

HEALTHY SOCIAL MEDIA USE

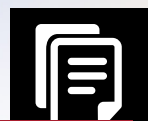
Many of us use social networks to build relationships and stay connected with our family and friends, but there is a darker side to social media that can influence the way teens and young adults think about substance use. A few factors to consider:

- Alcohol, tobacco, vaping, marijuana and prescription drugs are often glorified on social media
- Companies that make and sell addictive substances use social media to market these substances to young audiences
- Social media platforms are increasingly being used to buy and sell drugs

In this video from *Partnership to End Addiction*, author and advocate Ryan Hampton outlines the risks that social media present while providing actionable guidance to parents on how they can work with their children so that they are aware of those risks and know what to consider when interacting with others online.



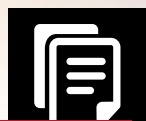
For more information on identifying and mitigating risks your children might face when it comes to substances, visit these *Partnership to End Addiction* resources below:



PDF

Playbook for Parents of Teens
How to protect

your teen's well-being and heading off problems ahead of time.



PDF

A Parent's Guide to Raising Resilient Kids

We share science-backed recommendations designed to help children face the challenges that life inevitably throws their way.



NEW TOOL

Substance Use Risk Assessment
Use our

new tool to help you better understand the risks your child may face related to mental health, well-being, personality, family history and their environment.



VIDEO

Talk About It
What is normal? Start

talking with your family about substance use and addiction.

