



Mental Health and the Internet



Information for healthy minds while using the internet

Elena Zavalza—Latinx Coordinator

Founded in 2000, notMYkid is a youth mental health and wellness nonprofit that educates and assists youth and adults on a variety of topics:

- Substance Use
- Relationships
- Bullying
- Internet Safety
- Depression
- Stress & Anxiety
- Rx Missuse
- Alcohol
- Vaping & Cannabis
- Teen Mental Health

Full Continuum of Care:

- Prevention – Universal Prevention
 - Youth, Adult and Professional Education
- Early Intervention and Clinical Support
 - Project REWIND
 - Peer Support
 - Youth and Adult Groups
- Peer Support – [i]nspired
- Outpatient Treatment for Youth and Families

Primary Sources

- National center for missing and exploited children
- American Academy of Child and Adolescent Psychiatry
- Federal bureau of investigation
- Scottsdale police -
(Crimes against children on the internet)
- Bark

The Internet

- Email
- News
- Sharing files
- Watch movies download music
- Research
- **Social Media**



Social Media Statistics



- 90% of teens ages 13-17 have used social media
- 75% of teens have at least one active social media profile
- 51% of teens report using social media daily
- On average, teens are online almost 9 hours a day



- AACAP

Main Potential Risks

- Early Exposure to Inappropriate Material
- Personal Exploitation
- Theft of Personal Information
- Sexual Solicitation
- Cyberbullying and Harassment
- Imbalanced Use / Tech Addiction
- Negative Impact on Mental Health



Be Aware of the Negative Impacts!



“We make body image issues worse for one in three teen girls,” said a slide from one internal presentation in 2019, seen by the [Wall Street Journal](#).

“Thirty-two per cent of teen girls said that when they felt bad about their bodies, Instagram made them feel worse,” a subsequent presentation reported in March 2020.

Another slide said: “Teens blame Instagram for increases in the rate of anxiety and depression. This reaction was unprompted and consistent across all groups.”



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Instagram

Facebook aware of Instagram's harmful effect on teenage girls, leak reveals

Social media firm reportedly kept own research secret that suggests app worsens body image issues

Damien Gayle

@damiengayle

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▲ A teenage girl using a mobile phone. A slide in the document said: “Teens blame Instagram for increases in the rate of anxiety and depression.” Photograph: Alamy

Facebook has kept internal research secret for two years that suggests its [Instagram](#) app makes body image issues worse for teenage girls, according to a leak from the tech firm.

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5310 E Shea Blvd
Scottsdale, AZ 85254
(602) 652-0163
info@notmykid.org

