

Mental Health Monday's, 3/29/21



Dear Parents and Guardians,

Thanks to our high school Christian Foundations teacher and Track Coach, Forrest Horn, for passing on the following article summarizing a 10 year study conducted by BYU. The study shows the risk of suicide for teen girls is elevated by excess social media time, and suggests parents limit social media time and have discussions regarding what their daughters are seeing on social media.

<https://news.byu.edu/intellect/10-year-byu-study-shows-elevated-suicide-risk-from-excess-social-media-time-for-young-teen-girls>

Peace and all good.

Grady