

Social Networking: Recommended Educational Resources

This document contains resources, including websites, courses, videos, brochures, and academic articles that service providers may find helpful while supporting children, youth, and families facing challenges around the problematic use of Social Networking Sites (SNSs).

Reports and Guidelines

Social Media and Children’s Mental Health. A Review of the Evidence (Emily Frith, June 2017)

This report from the Education Policy Institute in the United Kingdom, explores the relationship between the internet, social networking, and young people’s mental health.

https://epi.org.uk/wp-content/uploads/2017/06/Social-Media_Mental-Health_EPI-Report.pdf

Young Canadians in a Wired World: Trends and Recommendations (MediaSmarts, 2015)

This report from MediaSmarts contains useful information related to networked technologies. It provides a guideline and appropriate policy responses for young people who are experiencing problematic use of SNSs, such as online privacy and publicity issues, harassment, offensive content, and safety.

http://mediasmarts.ca/sites/mediasmarts/files/publication-report/full/ycwwii_trends_recommendations_fullreport.pdf

Guidelines on Physical Activity, Sedentary Behaviour and Sleep for Children Under 5 Years of Age (World Health Organization. 2019)

These guidelines provide information on amount of time children should spend in sedentary screen-based activities in a 24-hour day. The recommendations support the developing of national plans to increase physical activity, reduce sedentary time and improve the time spent sleeping in young children.

<https://apps.who.int/iris/bitstream/handle/10665/311664/9789241550536-eng.pdf?sequence=1&isAllowed=y>

Children and Adolescents and Digital Media [Technical Report] (Reid, Radesky, Christakis, Moreno, Cross, and Council on Communications and Media, November, 2016, in Pediatrics)

This report from the American Academy of Pediatrics aims to identify reactions related digital media and the impact on youth, by exploring the use of media, trends, benefits, risks and type of use.

<http://pediatrics.aappublications.org/content/138/5/e20162593>

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Media Use in School-Aged Children and Adolescents [Policy Statement] (Council on Communications and Media, 2016, in Pediatrics)

This publication focuses on the effects of social media use in children and adolescents 5 through 18 years of age. Researchers found multiple factors impact children's functioning as a result of social media use. The impact depends on the type of media, the type of use, the amount and extent of use, and the features of the child.

<https://pediatrics.aappublications.org/content/138/5/e20162592>

Other reports are available on MediaSmarts' website: <http://mediasmarts.ca/ycww>

Articles

Social media: What Parents Should Know (Caring for Kids, February 2018)

This article contains useful information that can be used by health professionals to share with children, youth and their families.

https://www.caringforkids.cps.ca/handouts/social_media

Should I Play or Should I Go? (Centre for Addiction and Mental Health [CAMH], no date)

This article offers healthier alternatives for using technology in outdoor settings, which can have a positive effect on mood as it encourages individuals to pay attention to their surroundings while interacting with other people.

<https://www.camh.ca/en/camh-news-and-stories/should-i-play-or-should-i-go>

Youth, Family and Interactive Technology (CAMH, 2016)

This material allows parents, caregivers and service providers to increase awareness and understanding of the problematic use of technology.

<https://camh.ca/-/media/files/youthfamilyinteractive-onlinebrochure-pdf.pdf>

Online Social Networking and Addiction-A Review of the Psychological Literature (Kuss & Griffiths, 2011, in International Journal of Environmental Research and Public Health)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3194102/>

This literature review provides understanding into the emerging phenomenon of addiction to online SNSs by examining patterns of use, motivations to use, personalities of users, negative

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consequences to use, exploring potential SNSs addiction, and exploring SNSs addiction specificity and comorbidity.

Relationship between High School Students' Facebook Addiction and Loneliness Status

(Karakose, Yirci, Uygun, & Ozdemir, 2016 in Eurasia Journal of Mathematics, Science & Technology Education)

<http://www.ejmste.com/Relationship-between-High-School-Students-Facebook-Addiction-and-Loneliness-Status,75024.0,2.html>

This study analyzes the relationship between high school students' Facebook addiction and loneliness levels in a sample of 712 randomly selected students, using two scales called the Bergen Facebook Addiction Scale (BFAS) and the Loneliness Scale (UCLA). Results suggest that the Facebook addiction levels of the high school students in the sample were rather low.

Are Adolescents Engaged in the Problematic Use of Social Networking Sites More Involved in Peer Aggression and Victimization? (Martínez-Ferrer, Moreno, & Musitu, 2018 in Frontiers in Psychology)

<https://www.frontiersin.org/articles/10.3389/fpsyg.2018.00801/full>

This article analyzes the relationship between problematic use of SNSs with forms of peer aggression and victimization.

Teens and Technology (Ottawa Police Service, no date)

This article highlights two of parents' most common concerns, sexting and cyberbullying.

<https://www.ottawapolice.ca/en/safety-and-crime-prevention/Teens-and-Technology.aspx>

Screen time and young children (Caring for Kids, June, 2017)

This article refers to what Canadian pediatricians say about screen time for children under the age of 5.

<https://www.caringforkids.cps.ca/handouts/behavior-and-development/screen-time-and-young-children>

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Books

Internet and Social Media Addiction (A.C. Nakaya, Reference Point Press, Incorporated ©,2015)

This book provides information to professionals who want to learn more about internet and social media addiction. The author examines some of the issues parents and teachers face. It also includes a discussion around whether internet and social media use it is a real problem or not, what causes the addiction, and treatments to overcome the issue.

Internet Addiction: a Handbook and Guide to Evaluation and Treatment (Young, K. & Nabuco de Abreu C. (2010)

This book discusses a several topics related to internet addiction. It also provides, information concerning for treatment of internet addiction that may be useful for professionals who works with children or students.

Videos

British Broadcasting Corporation (BBC) offers a series of videos related to the use of social media, including life stories of people that have been impacted by the problematic use of digital technology.

<http://www.bbc.com/future/columns/likeminded>

The Center for Internet and Technology Addiction offers videos featuring Dr. David Greenfield, who has been interviewed by different TV networks, sharing important information about digital technology.

<https://virtual-addiction.com/videos-featuring-dr-david-greenfield/>