

Mental Health and School Safety Health and Safety UniServ Academy: Session 2 (Mental Health) Resources

Slide Deck Resources

Slide 9:

- [Impact of Social Media and Personal Devices on Mental Health | NEA](#)

Slide 10

- [APA chief scientist outlines potential harms, benefits of social media for kids](#)
- [Cyberbullying linked with suicidal thoughts and attempts in young adolescents | National Institutes of Health \(NIH\)](#)
- [Social Media & Eating Disorders: Statistics, Pros & Cons](#)
- [Interplay between social media use, sleep quality, and mental health in youth: A systematic review - ScienceDirect](#)
- [Online-Hate-and-Harassmen-2023 0 0.pdf](#)

Slide 11

- [The Benefits of Mental Health Programs in Schools | K-12 Schools | U.S. News](#)
- [Implementing School Mental Health Supports: Best Practices in Action](#)
- [Foundations of School Mental Health | University of Maryland School of Medicine](#)
- [Mental Health in Schools | NAMI](#)

Slide 12

- [Percentage of public schools with various safety and security measures: Selected school years, 1999-2000 through 2021-22](#)
- [Which States Ban or Restrict Cellphones in Schools?](#)
- [The Age Appropriate Design Code: How It Works](#)

Pathways of Action Tool Resources

State Regulations

- [Age-Appropriate Design Code](#)
- [State law for Restricting Personal Devices](#)

National or Community Partners

- American Academy of Pediatrics [Center of Excellence on Social Media and Youth Mental Health](#)
- American Psychological Association [Social media and the internet](#)
- Common Sense Media [Common Sense Media: Age-Based Media Reviews for Families | Common Sense Media](#)
- National Alliance for Mental Illness (NAMI). [Social Media and Mental Health | NAMI](#)
- Mental Health America (MHA), [Social Media and Mental Health | Mental Health America](#)

Parent Associations

- National Parent Teacher Association [National Parent Teacher Association | National PTA](#)
- Parents Together [ParentsTogether - News and info to help all families thrive](#)