



Reagan is in Year 8 and had several social media accounts which have now been closed. She is feeling worried about being isolated from her friends and her hobby as she shared a lot of her art online. She has less experience of interacting offline due to social anxiety that she has experienced since Year 5.

Small Steps for Reagan

1. Reagan's parents encouraged her to talk about how she was feeling. They watched some commentary on the social media ban.
2. Reagan's parents empathised with how she was feeling, using active listening skills and not jumping into solving mode.
3. Reagan decided to invite a friend over to talk about it. They looked at the *Kids Helpline* website on the topic of the social media restrictions.
4. Reagan organised a meetup with a few friends – at the local community hub.
5. She and a friend attend a local youth Parkrun event.
6. Reagan and her friends shared an SMS group chat to suggest or confirm meet ups.
7. Reagan looked at the local council and art groups websites with her parents to look at art events and groups she might check out.

Social Connectedness

Social connection is essential for maintaining positive mental health. The loss of social media accounts can be challenging for adolescents. Validating their feelings about this is important.

Positive social connections suggestions

<https://www.blackdoginstitute.org.au/education-services/schools/parents/enhancing-teen-wellbeing-building-positive-social-connections-for-youth/>

Resources to support young people through Social Media Restrictions

headspace resources for young people

<https://headspace.org.au/explore-topics/for-young-people/social-media-ban/>

headspace resources for teachers and parents

<https://headspace.org.au/professionals-and-educators/health-professionals/resources/supporting-a-young-person-through-the-social-media-restrictions/>