

"Social media, social skills, and mental health: New research"

presented by

Elizabeth Englander, PhD

Dr. Elizabeth Englander is an award-winning author and the founder and former Executive Director of the [Massachusetts Aggression Reduction Center](#) at Bridgewater State University, a Center which delivers programs, resources, and research for the state of Massachusetts and nationwide. She is also a Founding Member of the *Social and Emotional Research Consortium* (SERC). As a researcher and a professor of Psychology for more than 30 years, she is a nationally recognized expert in the area of bullying and cyberbullying, childhood causes of aggression and abuse, and children's use of technology. Dr. Englander has published more than 100 articles in scientific journals and in publications such as *Scientific American* and the *New York Times*, and has been quoted hundreds of times in media outlets like *The New York Times*, *The Economist*, *National Public Radio*, and many others. She was named *Most Valuable Educator* by the Boston Red Sox and in 2018, she was appointed to the Massachusetts Governor's Juvenile Justice Advisory Council. She is on the Scientific Advisory Board for the Institute of Child Development and Digital Media, and in 2023, her 9th book ([You Got A Phone!](#)) was awarded a National Parenting Product Award. Her 10th and most recent book, *Bullying and Cyberbullying: A Guide for Educators and Parents*, was published in December by Harvard Educational Press. Dr. Englander has served as a Special Editor for the *Cyberbullying* issues of the [Journal of the American Academy of Child and Adolescent Psychiatry-CONNECT](#) and the *Journal of Social Sciences*, and has authored more than a hundred articles in academic journals and books. She is also the author of 10 books, including [You Got A Phone!](#), the [Insanely Awesome](#) series for children, [Understanding Violence](#) (a standard academic text in the field of child development and violent criminal behavior), [Bullying and Cyberbullying: A Guide for Educators](#), published by Harvard Education Press, and [25 Myths About Bullying and Cyberbullying](#) (Wiley press). She has also written a variety of research-based [curricula](#) and educational handouts for communities and professionals. Reflecting her interest in educating laypeople, Dr. Englander has answered questions in a column for the *New York Times* (online edition), and she wrote the column *Bullying Bulletin Board*, which was syndicated by Gatehouse Media in hundreds of newspapers nationwide.

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<https://hartfordhealthcare.zoom.us/j/96752848652>

Learning Objectives: *As a result of participating in this Live Activity, participants should be able to:*

- 1. Describe recent research on social media and mental health.*
- 2. Discuss how social media can affect social skills development.*
- 3. Summarize research examining the links between suicide and digital technology use.*

Accreditation: In support of improving patient care, Hartford HealthCare is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

Physicians: Hartford HealthCare designates this Live Activity for a maximum of **1.25 AMA PRA Category 1 Credit™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses: This activity is designated for a maximum **1.25 ANCC contact hours**.

Psychologists: Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.

Social Workers: As a Jointly Accredited Organization, Hartford HealthCare is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Hartford HealthCare maintains responsibility for this course. Social workers completing this course receive **1.25 general** continuing education credits.

Other Learners: All other learners will receive a Certificate of Participation for **1.25 hours** of education. Consult your professional licensing board regarding the applicability and acceptance of certificates of participation for educational activities certified for **AMA PRA Category 1 Credit™** from organizations accredited by Joint Accreditation for Interprofessional Continuing Education.

Financial Disclosures:

- Elizabeth Englander, PhD: Nothing to disclose - 08/11/2026



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