2

Communication is key to preventing victimization.

3

Set limits for health social media use.



RESOURCES



**common
sense
media**

bark 



Menninger[®]



**PROTECT
YOUNG EYES**

MHA
Mental Health America



