

YE4C Cultivating Community Outside of the Virtual Space

Transcript

0:00–0:12

“Virtual communities are amazing. They help us stay connected, meet new people, and feel as if we belong. But if we aren’t intentional, they can also leave us anxious, isolated, or stuck in an endless loop of doomscrolling.”

0:12–0:24

“In fact, a new U.S. Surgeon General’s Advisory warns that too much social media can lead to mental health challenges along with lower academic achievements.”

0:24–0:38

“Youth ages 15–24 are the most active online, yet report some of the highest rates of anxiety and loneliness. Cyberbullying, toxic comparison, and nonstop scrolling can take a real toll on mental health.”

0:38–0:53

“But here’s the good news: you don’t have to stay stuck online forever. Building an offline community can boost your confidence, resilience, and joy. Try hosting a game night, volunteering, or just spending a day outside like here in the park.”

0:53–1:01

“And if you aren’t sure where to start, check out the resources linked in our bio. They’ll give you practical tools to help build your own offline community.”

1:01–1:09

“So, this week, share this video with a friend and plan one offline activity. Your future self will thank you.”

Sources

- U.S. Surgeon General's Advisory (2023) warns that excessive social media use can increase risks of anxiety, depression, and body dissatisfaction: [*HHS.gov – Social Media and Youth Mental Health Advisory*](#)
- HHS "Social Media and Youth Mental Health" and "PMC Pub Med Central" resources highlight the link between screen time, isolation, cyberbullying, and declining well-being:
 - [*Social Media and Youth Mental Health*](#) (Pages 4-9)
 - [*PMC Pub Med Central*](#)
- [*Youth.gov*](#) emphasizes peer support and community connectedness as protective factors for preserving community and interconnectedness among youth. [*Youth.gov*](#) features a list programs and initiatives that encourage offline participation: | [*Social Media and Youth Mental Health*](#) | [*PMC Pub MedCentral*](#) | [*Youth Programs & Initiatives*](#)