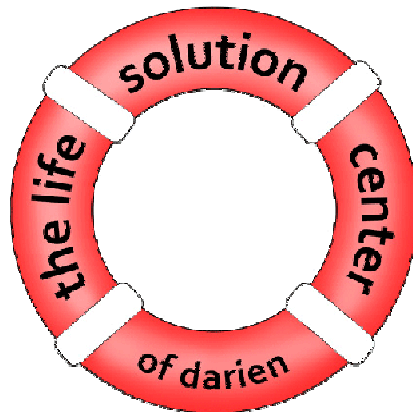


# NEUROBIOLOGICAL IMPACT OF SOCIAL MEDIA ON THE ADOLESCENT BRAIN

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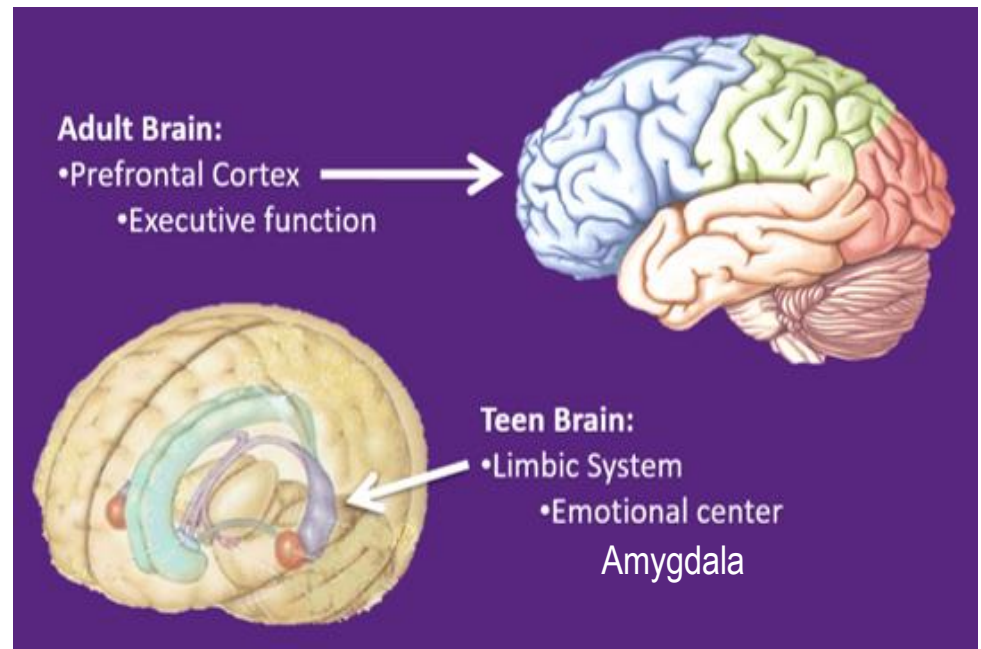
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[www.thelifesolutioncenter.net](http://www.thelifesolutioncenter.net)

# Brain Development Matters

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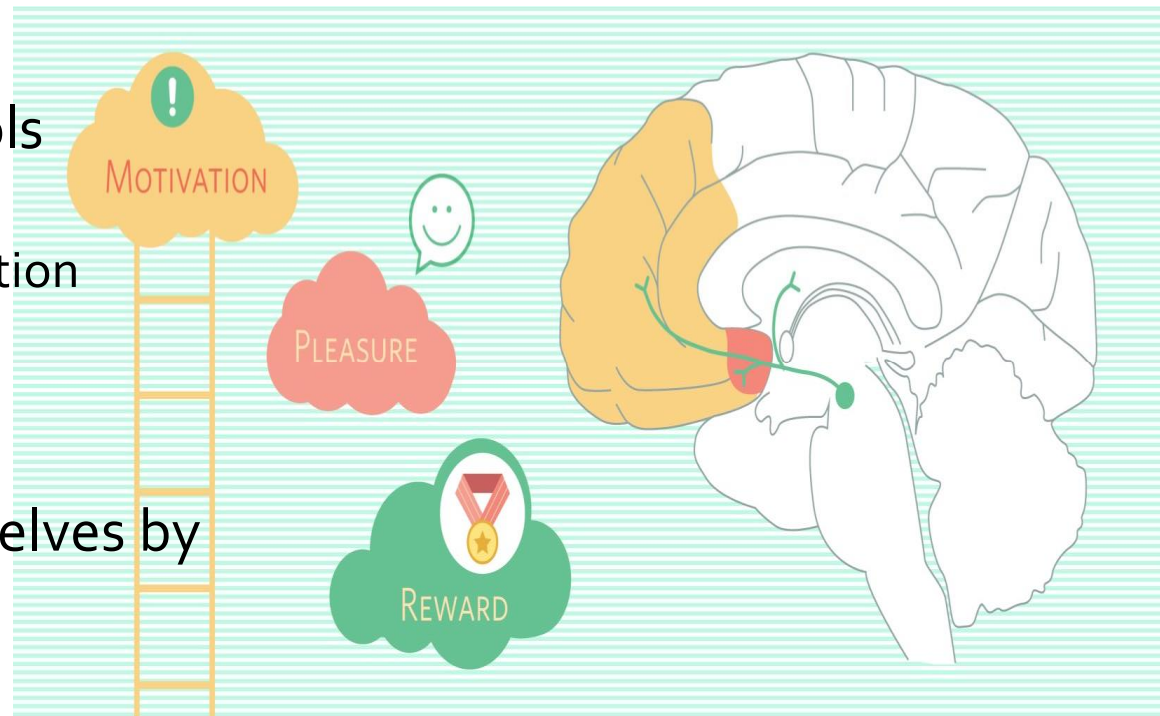
- ” Different rate between Teens and adults
- ” 25 years old
- ” Emotional vs. Rational
- ” Process with amygdala



# Brain Behavior

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- “ Affects white matter
- “ Region of the brain that controls
  - “ decision-making
  - “ emotional processing and attention
- “ Provides immediate rewards
- “ Triggers release of dopamine
- “ Physiologically rewarding ourselves by talking about ourselves
- “ 80% self-involved “audience”



# Brain Rewards

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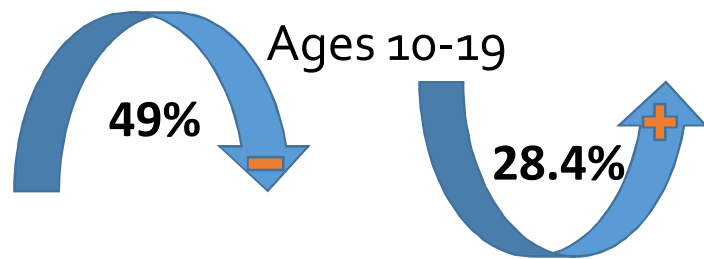


10K

- “ What MRI exams results show
  - “ certain regions of the brain become activated by “likes” especially, the brains reward center
- “ Part of the brain’s reward circuitry activated
  - “ The more “likes” the more active and wanting to use “Social Media” more
- “ How teens view opinions of peers
  - “ “highly” so getting “likes” is similar to getting approval

# What Studies Show

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- “ Added anxiety and stress
- “ Social Media just makes difficult situations hard, not necessarily the cause
- “ Overuse leads to attention imbalance

- “ Creates online “Cliques”
- “ Creates a “Digital Curtain”
  - “ Increased viciousness
  - “ It is easier to be cruel, for girls who do not like to disagree in “real life”
- “ Cyber-bullying and general Internet use correlate to risks of
  - “ Depression and suicidal ideation
  - “ Acts of self-harm

# Online “Challenges”



# Positive Reasons To Be Connected

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- ” Communications with friends
- ” Support groups
- ” Easy to “spread the word” on social events, volunteer work, sports, etc....
- ” Educational Guidance

# Parental Monitoring

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Delay age of “*first use as much as possible*”



- “ If they are “on monitor”
- “ A few sites for parents to monitor are protective, most are not
- “ Apps that block
- “ **More parental** participation



# How to Help

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## Get Involved!

- ” It is more complicated than it sounds
- ” Not just taking the phone away
- ” Power of “Social Media” is so strong, it is disorienting
- ” Talk to your child about the “WHY’S”
- ” What has been “cropped out of picture” and WHY
- ” Think critically
- ” Set a good example, be mindful
- ” Establish “technical device free hours”