

WELCOME TO OUR

Monthly Newsletter

FOMO and Beyond: Social Media's Role in Adolescent Mental Health

The relationship between social media and adolescent mental health is complex. Social media platforms offer self-expression and connection but also pose risks like cyberbullying, which leads to anxiety, depression, and emotional distress.

Exposure to idealized images can cause body dissatisfaction and low self-esteem. The Fear of Missing Out (FOMO) contributes to loneliness and social anxiety, while excessive use can lead to addiction, disrupting sleep and academic performance.

Despite these challenges, social media can positively impact mental health by raising awareness and providing support. Online communities offer adolescents a space to share experiences and seek advice, fostering a sense of belonging and reducing symptoms of depression and anxiety.

Balancing the negative impacts involves promoting digital literacy, setting healthy boundaries, and creating supportive online environments. These measures enable adolescents to benefit from social media while mitigating potential harms.

In this newsletter you will find:

↓ Pitstop Presents, Pitstop Insights and more. Keep Reading!



Joanne Kimble
Senior Medical Receptionist

What do you enjoy most about your job?

The part I enjoy most about my job is the learning aspect. As a current student aspiring to work in a similar environment in the near future, I love that I am able to connect and talk to people who share equal interests and consistently be able to educate myself.

What are some plans you have for 2024-2025?

Some of the plans that I have currently for 2024 and 2025 are consistent career and personal growth. I aim to gain many different experiences both in the work field and personal life by constantly meeting new people, trying different work experiences and aiming to be the best version of myself than I have ever been.

Why do you enjoy working at Pitstop Health?

I believe that I enjoy working at Pitstop Health because of the environment. Coming from working in retail for a long period of time, it has come to my attention that I have become a healthier, empathetic and happier person working here. The idea of being able to learn something new everyday and knowing that I can be a big help to a lot of our patients is one of the reasons I am able to continue coming into work.

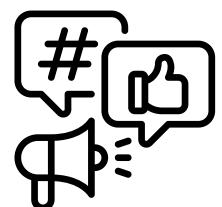
Pitstop Insights: Key Statistics and Tips for Healthy Teen Social Media Habits

Key Statistics:

- According to the latest eSafety Research Data in Australia (2020), teens spend an average of **14.4 hours a week online**.
- **Over four in 10 teens had at least one negative online experience**, with this increasing to over 50% of those aged 14 to 17.
- The top five negative online experiences of teens included:
 - being contacted by a stranger or someone not known to them – 30%
 - receiving inappropriate content such as pornography or violent material – 20%
 - being deliberately excluded from events/social groups – 16%
 - receiving online threats or abuse – 15%
 - having things said online to damage their reputation – 15%.
- Almost one third (30%) said that their negative online experience **related to bullying that occurred at school**.

Useful Parenting Tips:

- **Set Clear Boundaries:** Establish specific times and places where social media use is not allowed, such as during meals or before bedtime.
- **Encourage Digital Detoxes:** Promote regular breaks from social media by encouraging activities that do not involve screens, such as outdoor play, reading, or family game nights.
- **Model Healthy Behaviour:** Demonstrate appropriate social media use by setting an example. Children often mimic their parents, so practicing what you preach is crucial.
- **Educate About Online Safety:** Teach your adolescents about the importance of privacy settings, recognizing online dangers, and how to handle cyberbullying or inappropriate content.
- **Promote Open Communication:** Encourage your teens to talk about their online experiences, both positive and negative. Being approachable can help them feel comfortable seeking help when needed.
- **Monitor Usage:** Keep an eye on the amount of time your adolescents spend on social media and the type of content they are engaging with. Tools and apps can help track and limit usage.



Meet Our Team



Dr Patrik Ho
Child, Adolescent and Adult
Psychiatrist

Waiting Period: 3 months



Dr Jack Hsu
Child and Adolescent
Psychiatrist

Waiting Period: 3 months



Dr Ji Won Seo
Child and Adolescent
Psychiatry Advanced Trainee

Good availability



Alex Catt
Registered Psychologist

Good availability



An Yang
Counsellor / Play Therapist

Good availability



Nicole Ho
Clinical Psychologist

Good availability



Shawn Wang
Clinical and Organisational
Psychology Registrar

Waiting Period: 2 months

Referral Process

Medical Objects is our preferred referral method.

Alternatively, send the referral to reception@pitstophealth.com.au



reception@pitstophealth.com.au



07 3132 7987



www.pitstophealth.com.au



Suite 108, 1808 Logan Road,
Upper Mt Gravatt, Q 4122