



**Texas 4-H Youth
Development Healthy
Lifestyles Invitational**

Social Media

Teens using various social media platforms are on the rise. Do you know the positive and negative impacts they are having on youth today? The web pages below are the official Healthy Lifestyle Invitational contest study resources. Classes will be developed based on information from these pages.

<https://www.mayoclinic.org/healthy-lifestyle/tween-and-teen-health/in-depth/teens-and-social-media-use/art-20474437>

<https://childmind.org/article/how-using-social-media-affects-teenagers/>

[https://raisingchildren.net.au/teens/entertainment-technology/digital-](https://raisingchildren.net.au/teens/entertainment-technology/digital-life/social-media)

[life/social-media](https://njaap.org/wp-content/uploads/2016/04/Social-life/social-media) [\[Media-Presentation FINAL.pdf\]\(#\)](https://njaap.org/wp-content/uploads/2016/04/Social-</p></div><div data-bbox=)