

Social Media & Mental Health



APPS + USAGE

77% of students aged 11-14 and 85% students aged 15-18 are accessing the online world. Identify how you feel an app may benefit you and how much time you should spend on it.

- Before downloading an app, think about how much time you'll spend on it.
- Carefully consider every follow request – do not accept any requests from people you do not know.
- While you can delete content, the digital space is permanent! So, think before you post.



HOW TO APPLY MENTAL HEALTH PRACTICES ONLINE

Mental health includes our psychological and social well-being and can impact our thoughts, feelings, and behaviors. Here are ways you can practice mental health safety online:

- If you're going to post or comment, keep it positive and motivating.
- Set healthy limits for how often you check your social media accounts.
- Focus on establishing positive real-life friendships.



ONLINE BEHAVIOR

Keep it private – not public.

- Privacy should always be prioritized when posting content in an app.
- By keeping personal information private, you are less likely to reveal your identity to any threats that may affect your mental stability.
- Turning off location tracking can ensure others online don't have the ability to see your every move.



CLEANING YOUR DIGITAL SPACE

In the same way that you should keep your room tidy, you should also keep your digital space tidy. Fill your digital space with content that serves you positively.

- Block or unfollow accounts that make you feel uncomfortable or unhappy.
- Notice when something makes you feel unsafe.
- Delete posts that no longer align with your values, or do not represent your character accurately.



PROTECTING YOUR MENTAL HEALTH

The online world has become a part of our daily lives. Setting healthy limits, using appropriate conduct, and having empathy for others while online are ways we can practice positive online behavior.

- Seek counseling if you are involved or witness a bullying situation.
- Do not respond to negative messages and screenshot them.
- Report any bullying actions or content to Crime Stoppers and a trusted adult.
- Bullying someone in person or online can result in legal consequences:
 - Up to one year in jail and a fine of \$4,000. [DavidsLegacy.org](https://www.davidslegacy.org)



HOW DO YOU KNOW WHEN TO TAKE A BREAK?

Signs that indicate you may have been scrolling for too long:

- Your eyes are tired when you look at a screen.
- Your screentime has increased.
- Feeling overwhelmed, agitated or upset.
- Neglecting offline relationships and activities.
- You prioritize checking your phone over completing homework or real-life responsibilities.

THINGS TO REMEMBER:

- 1) Practice mindfulness and other stress management techniques.
- 2) Everyone's mental health journey looks different. Be kind to yourself.
- 3) Use apps that track screen time and send yourself reminders to take breaks.
- 4) You are in control of what you choose to consume on social media.

CRIME STOPPERS OF HOUSTON'S

TIP LINE

IS HERE FOR YOU **24/7**



CRIME STOPPERS OF HOUSTON SAFE SCHOOL INSTITUTE

3001 Main St. Houston, TX 77002

(713) 521-4600 (office)

(713) 222-TIPS (to report)

www.crime-stoppers.org/safe-school-institute

ssi@crime-stoppers.org



HOW TO REPORT A TIP



Call 713.222.TIPS (8477)



Use our Mobile App

Download app name: Crime Stoppers Houston



Go to crime-stoppers.org

HERE'S HOW IT WORKS



STEP 1

Submit an anonymous tip



STEP 2

Your tip leads to an arrest or disciplinary action



STEP 3

Receive a cash reward
(up to \$5,000)