

**Northwest Indiana Community Action
Reimagine Conference 2023 Photography**









...markers (IL-6, CRP)
... more likely to develop a mood
... ar by age 18.

...n with elevated levels of CRP were
... re likely to develop depression
... 4 years.

...rchers at Johns Hopkins showed they
... se physical inflammatory biomarkers
... dict *suicide attempts*.

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Social acceptance
dramatically
affected one's
chance of
survival.

- Rooted in evolutionary past – when being socially excluded could have extreme consequences.
- Across evolutionary time, thriving in human societies depended on close collaboration.
- For this reason, emotional stress alerts body and brain to prepare for physical danger.
- Given ill effects that could follow a small social slight, immune system had to respond at first.

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Hint of social threat – feeling evaluated, excluded (whether physical, social, or virtual) worrying if friends like you, pricks up immune system!

None of this is going to lead to being physically wounded.

And yet, to developing brain, it feels as if it could.

Evolutionary biologists call this a classic "evolutionary mismatch."

Triggers harmful physical immune response even if feelings are unrealistic in response to what's happening!

Even in modern times sense of feeling left out – perceived slights – can signal immune system to go on alert, become over-activated.

























A Child's Brain on Social Media

- When kids absorb social media in their prefrontal cortex—before they're even a adult thinking matter.
- Viewing "likes" leads to viewing other people's high-level behaviors that's not "the useful" idea.
- Alters capacity for good decision making.
- Video makes stronger physical reaction—more likely to "like" someone's post, behavior's.
- Kids more likely to receive negative, social, messages about food, appearance.
- Children experience 20% of abusive, critical comments and bullying on social media. ("You're not good enough", "Scroll more", "Hate").
- When kids use social media, there's more to receive dopamine, communication signal for brain.
- Even if not used much, sense of loss that is not obvious over time and available of negative messaging.