

## **Statement Regarding Student Use of Social Media**

District 7 strongly recommends families delay their child's use of social media platforms until they enter high school. The Children's Online Privacy Protection Act (COPPA) has established 13 as the minimum age for children to begin to use most social media sites. However, the US Surgeon General, Dr. Vivek Murthy, stated he believes 13 is too young for children to be on social media platforms because at 13 children are still "developing their identity."

In June of 2023, Dr. Murthy issued an advisory about social media's impact on youth mental health. It notes that while social media can provide benefits for some children and youth, there is a growing body of research about potential harms social media use poses. Children and adolescents on social media are commonly exposed to extreme, inappropriate, and harmful content and frequent social media use can contribute to poor mental health, including depression and anxiety. The advisory outlines action steps that families can take to mitigate the risk of harm and make social media safer and healthier for children and youth. The advisory is available online [CLICK HERE](#).

While it is beyond the scope of the district's responsibilities to decide when parents allow their children to begin to use social media, we strongly recommend against the use of social media until high school. Should disciplinary situations arise at school involving student use of social media, please expect district staff to discuss the recommendation of parents removing their child from social media as part of the resolution.