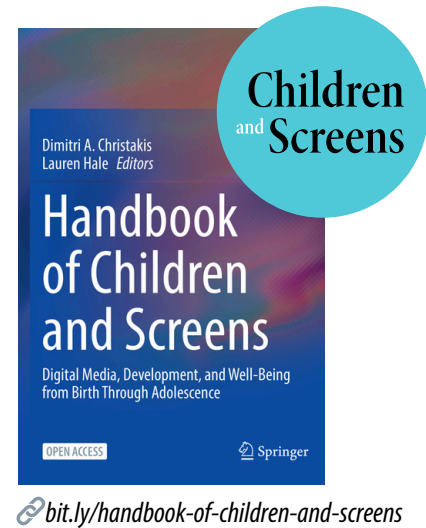


RECOMMENDATIONS

Children's Mental Health and Digital Media Use



bit.ly/handbook-of-children-and-screens



Parents, Caregivers, and Families

- Set clear boundaries for and have regular, open discussions about media use.
- Ensure children 12 years and under do not use social media and consider disallowing use for young teens.
- Prioritize face-to-face social interaction.
- Watch for problematic behaviors, such as changes in mood or erratic behaviors.
- Model desired behavior.



Clinicians and Providers

- Discuss screen use and mental health in routine child wellness visits.
- Provide parents/caregivers with relevant resources.
- Develop, standardize, critique, and disseminate evidence-based evaluations, preventions, and interventions for media-related mental health challenges.
- Prioritize interventions for diverse and marginalized groups.
- Stay updated on digital therapeutics and use a consistent framework for evaluating and adopting these tools.



Educators and Teachers

- Eliminate social media use for school communication.
- Train school affiliates to manage students' problematic social media posts.
- Implement individually tailored social media literacy programs in the classroom that mitigate mental health concerns.