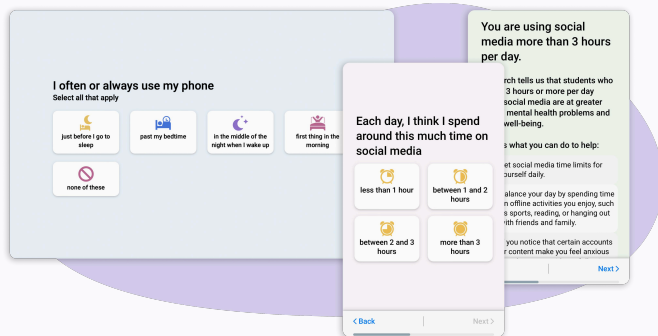# Tickit
Health.

Tackling Youth Well-Being In The Age Of Social Media:
The Power of MURBS-SB

Young people today face unique challenges as **social media influences their mental well-being, safety, and overall health**. Many experience increased stress and sleep disruptions due to constant online engagement. Social media's influence on self-esteem and emotional resilience is becoming a growing concern.

An innovative new screening tool, the **Media Use Risk and Behavior Screening, School Based (MURBS-SB)** has been developed in collaboration with Dr. Miranda Virone (OTD, MS, OTR/L-CT), to help schools identify and address risks of social media on youth, grades 6-12.

A Standalone Solution

This tool operates independently, with no extra work for schools or teachers. Students receive real-time feedback on the healthiness of their media use, empowering them to make healthier digital choices.

Identify Risks
Identifies hidden risks tied to media use

Feedback
Provides real- time, empathy- driven feedback

Customizable
Customizable for each school's needs

Building Social Media Literacy

It's not just about identifying risks—it's about teaching students to navigate the digital world responsibly. **Social media literacy** is a critical skill in today's connected world, empowering students to understand the impact of their online presence.

With MURBS, students receive
personalized media use scores
helping to foster more informed and healthier digital practices in and out of school.

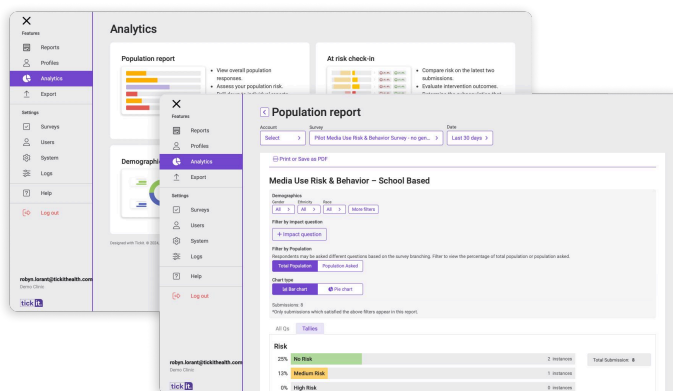## Rolling Out MURBS-SB: Empowering Schools and Students

With MURBS-SB, schools have a powerful tool to **proactively address and mitigate media-related well-being and safety challenges**. This comprehensive approach helps educators and parents understand and support student well-being more effectively.

By integrating MURBS-SB with new research and policy frameworks, we can create a safer, more supportive digital environment for youth and provide the **tailored support** they need to thrive both online and offline.

Evaluate and Measure your Impact

Understand your students as they are now, where they've been and where they're headed with their social media usage. **Support program evaluation and grant application with Tickit powered analytics.**

- Multiple Data-Export Options

- Drill Down Capabilities

- Advanced Filter/Sorting

What Now?

Discover how MURBS-SB can enhance your school's approach to mental health.

Contact us to learn more and get started on implementing MURBS-SB in your school today.

🌐 **www.tickithealth.com**

✉ **info@tickithealth.com**