

## **Youth Resources for Current Info on Social Media & Mental Health**

### **October 2025**

#### **The Commonwealth's Reclaiming Childhood Initiative**

[Reclaiming Childhood](#) - this webpage explains the Reclaiming Childhood initiative set into motion by Governor Youngkin in 2024. It also describes the Reclaiming Childhood Task Force, and links to a variety of additional resources, including the *Social Media & Mental Health Toolkit* (published September 29th, 2025).

#### **Everything All in One Place**

[Center of Excellence on Social Media and Youth Mental Health](#) - this central hub of information on everything social media and mental health was created by the American Academy of Pediatrics (AAP) with a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA) to support youth, young adults, parents, caretakers, clinicians, educators, mental health service providers, and everyone else.

#### **Why The Need for Action is So Urgent**

[Social Media and Youth Mental Health | HHS.gov](#) - this link takes you to the Surgeon General's 2024 Advisory notice and offers more resources that go along with it.

#### **Specific to Youth in Foster Care**

[Social Media: Tips for Youth in Foster Care](#) - this is a downloadable fact sheet that provides tips and tricks for safely using social media when your family is going through tough times and you're not with them; if you look at only one thing on this list, this is a great choice!

#### **Safety, Privacy, and Protecting Your Digital Footprint**

[K2P Kids & Teens | Homeland Security](#) - Homeland Security wants to help you and your friends have positive experiences online, avoid dangerous interactions, and directly report things that freak you out; scroll all the way down for the reporting portal. This page also offers unique resources like the one just below.

[Take It Down](#) - this is a free service that can help you remove or stop the online sharing of nude, partially nude, or sexually explicit images or videos taken of you when you were under 18 years old. You can remain anonymous while using the service and you won't have to send your images or videos to anyone

[Online safety tips guide for teens.pdf](#) - this is a downloadable, printable "quick guide" that walks you through steps towards staying safe online, what to watch out for, and how to get help.

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[Understanding and Managing Your Digital Footprint: A Comprehensive Guide](#) - this webpage offers a comprehensive guide on understanding and protecting your digital footprint, complete with dos and don'ts, tips and tricks, and many other related resources.

#### **Opportunities to Lead Change and Help Others**

[SPEAKOUT - Foster My Future](#) - this webpage provides information about SPEAKOUT (Strong Positive Educated Advocates Keen on Understanding the Truth), Virginia's youth advisory board for teens and young adults in foster care and alumni (an adult previously in foster care) who are interested in using their voice to help change and improve the foster care system. *\*\*SPEAKOUT members contributed to the eLearning you just completed!*

[Opportunities | Voices of Youth](#) - this organization offers resources and information on becoming an advocate (for many different causes) and provides a search engine for identifying where/how you can get more involved in a cause you care about.

#### **Other Identity & Mental Health Specific Resources**

[7 Organizations Tackling The Youth Mental Health Crisis](#) - this online article lists organizations that support mental health, many of which are focused on specific needs and challenges.

[National Helpline Database](#) - this is a list of hotlines available to youth for a variety of mental health and wellbeing needs, including eating disorders, sexual exploitation, and substance abuse.