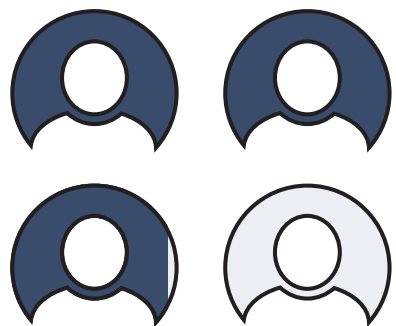


Ways adults can support youth with their social media use

This poster was developed by McCreary Centre Society's Youth Advisory and Action Council. It uses data from the 2023 BC Adolescent Health Survey, which was completed by around 38,500 youth aged 12-19. To read more about BC youth's social media use: mcs.bc.ca/pdf/beyond_the_likes.pdf.



74%

of youth were on social media on their most recent school day.

Youth of all genders were more likely to report their social media use had reached a point where they needed help if they:

- Needed help for gaming.
- Felt they did not manage stress well.
- Were on social media after bedtime.

67% of youth were on social media after the time they were expected to be asleep.



These youth were more likely to feel they needed help for their social media use and to experience challenges associated with their use, including missing school and being victimized.

Youth were less likely to report problematic social media use when they:

- Had caregivers who monitored their time online.
- Had an adult who they could talk to if they were having a serious problem.

RECOMMENDATIONS FOR ADULTS SUPPORTING YOUNG PEOPLE WITH THEIR SOCIAL MEDIA USE

Be aware of youth's social media use and signs that their use may be becoming problematic. For example:

- Inability to put their device away.
- Efforts to constantly access social media.
- Not engaging in person with others and in physical activities because of social media use.

Ensure youth receive age-appropriate social media literacy training and that they gain skills to navigate social media as safely as possible, including supporting young people to:

- Question the accuracy of social media content.
- Understand how their content may be stored and shared.
- Learn what may and may not be appropriate to post.
- Gain skills to communicate safely online and to resolve conflicts that may arise on social media platforms.

Educate yourself about resources that may be available to help young people struggling with their social media use.

Model healthy social media use.

RESOURCES

The Balance Phone website. Recommends 10 apps to reduce social media use on your phone: thebalancephone.com/blogs/blog/apps-stop-using-social-media/

Here to Help BC. Media and digital literacy resources for youth and caregivers, especially focused on self-esteem and body image: heretohelp.bc.ca/infosheet/media-literacy-a-guide-for-parents-and-youth

Kids Help Phone. Resources for youth to gain information and set boundaries around using social media: kidshelpphone.ca/get-info/social-media-resources-to-support-your-mental-health



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