



Building the Foundation: Resources

The Impact of Social Media on Youth Behavioral Health

TAP Resources:

[Building the Foundation Series:](#)

[Training and Access Project:](#) Additional Trainings and Information

Online Resources:

American Psychological Association [Potential risks of content, features, and functions: A closer look at the science behind how social media affects youth.](#)

American Psychological Association [Health advisory on social media use in adolescence.](#)

American Psychological Association [Keeping teens safe on social media: What parents should know to protect their kids](#)

Child Mind Institute. [How using social media affects teenagers.](#)

Child Mind Institute [Managing social media stress with mindfulness.](#)

Digital Wellness Lab [Resources](#)

Mayo Clinic Staff [Teens and social media use: What's the impact?](#)

Mayo Clinic Staff [Teens and social media use: What the research says.](#)

National Academies of Sciences, Engineering, and Medicine [Social media and adolescent health.](#)

Pew Research Center [Teens, friendships, and online groups.](#)

Pew Research Center [Teens' views about social media.](#)

Digital Citizenship Lessons and Activities for Students:

Common Sense Education [Digital Citizenship Curriculum](#)

Edutopia [Developing students' digital citizenship skills.](#)

PBS Learning Media [Technological Literacy](#)



Articles:

- Lee, A. Y., & Hancock, J. T. (2024). Social media mindsets: a new approach to understanding social media use and psychological well-being. *Journal of Computer-Mediated Communication*, 29(1). <https://doi.org/10.1093/jcmc/zmad048>
- Riehm, K. E., Feder, K. A., Tormohlen, K. N., Crum, R. M., Young, A. S., Green, K. M., Pacek, L. R., La Flair, L. N., & Mojtabai, R. (2019). Associations Between Time Spent Using Social Media and Internalizing and Externalizing Problems Among US Youth. *JAMA Psychiatry (Chicago, Ill.)*, 76(12), 1266–1273. <https://doi.org/10.1001/jamapsychiatry.2019.2325>