



# Social Media & Tech The Benefits & Risks on Adolescent Mental Health

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## **PART 1: Disruption**

Technology is linked to disruption of the brain’s myelin and numerous physical, mental, and social health conditions.

YouTube Resource link: [How is technology impacting your brain](#)



## **Tech use linked to**

**Addiction**

**Anxiety**

**Loneliness**

**Depression**

**Attention Deficit**

**Body image disorders**

**Social Skills Impairment**

**Societal Polarization**

**Sleep & Eye disorders**

**Obesity / Posture & Tech Neck**

**Diabetes / Heart Disease**

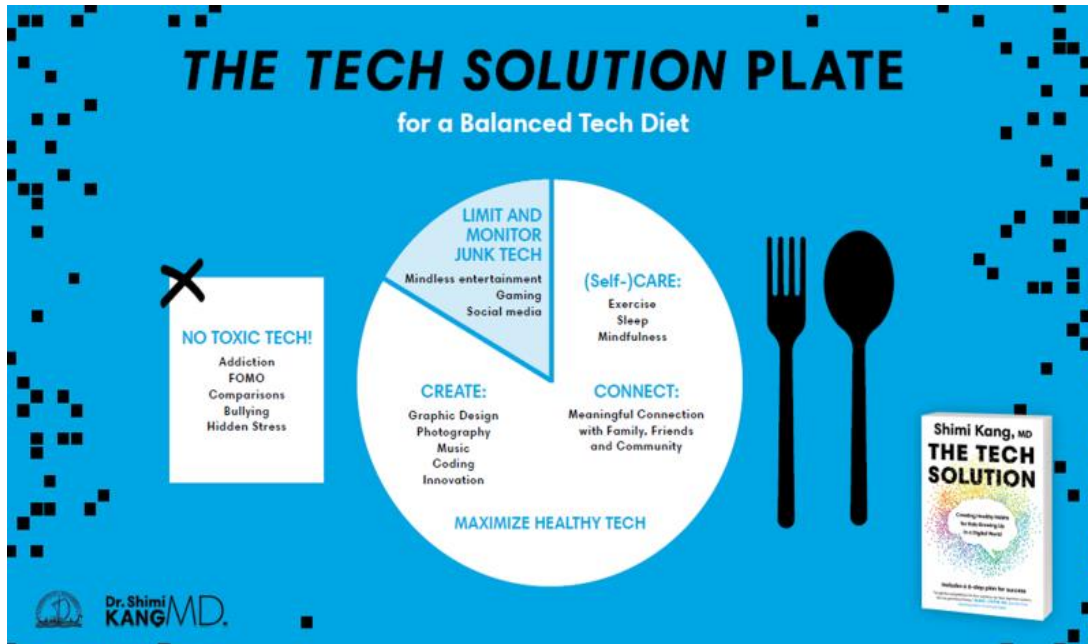
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## PART 2. The Solution

Understand that the tech you consume is like the food you consume. There is healthy, junk, and toxic tech.

Resource link: [What is your tech diet?](#) PDF of Tech Solution Worksheets to print [here](#)



To avoid toxic tech, learn coping skills

Resource link: [Do you have coping skills?](#)

To Limit and Monitor Junk Tech, understand how tech is addictive.

Resource link: [How tech is addictive](#)

## Establish Healthy Tech Habits

- Delay Delay Delay
- Establish basic skill in:
  - Time management
  - Emotional regulation
  - Social skills
- Tech as a specific tool (learning) - not a toy or for entertainment
- Tech Time should not be alone time in early years
- Add tech use in after day to day in real life activities

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The firm and flexible dolphin interpersonal model is a proven model for guiding toward healthy habits

- Resource link: [Managing Relationships During Stress](#)



The Dolphin KEYS to motivation include empathy, autonomy, and optimism.



The K.E.Y.S to Motivation – ( book excerpt from [The Dolphin Parent](#) )

The K.E.Y.S are the essence of motivational communication. They complement but not intrude on the development of self-motivation. It is a four-step process focusing on a balanced state of mind, empathy, autonomy, and optimism.

**Kill the shark and jellyfish.** Behavior science tells us that pushing and micromanaging (shark) are counterproductive. Also, guiding is better than no direction (jellyfish). Thus, take a few deep breaths, get centered as a calm, present, Dolphin communicator.

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**E***mpathy.* Empathy is a powerful tool to connect with others as it activates powerful mirror neurons and releases the trust hormone oxytocin. Put yourself in their shoes and make a statement of empathy!

**Y***our Goals.* Identify and express an understanding of the other person’s goals. We all need a reason to take a step or make a change. Defining personal reasons builds autonomy and sets up the brain to release dopamine.

**S***upport success.* Create a positive support system by expressing optimism in success! If you can add a vision of success, you will activate serotonin.

*Ex: If you want to help motivate someone to go to the gym.*

**K** – Kill Shark & Jellyfish - be a Dolphin.

**E** – “Aww, you look a bit tired and sounds like it’s been a long day.” (empathy)

**Y** – “Remember, you wanted to get in better health.” (autonomy)

**S** – “Come on, I know once you are there, you always feel great!” (optimism)

## Screening tools



**Smartphone Addiction Scale  
- Short Version**

**The Smartphone Addiction Scale: Development and Validation of a Short Version for Adolescents**

- Smart phone addiction scale (SAS) is a scale consisting of 33 items with a 6-point Likert scale based on self-reporting
- The Short Version (SAS-SV) involved 10 out of the 33 items, and was found to be effective in identifying smartphone addiction

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# Young’s Internet Addiction Test

## Internet Addiction and Attention in Adolescents: A Systematic Review

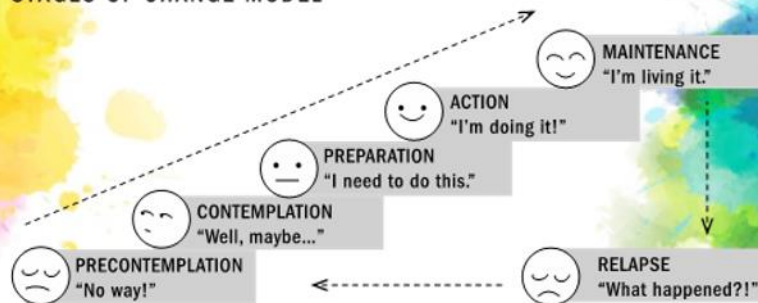
- Systematic review revealed that the Young’s Internet Addiction Test (IAT) is one of the most widely used instrument in assessing internet addiction
- The current test consists of 20 items and has been adapted in multiple countries

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# 6 Step Motivational Plan

## STAGES OF CHANGE MODEL



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## Additional Resources

Future-Ready Minds Camps & Counselling for 21st Century Calm, Collaboration & Creativity [Here](#)

What is tech doing to our brains & behaviors 2 min video [HERE](#)

How to Determine What Tech is Good for you 3 min video [HERE](#)

The risks and benefits of social media on your mental health blog [HERE](#)

How AI fuels misinformation, group polarization & confirmation bias blog [HERE](#)

The science of forming lasting habits for success 3 min video [HERE](#)

What is misinformation, how does it impact you and how to avoid it [HERE](#)

Motivational tools and Healthy Tech Worksheets [HERE](#)

Break online Addiction Habits ( ex. Shopping) Blog [HERE](#)

Find Dr. Kang’s books: [The Dolphin Parent](#) , [The Self-Motivated Kid \(USA\)](#) & [Tech Solution](#)

Watch Dr. Kang’s short videos on Mental Wealth [Here](#)

### About Dr. Shimi Kang

*An award-winning Harvard trained medical doctor, researcher, and expert on the neuroscience of wellness, leadership, and motivation, [Dr. Shimi Kang](#) believes every person has the innate intelligence and ability to live their best life. She provides science-based solutions for health, happiness, and achievement in the workplace, classroom, and at home. With over 25 years of clinical experience and extensive research in the science of optimizing human potential, Dr. Kang provides proven solutions & practical tools to cultivate the key 21st century skills. She is the author of the #1 bestseller [The Dolphin Parent](#) & [The Tech Solution](#), a Clinical Associate Professor at UBC, the founder of [Future Ready Minds](#), & host of the YouTube show, [Mental Wealth with Dr. Shimi Kang](#). She is a proud mom of 3 & recipient of the YWCA Woman of Distinction, Governor General of Canada Award & Diamond Jubilee Medal for her many outstanding contributions in the fields of mental health, addiction, education & parenting.*



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