

Statement on the U.S. Surgeon General’s Advisory About the Effects Social Media Has on Youth Mental Health

From NYU McSilver Institute Executive Director **Rose Pierre-Louis** and Deputy Executive Director Dr. **Andrew Cleek**

“We applaud the U.S. Surgeon General’s advisory on social media use by young people, and share his concern that the environment so many of our youth are being exposed to has the potential to do considerable harm.

“Here at the NYU McSilver Institute for Poverty Policy and Research, we have been actively working with our colleagues in the mental health field to address issues raised by the impact of social media use – both good and bad – on young people. Our Community Technical Assistance Center has provided a number of trainings on social media and youth for mental health providers. This includes identifying and treating self-harming behaviors among youth using technology and social media, explaining how social media can act as both a risk and protective factor for mental health challenges faced by sexual and gender minority youth, and describing how caregivers and mental health providers can use screen time as an asset and help youth develop a relationship with technology that supports their mental health.

“Given the undeniable influence social media has over the lives of youth today, it is critical that policymakers, technology companies, governments at every level, and most importantly parents and their children have a both a better understanding of what youth are being exposed to, as well as the responsibility to ensure the safest, most healthy interactions possible.”

Read the U.S. Surgeon General’s advisory:

<https://hhs.gov/about/news/2023/05/23/surgeon-general-issues-new-advisory-about-effects-social-media-use-has-youth-mental-health.html>

Learn about NYU McSilver’s Community Technical Assistance Center:

<https://ctacny.org>

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