

AMERICAN ACADEMY OF
CHILD & ADOLESCENT
PSYCHIATRY

W W W . A A C A P . O R G

Clinical Essentials on Social Media Use in Children and Adolescents

Course Design: 2 modules with 4 hours and 24 minutes of video tailored to the course learning objectives, followed by a 24-question post-test. The materials for this course were reviewed and selected by AACAP's Clinical Essentials Committee and Media Committee in May of 2023.

Learning Objectives: At the conclusion of this continuing medical educational activity, the participant will be able to:

1. Summarize the latest social media data as it relates to youth mental health.
2. Routinely evaluate youth social media use and experiences as a standard of care in child and adolescent psychiatry.
3. Provide psychoeducation to youth and families about the mental health impact of social comparison, contagion, digital distractions and false news, gender exploration and expression, sexually explicit media, sexting, cyberbullying, and age of social media initiation.
4. Assess the extent to which youth social media engagement affects risk for various mental health outcomes.
5. Empower caregivers to set personalized social media limits for their child.

Content Outline and Speakers:

Module 1: Social Media's Influence on Children and Adolescents

Topics covered:

- Adolescence
- Gender identity
- Sexuality
- Contagion
- Risk assessment
- Parental limit setting

Speakers: From AACAP's 2022 69th Annual Meeting: Erin L. Belfort, MD; Linda Charmaraman, PhD; Elizabeth K. Englander, MD; Meredith Gansner, MD; Amy Mayhew, MD, MPH

Module 2: The Interface Between Social Media and Mental Health Concerns In Youth

Topics covered:

- Psychometric analysis
- Addiction treatment
- Screen time and child outcomes
- Digital stress and depression
- Influence on body image

Speakers: From AACAP's 2022 69th Annual Meeting: Kara S. Bagot, MD; Peter Jackson, MD; Sheri Madigan, PhD; Jennifer S. Mills, PhD; Elizabeth A. Nick, PhD