

Reflect on how your social media channels are making you feel. Have a clear out of any negativity or accounts that don't make you feel good.

Try to follow accounts that spread positivity and good messages.

62% of young people think social media has a negative impact on their mental health!

The majority of young people believe social media is addictive!

Be conscious not to let social media replace your 'real life'.

It is good to use social media to connect with people, but make sure it does not replace your real social life.

LOST FROM THE REAL WORLD?

Try looking into the following organisations:

- KOOH
- YOUNG MINDS
- SAMARITANS
- MIND

Where can you find support and guidance?



Try setting your social media accounts to private and only share posts with people you know!

Think about how your posts may affect other people's feelings and mental health!

Social Media can be used as a tool for bullying.

50% of young people use their phones after 11pm.

When having time off social media, move your phone out of reach or turn off.

Many young people use social media because they are bored!

Plan time away from social media. Plan a game night with friends, go for a walk or bake!

At night time, try using an alarm clock instead of setting alarms on your phone.

Try turning your phone off when you do this so you can really connect with what you are doing.