



NO1
PROUD
CHOICES

Lesson 2:
Social Media
& The Brain

Dear Parent/Guardian,

Through the D91 Proud CHOICES program, elementary school counselors are working with 6th grade students to focus on making healthy lifestyle choices, future plans, and commitments. Join our efforts to help children become socially and emotionally strong by asking them about what they are learning.

Lesson 2: Social Media/The Brain

This lesson addresses how social media may impact mental health such as fueling shame and comparison, which can lead to depression and anxiety. It also looks at how the brain reacts to different kinds of information.

Ask Your Child About:

- Tell me about the brain's three F responses — Fight, Flight, & Freeze
- How many hours per day do teens spend on social media?
- How many hours do you spend on social media?
- Do you feel pressure to be perfect?
- Do you struggle with shame, comparison or disengagement?

Learn More With Your Child: www.ifschools.org

**Up Next: Lesson 3:
Substance Abuse Prevention: Tobacco & Marijuana**