

# American Psychological Association's Public Health Advisory on Teens & Social Media

The APA says social media can be beneficial for teenagers, especially those in vulnerable positions.

## KEY QUOTES:

"Age-appropriate use of social media should be **based on each adolescent's level of maturity** (e.g., self-regulation skills, intellectual development, comprehension of risks) and home environment." — pg. 3

"Using **social media is not inherently beneficial or harmful** to young people." — pg. 3



"Data suggest that youths' **psychological development may benefit from this type of online social interaction**, particularly during periods of social isolation, when experiencing stress, when seeking connection to peers with similar developmental and/or health conditions, and perhaps **especially for youth who experience adversity or isolation in offline environments.**" — pg. 4



"Youth with symptoms of mental illness, such as adolescents with social anxiety, depression, or loneliness, for instance, **may benefit from interactions on social media**" — pg. 4



"Adolescents' social media use **should be preceded by training in social media literacy.**" — pg. 8

Government regulation claiming that teenagers should not be on social media isn't backed by science and undermines parental rights.