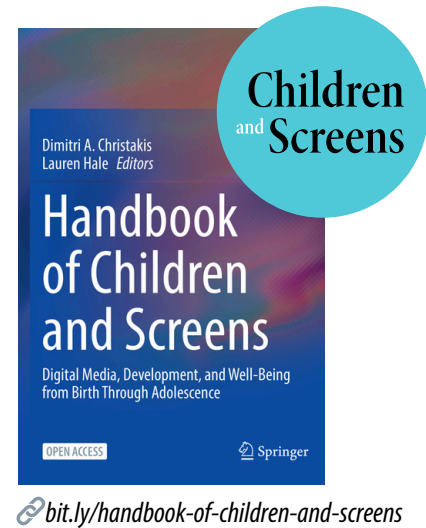


RECOMMENDATIONS

Digital Media Use and Overall Youth Well-Being



Parents, Caregivers, and Families

- Openly communicate with children about their online activities.
- Model desired behaviors for children.
- Understand that parasocial relationships are normal and healthy for youth development.
- Educate children about the possible repercussions of their online actions.



Clinicians and Providers

- Ask children directly about their experiences with digital media.
- Frame digital media as a tool that can foster both positive and negative outcomes.
- Discuss the pros and cons of digital self-presentation with youth.



Educators and Teachers

- Understand how to support youth with social and emotional skill-building.
- Create and implement digital literacy programs.
- Encourage youth to think critically about the benefits and risks of digital self-presentation.
- Embrace controversial topics in the classroom and encourage civic media literacy.
- Build partnerships with youth organizations.