

What Experts are Saying About The U.S. Surgeon General’s Advisory on Social Media and Youth Mental Health

American Academy of Family Physicians

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“Social media can be a powerful tool for connection, but it can also lead to increased feelings of depression and anxiety – particularly among adolescents. Family physicians are often the first stop for parents and families concerned about the physical and emotional health of young people in their lives, and we confront the mental health crisis among youth every day. The American Academy of Family Physicians commends the Surgeon General for identifying this risk for America’s youth and joins our colleagues across the health care community in equipping young people and their families with the resources necessary to live healthy, balanced lives.”

– **Tochi Iroku-Malize, MD, MPH, MBA, FAAFP, President, American Academy of Family Physicians.**

American Academy of Pediatrics

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“Today’s children and teens do not know a world without digital technology, but the digital world wasn’t built with children’s healthy mental development in mind. We need an approach to help children both on and offline that meets each child where they are while also working to make the digital spaces they inhabit safer and healthier. The Surgeon General’s Advisory calls for just that approach. The American Academy of Pediatrics looks forward to working with the Surgeon General and other federal leaders on Youth Mental Health and Social Media on this important work.”

– **Sandy Chung, MD, FAAP, President, American Academy of Pediatrics**



American Medical Association

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“With near universal social media use by America’s young people, these apps and sites introduce profound risk and mental health harms in ways we are only now beginning to fully understand. As physicians, we see firsthand the impact of social media, particularly during adolescence — a critical period of brain development. As we grapple with the growing, but still insufficient, research and evidence in this area, we applaud the Surgeon General for issuing this important Advisory to highlight this issue and enumerate concrete steps stakeholders can take to address concerns and protect the mental health and wellbeing of children and adolescents.

We continue to believe in the positive benefits of social media, but we also urge safeguards and additional study of the positive and negative biological, psychological, and social effects of social media.”

**– Jack Resneck Jr., M.D. President,
American Medical Association**

American Psychiatric Association

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“The first principle of health care is to do no harm — that’s the same standard we need to start holding social media platforms to. As the Surgeon General has pointed out throughout his tenure, we all have a role to play in addressing the youth mental health crisis that we now face as a nation. We have the responsibility to ensure social media keeps young people safe. And as this Surgeon General’s Advisory makes clear, we as physicians and healers have a responsibility to be part of the effort to do so.”

**– Saul Levin, M.D., M.P.A., CEO and Medical Director,
American Psychiatric Association**



American Psychological Association

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“The American Psychological Association applauds the Surgeon General’s Advisory on Social Media and Youth Mental Health, affirming the use of psychological science to reach clear-eyed recommendations that will help keep our youth safe online.”

“Psychological research shows that young people mature at different rates, with some more vulnerable than others to the content and features on many social media platforms. We support the advisory’s recommendations and pledge to work with the Surgeon General’s Office to help build the healthy digital environment that our kids need and deserve.”

– **Arthur C. Evans, Jr., PhD, Chief Executive Officer and Executive Vice President, American Psychological Association**

American Public Health Association

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“Social media use by young people is pervasive. It can help them, and all of us, live more connected lives — if, and only if, the appropriate oversight, regulation and guardrails are applied. Now is the moment for policymakers, companies and experts to come together and ensure social media is set up safety-first, to help young users grow and thrive. The Surgeon General’s Advisory about the effects of social media on youth mental health issued today lays out a roadmap for us to do so, and it’s critical that we undertake this collective effort with care and urgency to help today’s youth.”

– **Susan L. Polan, PhD, Associate Executive Director, Public Affairs and Advocacy, American Public Health Association**

National Parent Teacher Association

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“Every parent’s top priority for their child is for them to be happy, healthy and safe. We have heard from families who say they need and want information about using social media and devices.”

“This Advisory from the Surgeon General confirms that family engagement on this topic is vital and continues to be one of the core solutions to keeping children safe online and supporting their mental health and well-being.”

– Anna King, President, National Parent Teacher Association

For more information on social media and youth mental health, read the Surgeon General’s Advisory:

surgeongeneral.gov/ymh-social-media

