

# Youth Social Media Health and Safety



"There is growing evidence that social media use is associated with harm to young people's mental health"

-Dr. Murthy, Surgeon General

The Youth Social Media Health and Safety Plan is an initiative designed to address the negative impacts of social media and AI use on at-risk students in Utah and to empower them in their use of technology. This plan includes:

- ▶ Providing direct, weekly instruction to at-risk K-12 students on digital citizenship, social media health, AI use, and online safety
- ▶ Offering engaging and practical classes for parents
- ▶ Providing school educators with the resources to promote digital safety among their students

"With near universal social media use by America's young people, these apps and sites introduce profound risk and mental health harms in ways we are only now beginning to fully understand"

- Jack Resneck Jr., MD, American Medical Association

2,500

## AT-RISK YOUTH

Students identified as at-risk will participate in weekly intervention during afterschool

IMPACT

## ASSESSMENT

Pre- and post-tests will measure attitudes, knowledge, and behaviors of youth relating to social media use

- Social media use is near universal among young people

- Social media use increases youth mental health challenges

- Social media use can normalize or glorify risky behavior

### Budget:

Personnel: \$940,000

Travel: \$10,000

Supplies: \$30,000

Technology: \$20,000

\$1,000,000

Total Ongoing Funds

### Multi-tiered Approach:

All students receive Tier 1 direct instruction, while Tier 2 in-depth instruction is offered through summer and after-school programs that provide weekly lessons to at-risk students.