

POSITIVE EXPERIENCES

Social Media and Youth Mental Health: New Research & Practical Tips

 **September 30, 2025**

 **12:00 PM CT**

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FEATURED SPEAKER

Jane Harness, DO, is a child and adolescent psychiatrist and an adjunct clinical assistant professor at the University of Michigan. Her research focuses on the **complex influences of social and entertainment media on youth mental health**. She has published numerous peer-reviewed papers on these topics and is passionate about sharing helpful information with the community.



POSITIVE EXPERIENCES + POSITIVE RELATIONSHIPS + POSITIVE ENVIRONMENTS = PYD



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