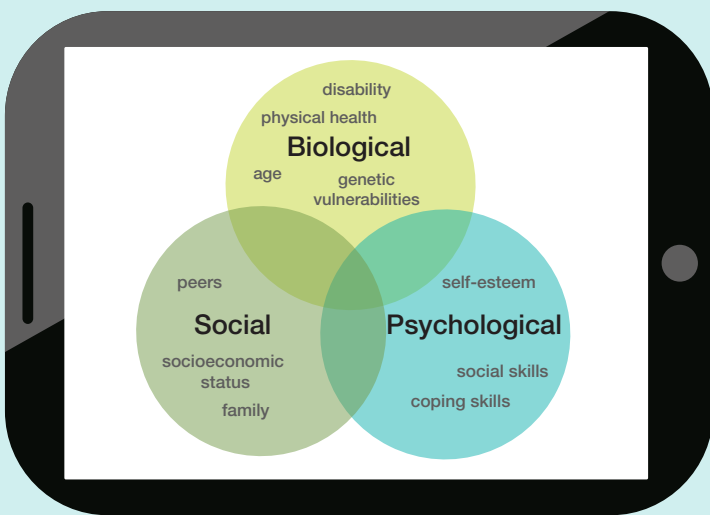


Is Social Media Addictive?



Frequent use of social media affects the brain.

Neurological changes from excessive social media use are similar to those in individuals who experience substance use addiction.



As with substance use-related addictions **Bio-psycho-social factors** can contribute to problematic internet use.

Manage social media use to minimize harm



Take time to unplug

- ✓ Spend time tech-free
- ✓ Limit use at bedtimes and meal times



Educate yourself

- ✓ Be aware of the risks
- ✓ Talk about tech use with your kids



Reclaim Your Attention

- ✓ Turn off notifications
- ✓ Engage in offline interests regularly