

Social Media: What it Offers Teens and What They Need Help With

Understanding the pull helps you guide the use.

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Why it appeals: feels close, playful, private
What to watch for: disappearing messages, streak pressure
What helps: friend-only settings, time limits

Why it appeals: humor, trends, creativity
What to watch for: endless scroll, emotional drift
What helps: time limits, intentional following



TikTok

Why it appeals: identity, creativity, friendships
What to watch for: comparison, DMs, pressure to perform
What helps: private accounts, DM controls, feed clean-up



Why it appeals: learning, comfort, entertainment
What to watch for: autoplay, late-night watching
What helps: shared account, no autoplay

BeReal.

Why it appeals: low pressure, authenticity
What to watch for: screenshots, friend of friend exposure
What helps: limited friends, screenshot convos



Discord

Why it appeals: shared interests, gaming, belonging
What to watch for: unmoderated servers, older users
What helps: server rules, verify people



Why it appeals: play, creativity, social
What to watch for: chat exposure, in-game spending, social network
What helps: Don't play or co-play



Why it appeals: group chats, school & sports
What to watch for: large groups, forwarding, unmoderated
What helps: mute groups, privacy settings

Why it appeals: groups, channels, feeling "in the know"
What to watch for: unmoderated channels, adults content
What helps: private accounts, limited groups



Most platforms are 14+. Readiness matters more than age. Understanding matters more than fear. Use this guide to decide when and how, not just if.