




Social Media Addiction?

warning sign
checklist



When Parents Should Be Concerned

Social media can bring many wonderful things to a person's life, including connection, entertainment, support for others, and learning. However, social media can become a problem for some teens. Here are some signs to watch out for:

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- ☐ They walk around with their phones in hand, checking it constantly
 - ☐ They feel pulled to update their status daily, or multiple times a day
 - ☐ They get very angry if you take away their phone or limit use
 - ☐ They are always on social media when they are with friends
 - ☐ They constantly track their engagement ("likes", comments, and shares)
 - ☐ They become very anxious if they lose phone privileges
 - ☐ They feel badly about themselves if they don't receive high engagement
 - ☐ They often argue with you about how much time they are on social media
 - ☐ They seem unable to enjoy activities without social media being part of it
 - ☐ They are constantly looking for opportunities to take photos and post them
 - ☐ They feel pulled to pick up their phone every few minutes
 - ☐ They're disinterested in other activities or hobbies that don't involve social media
 - ☐ Their in-person social relationships are negatively impacted
 - ☐ They become irritable and anxious when they cannot check in with their phones
 - ☐ They choose to use social media late at night rather than sleep
 - ☐ They get lost in surfing their phones without any objective

**** Social Media Addiction** is not technically a mental health disorder, according to the diagnostic guidelines that doctors and psychologists use. I sometimes use this term to convey the severity of this problem, and because there are several behavioural similarities to substance addiction. Read more at kateborsato.com.