

See the signs, Stop the slide

Mental health issues are among the top drivers of absenteeism, surpassing physical health issues. **50%** of students believe they require mental health days from school.



DID YOU KNOW?

Social media has contributed to increased school absenteeism by negatively affecting students' mental health, sleep patterns, and sense of belonging?



Excessive social media use is linked to:

- **Mental Health Impact** - anxiety, depression, and disrupted sleep, all of which can lead to students feeling unmotivated or emotionally unprepared for school.
- **Sleep Disruption** - Late-night scrolling leads to poor sleep, making it harder to wake up for school.
- **Cyberbullying** - Online harassment can make students fearful or anxious about attending school.
- **Distraction and Burnout** - excessive screen time can lead to fatigue and reduced focus on academics.
- Teens who spend more than **3 hours a day** on social media are twice as likely to experience **poor mental health**.

SPENDING
3+
hours
a day

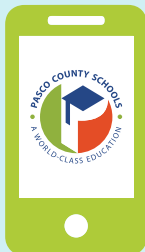
2X likely
to experience
poor mental health!

What Can You Do?

Set a regular bedtime and morning routine.

Schedule appointments outside of school hours.

Communicate with the school if your child must be absent.



Your child's future starts with showing up today!