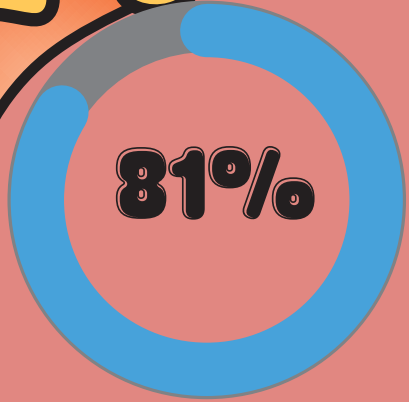


LIMIT YOUR USAGE



81% of teens
use **Social
Media**

Social Media

making us sad

;) n
sh*t



“People ages 16 to 24
spent an average of
3 Hours & 1 min
using
social media
each day.”

**one in six teenagers have experienced at
least one of six
different forms of abusive behavior online:**

- Name-calling (42%)**
- Receiving unsolicited explicit images--(25%)**
- Having their activities and whereabouts tracked by someone other than a parent-----(21%)**
- Someone making physical threats--(16%)**
- Having explicit images of them shared without their consent-----(7%)**



“Research reported in the journal JAMA Psychiatry found that adolescents who use social media more than three hours per day “may be at heightened risk of mental health problems, particularly internalizing problems.”