

# Social Media's impact on the Mental Wellness of Children & Youth: The Good, the Bad, and the Ugly!

In this episode, Dr. Maryam Mehtar assists in our understanding of both the negative and positive impacts that social media is having on our young people's mental wellness. Also in this episode, are tips for caregivers to minimize the negative effects that social media may have on children and youth. Additionally, this episode will refer to the authentic results from a GSCS Survey completed by youth in Grades 6-12 regarding their reality of social media usage.

## BIO

A huge welcome to Saskatoon pediatrician and mom to 3 young adults, Dr. Maryam Mehtar currently teaches in the U of S College of Medicine and has been a mentor in the lives of many young physicians and pediatricians on their journey through the College of Medicine. Additionally, through a partnership with Greater Saskatoon Catholic School Division and Saskatoon Tribal Council, Dr. Mehtar was instrumental in the creation of, the first of its kind, school-based Pediatric clinic in Saskatoon.

## OTHER KEY ELEMENTS

Also discussed, is the important and amazing work of the St. Mary's Paediatric Clinic and Wellness Center—the first of its kind, school-based paediatric clinic—a partnership between Greater Saskatoon Catholic Schools and the Saskatoon Tribal Council.



Pictured above  
Dr. Maryam Mehtar

## KEY ELEMENTS

This podcast will speak to the negative and positive impacts that social media use is having on the mental wellness of children and youth. Also, this episode will examine the impact social media is having on our societal concept of beauty.

## LINKS TO RELATED RESOURCES

<https://mediasmarts.ca/sites/default/files/guides/digital-citizenship-guide.pdf>



### Home

Anxiety Canada provides self-help resources, programs and services...

[anxietycanada.com](http://anxietycanada.com)