**GCCHM Leadership Certification**

**Level X, Course #3**

**DOES SOCIAL MEDIA CAUSE DEPRESSION**

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**(Handouts)**

1. There is a correlation between depression and the use of smarthphones for kids and teens. In the following statements what is the correct percentage? Please fill out below:
   1. 2010 – of 8th-12th graders reported depression
   2. 2015 – of 8th-12th graders reported depression
   3. 2010-2015 – Suicide rates for girls increased by \_\_\_\_\_\_\_\_
   4. 2010-2015 – visits to counseling centers jumped by \_\_\_\_\_\_\_\_\_
   5. 2007 Smartphones was introduced – 2015: \_\_\_\_\_ of teens have phones
2. The less you are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with human beings in a deep, emphathic way, the less you’re really getting the \_\_\_\_\_\_\_\_\_\_\_\_ of a social interaction” according to clinial psychologist Alexandra Hamlet at the Child Mind Institute.
3. What is FOMO? Explain:

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1. Name two main problems that come up when teenagers and kids spend more time on social media.
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   2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Sleep deprivation and depression are linked to the use of smartphones. Which of the following is NOT a cause of sleep deprivation and depression? Circle the correct answer.
   1. Looking at the phone in the last hour before sleep.
   2. Scrolling on social media
   3. Catch up on social media, if not watching the news
   4. Blue light from electronic screens interferes with falling asleep.
   5. Using the smartphone before bed helps to fall asleep
2. A research conducted by Psychologist Melissa G. Hunt shows that:
   1. \_\_\_\_\_\_\_\_\_\_\_\_ less social media leads to significant decreases in depression and loneliness.
   2. You are able to \_\_\_\_\_\_\_\_\_\_\_\_\_ that are more likely to make you feel better.
   3. It’s good advice when you put your \_\_\_\_\_\_\_\_\_\_\_\_ down and be with the people in your life.
3. Unscramble the words below that are related to the effects of social media on the teens:

* EESTFEEMSL. (Self esteem)
* SESDIPRONE (Depression)
* ALEATH (Health)
* TTOOCCNENRAIN (Concentration)

1. How can you set an example of a “Media Diet” in your ministry or homes? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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