

A Teen Panel Presenting to a Group of Teens

Friend or Foe? Social Media Talk (For Teens, By Teens!)

Part 1 (Teen 1):

Yo everyone, what's up? So, we all know social media is like, the air we breathe these days, right? We're on it all the time, scrolling, posting, chatting – it's how we connect with everyone.

Part 2 (Teen 2):

But hold up – **(Raises eyebrows)** social media isn't all sunshine and rainbows. Like, have you ever felt totally bummed after scrolling through Insta for ages? Yeah, me too.

Part 3 (Teen 3):

Turns out, even the top doc in the US, the Surgeon General, is freaking out about the negative side of social media. **(Whispers)** Especially for us teenagers.

Part 4 (Teen 4):

(Sarcastic tone) Yeah, Dr. Murthy wants social media companies to be honest with us, like, display warnings on their apps that say: "Hey, this stuff can mess with your mental health." **(Serious tone)** No joke, social media can lead to anxiety, depression, the whole shebang.

Part 5 (Teen 5):

Why? Because these platforms, with their crazy algorithms, shove all sorts of messed-up content in our faces. **(Makes a disgusted face)** We're talking violence, weird sexual stuff – things that can seriously mess with our minds. Dr. Murthy says spending more than **THREE HOURS A DAY** on this stuff **(Raises three fingers)** doubles your chances of feeling anxious and depressed. **(Shakes head)** That's messed up!

Part 6 (Teen 1):

Listen, social media can be a cool tool, but we gotta be smart about it. **(Looks around the room)** Let's not let it control us. Let's be aware of the risks and use it for good, not for harm. What do you guys think?