

Tips for Service Providers: Child and Youth Problematic Social Networking

- Build rapport and connect with the client to capture the necessary information and allow them to identify their strengths, skills, and resources.
- Review the Introduction and Social Networking sections of the “Growing Up Online Toolkit.”
- Asses the client from a biopsychosocial perspective to understand the complex relationship with social networking sites.
- Recognize that the use of social networking sites may be used as a coping mechanism to manage psychological stress.
- Use screening and assessment instruments to obtain a more detailed exploration of concern. Some instruments may be administered by trained clinicians such as psychologists, clinical social workers or psychiatrists.
- Pay careful attention, and be sensitive, to your attitudes, as well as social and cultural experiences toward social networking.
- Collaborate with the family to jointly create a treatment plan that promotes healthy habits.
- Consider the use of different modalities for treatment that you are trained in, such as psychoeducation, cognitive-behavioral therapy, dialectical behavioural therapy, mindfulness-based cognitive therapy, and solution focused therapy.
- Provide the family and youth with the tip sheets and resources available in MyHealthAlberta [Growing up Online](#).
- Consider a consultation, and collaborate with colleagues; if necessary, make a referral to concurrent capable addiction or mental health services Alberta Health Services Youth Addiction

A youth might say:	You might say:
My parents are always on Facebook posting photos and watching everyone else’s lives.	When parents use social networking sites excessively, it may be more likely their children will too. Parents should be a responsible role model. What would you like to say to your parents?
My parents do not know what I am doing on the internet.	Your parents can help guide you on how to use social networking sites in a balanced way. What would you like your parents to know about what you are doing on the internet? Because social media is a powerful influence in the lives of children and youth, it is important to be informed on the online activities that your children are involved in, and have ongoing discussions with them about some of the problems of social networking.