

Digital Mirrors: Kids' body perception
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Broadcast Version

INTRO:

UP TO 95 PERCENT OF KIDS AGE THIRTEEN TO SEVENTEEN – AND NEARLY 40 PERCENT OF CHILDREN AGE EIGHT TO TWELVE USE A SOCIAL MEDIA PLATFORM... ACCORDING TO THE U.S. SURGEON GENERAL.

TAKE VO

THE REPORT “SOCIAL MEDIA AND YOUTH MENTAL HEALTH” – BY THE U.S. SURGEON GENERAL - SAYS EVIDENCE INDICATES THERE ARE “AMPLE INDICATORS” THAT SOCIAL MEDIA CAN HAVE A “PROFOUND RISK OF HARM TO THE MENTAL HEALTH AND WELL-BEING OF CHILDREN AND ADOLESCENTS.”

ADDITIONALLY – THE ADVISORY SAYS SOCIAL MEDIA USAGE CAN DISRUPT VITAL ACTIVITIES FOR SOMEONE’S HEALTH AND WELL-BEING LIKE SLEEP AND PHYSICAL ACTIVITY.

IT’S NO SECRET A MAJOR PART OF POSTING THAT “PICTURE PERFECT” MOMENT HAPPENS AFTER THE PICTURE IS TAKEN. THROUGH EDITING WITH FILTERS... BODY POSITIONING AND NOW EVEN ARTIFICIAL INTELLIGENCE... THE PHOTOS YOU SEE OF THOSE YOU FOLLOW MAY NOT BE AN ACCURATE REPRESENTATION OF THEIR LIFE.

DR. KYLE BOERKE (**BER-key**) IS THE DIRECTOR OF BEHAVIORAL HEALTH OUTPATIENT SERVICES FOR OSF HEALTHCARE AND A CLINICAL CHILD PSYCHOLOGIST. HE SAYS WHAT WE GO THROUGH AS SOCIAL MEDIA USERS WHEN LOOKING AT THE INFLUENCERS WE FOLLOW IS CALLED “UPWARD SOCIAL COMPARISON.”

TAKE SOT

“You, as a teenager, take your worst day and you are comparing it to this video of somebody’s best day. Or I would say, artificial day, because it’s not real due to the filters and editing. We have a lot of research that talks a lot about the direct correlation between time spent on social media and an increase in anxiety and depression. We’re talking about a one-to-one correspondence where every hour spent on social media increases your likelihood of anxiety and depression.”

VO TAG

SO WHAT CAN WE DO TO COMBAT THIS? DR. BOERKE SAYS TO FIRST LIMIT YOUR EXPOSURE TO SOCIAL MEDIA AS A WHOLE. AND AVOID PEOPLE WHO ARE NEGATIVE AND BODY SHAMING. WHILE SOCIAL MEDIA CAN OFFER COMMUNITY FOR SOME – DR. BOERKE SAYS IT’S IMPORTANT TO TALK TO A TRUSTED ADULT IN YOUR LIFE FIRST IF YOU’RE STRUGGLING... AND ASK TO TALK WITH SOMEBODY. THEN YOU CAN SPEAK WITH YOUR PEDIATRICIAN OR PRIMARY CARE PROVIDER... WHO CAN RECOMMEND A THERAPIST OR PSYCHOLOGIST TO HAVE THESE DISCUSSIONS ABOUT YOUR MENTAL HEALTH.