



## Social Media and Adolescent Mental Health

### Mitch Prinstein, Ph.D., ABPP

Chief Science Officer of the American Psychological Association, and the John Van Seters Distinguished Professor of Psychology and Neuroscience at UNC/Chapel Hill.

### Eva Telzer, Ph.D.

Professor of Psychology and Neuroscience at UNC/Chapel Hill. Co-director (with Prinstein) of the Winston National Center on Technology Use, Brain, and Psychological Development.

### Claudia Welke, M.D.

Child, adolescent, and adult psychiatrist and the Chief Medical Officer and Co-Founder of Compass Health Center and Compass Virtual.

**Wednesday, November 8, 2023, 7:00 PM (on Zoom)**

**Register: [www.bit.ly/PTFANWebinar](http://www.bit.ly/PTFANWebinar)**

Presented by **Family Action Network (FAN)**, in partnership with

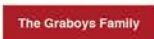
The Avery Coonley School, Baker Demonstration School, Barrington D220, Beacon Academy, Bernard Zell Anshe Emet School, Catherine Cook School, Chiaravalle Montessori School, Chicago Jewish Day School, Compass Health Center, Countryside Day School, The Cove School, Evanston Scholars, Francis W. Parker School, Gorton Center, Evanston Township HS D202, The Family Institute at Northwestern University, Family Service Center, Foundation 65, The Frances Xavier Warde School, Grayslake Community High School D127, Haven Youth and Family Services, Hyde Park Day School, Illinois Student Assistance Commission, Kenilworth D38, Lake Bluff D65, Lake Forest Academy, Lake Forest Community High School D115, Lake Forest Country Day School, Lake Michigan Association of Independent Schools, Latin School of Chicago, Leo Catholic High School, Loyola Academy, Lycée Français de Chicago, Mindful Psychology Associates, Morgan Park Academy, Near North Montessori School, New Trier High School D203, New Trier Parents' Association, North Shore Country Day, Northwestern University Office of Neighborhood and Community Relations, Northwestern University School of Education and Social Policy, Pope John XXIII School, Rebel Human, Regina Dominican High School, Resurrection College Prep High School, Rogers Park Montessori School, Roycemore School, Santa Clara University School of Law, Science & Arts Academy, Stevenson High School D125, University of Chicago Crown Family School of Social Work, Policy, and Practice, Wilmette D39, Wilmette Public Library, Winnetka D36, Winnetka-Northfield Public Library District, Wolcott College Prep, Woodlands Academy, and Youth & Opportunity United.

This event is #freeandopentothe public and will be recorded. Suitable for youth 12+. [familyactionnetwork.net](http://familyactionnetwork.net)

#### Sponsors



#### Partners



#### Supporters

The Anderson Family  
Joanne & Jeff Burgess  
Gorton Community Center  
Stephanie & Roger Hochschild  
Maureen & Collin Kebo  
The McCall Family  
New Trier Parents' Association  
Northwestern University/SESP

Rebel Human  
Santa Clara University College of Law  
Lonnie Stonitsch & Eric Dynowski  
The Alliance for Early Childhood  
University of Chicago Crown Family School of Social Work, Policy, and Practice  
Youth & Opportunity United (Y.O.U.)

#### Community Allies

Connections for the Homeless  
Evanston Scholars  
Family Service Center  
Foundation 65  
Haven Youth and Family Services  
Karen & Steven Malkin

Lake Michigan Association of Independent Schools (LMAIS)  
Mindful Psychology Associates  
New Trier Multifaith Alliance  
Northwestern University Office of Neighborhood & Community Relations

Cari & Michael Sacks  
Julene & John Stellato  
Wilmette Public Library  
Winnetka-Northfield Public Library District  
Wintrust Financial

#### In-Kind

Acclaim Media  
Deft  
Kirkland & Ellis  
Psychgeist Media  
The Book Stall



**FOR IMMEDIATE RELEASE: MITCH PRINSTEIN, Ph.D., ABPP and EVA TELZER, Ph.D. – ON ZOOM**  
**CONTACT:** Lonnie Stonitsch, Executive Director of FAN, lonnie@familyactionnetwork.net

**Wednesday, November 8, 2023, 7:00 PM, Social Media and Adolescent Mental Health, a FAN webinar featuring Mitch Prinstein, Ph.D. and Eva Telzer, Ph.D., in conversation with Claudia Welke, MD.**

**REGISTER:** [www.bit.ly/PTFANWebinar](http://www.bit.ly/PTFANWebinar)

FAN is excited to welcome back **Mitch Prinstein, Ph.D., ABPP** (FAN '17), the **Chief Science Officer** of the **American Psychological Association**, and the **John Van Seters Distinguished Professor of Psychology and Neuroscience** at the **University of North Carolina at Chapel Hill**. Prinstein and his colleague **Eva Telzer, Ph.D.**, a **Professor of Psychology and Neuroscience** at **UNC**, are the co-directors of **Winston National Center on Technology Use, Brain, and Psychological Development**.

For this event, Profs. Prinstein and Telzer will deconstruct the psychological science on youth technology and social media use. Using theories and methods from developmental cognitive neuroscience and developmental psychopathology, their work seeks to understand how adolescents' social media use may confer benefits to psychological, social, and neural development. They examine topics such as social media addiction, associations with mood, digital stress, the effects of social media on lost social opportunities, peer influence processes via social media, and the way social media use may be associated with brain development in adolescence.

Prinstein's research has examined interpersonal models of internalizing symptoms and health risk behaviors among adolescents, with a specific focus on the unique role of off- and on-line peer relationships in the developmental psychopathology of depression and self-injury. Telzer's research examines how social and cultural processes shape adolescent brain development, with a focus on both prosocial and risk-taking behaviors, family and peer relationships, and the role of social media in youth's lives.

Prinstein and Telzer will be in conversation with **Claudia Welke, MD**, a child, adolescent, and adult psychiatrist and the **Chief Medical Officer and Co-Founder of Compass Health Center and Compass Virtual**.

This event suitable for youth 12+. It will be recorded and available on FAN's website and YouTube channel.

*Sponsored by Family Action Network (FAN), in partnership with The Alliance for Early Childhood, The Avery Coonley School, Baker Demonstration School, Barrington D220, Beacon Academy, Bernard Zell Anshe Emet School, Catherine Cook School, Chiaravalle Montessori School, Chicago Jewish Day School, Compass Health Center, Countryside Day School, The Cove School, Evanston Scholars, Evanston Township HS D202, The Family Institute at Northwestern University, Family Service Center, Foundation 65, The Frances Xavier Warde School, Francis W. Parker School, Glencoe D35, Gorton Center, Grayslake Community High School D127, Haven Youth and Family Services, Hyde Park Day School, Illinois Student Assistance Commission, Kenilworth D38, Lake Bluff D65, Lake Forest Academy, Lake Forest Community High School D115, Lake Forest Country Day School, Lake Michigan Association of Independent Schools, Latin School of Chicago, Leo Catholic High School, Loyola Academy, Lycée Français de Chicago, Magnetar Capital, Mindful Psychology Associates, Morgan Park Academy, Near North Montessori School, New Trier High School D203, New Trier Parents' Association, North Shore Country Day, Northwestern University Office of Neighborhood and Community Relations, Northwestern University School of Education and Social Policy, Pope John XXIII School, Psychgeist Media, Rebel Human, Regina Dominican High School, Resurrection College Prep High School, Rogers Park Montessori School, Roycemore School, Sacred Heart Schools, St. Bernard's School, Santa Clara University School of Law, Science & Arts Academy, Stevenson High School D125, University of Chicago Crown Family School of Social Work, Policy, and Practice, Wilmette D39, Winnetka D36, Winnetka-Northfield Public Library District, Wolcott College Prep, Woodlands Academy, and Youth & Opportunity United.*