

SOCIAL MEDIA & SCREEN TIME FROM TODDLER TO TEENAGERS

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INTRODUCTION
AND
WELCOME

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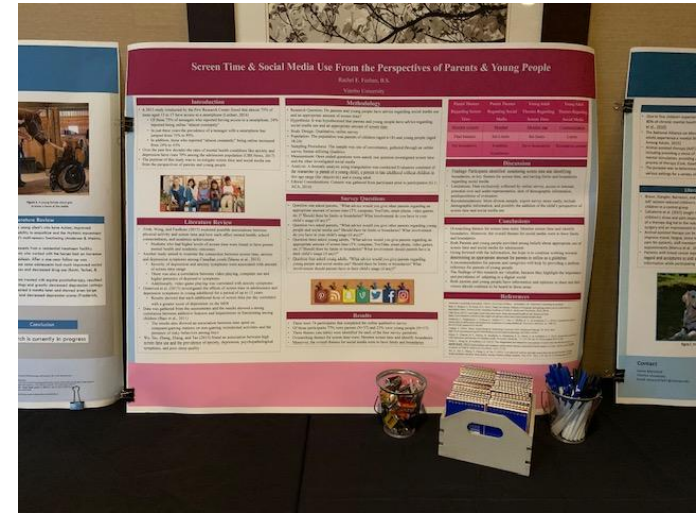
10th year at ACS

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Research: ***Screen Time & Social Media Use From the Perspectives of Parents & Young People***



GET TO KNOW THE CROWD



OVERVIEW OF PRESENTATION

- Screen Time
 - 5 C's of Media Use
 - Recommendations by age

- Social Media
 - Define It
 - Risk and Benefits
 - Trends
 - Tips for Young People
 - Tips for Parents and Caregivers

SCREEN TIME

TRUE OR FALSE

On average, children ages 8-12 in the United States spend 4-6 hours a day watching or using screens.

On average, teens spend up to 9 hours a day watching or using screens.

Babies as young as twelve months are exposed to nearly an hour a day of screen time.

Parents of tweens and teens spend an average of 9 hours a day on screens.

TRUE OR FALSE: ANSWERS

A May 2024 report by the American Academy of Child & Adolescent Psychiatry found that on average, **children ages 8-12 in the United States spend 4-6 hours a day watching or using screens, and teens spend up to 9 hours.**

The National Institutes of Health, the University at Albany, and New York University Lagone Medical Center released an analysis that indicated **babies as young as twelve months are exposed to nearly an hour a day of screen time**, despite warnings from pediatricians to avoid digital media exposure for children under a year and a half.

Time Magazine reported that **parents of tweens and teens spend about nine hours per day using screens.**

"NOT JUST A TEEN ISSUE, IT'S A FAMILY ISSUE"

Pew surveyed 1,453 U.S. teenagers between 13 and 17 years old and their parents between Sept. 26 and Oct. 26, 2023, and found that while many teenagers spent a good chunk of their time glued to their cell phones, so did their parents.

Of the teens surveyed, 38% said they spent too much time on their phones, while 47% of parents said the same. Conversely, just 5% of parents say they spent too little time on their cell phones, and 45% believed they spent the right amount of time on their phones.

"I think our data highlights that this is not just a teen issue, it's a family issue," said Colleen McClain, one of the lead researchers of the study.

ATTACK THE “PROBLEM” LIKE FAMILY: DEVELOP A FAMILY PLAN

Screens are here to stay and can offer many positives. It’s never too early to develop a screen-time plan with your family. Let your children share their ideas and concerns. Some additional tips to keep in mind are:

- Familiarize yourself with programming to make sure it is age-appropriate.
- Talk to your child about what they are seeing. Point out good behavior, such as cooperation, friendship, and concern for others. Make connections to meaningful events or places of interest.
- Be aware of advertising and how it influences choices.
- Encourage your child to learn other activities such as sports, music, art, and hobbies that do not involve screens.
- Set a good example with your own safe and healthy screen habits.
- Teach children about online privacy and safety.
- Actively decide when your child is ready for a personal device.
- Encourage using screens in ways that build creativity and connection with family and friends.
- Consider your child or teen’s maturity and habits. The right plan for one family may not be a good fit for another.

IS IT ALL NEGATIVE?

Negatives

Too much screen time may lead to:

- Sleep problems
- Lower grades in school
- Reading fewer books
- Less time with family and friends
- Not enough outdoor or physical activity
- Weight problems
- Mood problems
- Poor self-image and body image issues
- Fear of missing out
- Less time learning other ways to relax and have fun

Positives

However... screens can also provide positives such as:

- Social engagement with family, friends, and other peers
- Homework tools
- Increased creativity
- Decrease in anxiety when utilized as a distraction tactic
- E-books for challenged readers
- Early language and literacy development in children
- More possibilities for students with certain neurodivergent conditions

SOOO...WHAT'S THE MAGIC
NUMBER?

SCREEN TIME GUIDELINES

Managing a child's screen time is challenging for families. Your child is never too young for a screen-time plan. Consider the following as a guideline:

- Until 18 months of age limit screen use to video chatting along with an adult (for example, with a parent who is out of town).
- Between 18 and 24 months screen time should be limited to watching educational programming with a caregiver.
- For children 2-5, limit non-educational screen time to about 1 hour per weekday and 3 hours on the weekend days.
- For ages 6 and older, encourage healthy habits and limit activities that include screens.
- Turn off all screens during family meals and outings.
- Learn about and use parental controls.
- Avoid using screens as pacifiers, babysitters, or to stop tantrums.
- Turn off screens and remove them from bedrooms 30-60 minutes before bedtime.

Positive and healthy screen use is possible with proper guidance and consistency.

THE 5 C'S OF MEDIA USE

THE 5 C'S OF MEDIA USE

Developed by the **American Academy of Pediatrics Center of Excellence on Social Media and Youth Mental Health**

The 5 C's media use guidance offers easy-to-remember, age-based tips. It's based on research and what we know supports family relationships, social-emotional development and mental health.

5 C's tips for **infants, toddlers and preschoolers, school-age children, young teens and older teens.**

5 C's guidance for each age group starts with information about the developmental stages kids are going through and how this influences media use. It also describes healthy media habits to strive for at home.

WHAT ARE THE 5 C'S

The 5 C's of media use are based on the **child**, the **content**, ways to **calm** down, what media is **crowding out** and ongoing **communication**.

1. The **child**

Who is your child, how do they react to media and what is their motivation for using it?

2. The **content**

What is worth their attention?

3. Ways to **calm** down

How do they calm their emotions or go to sleep?

4. What media is **crowding out**

What does media get in the way of?

5. Ongoing **communication**

How can you talk about media to raise a smart and responsible child?

THE 5 C'S: CHILD

Because children are all different, they don't each have the same risks and benefits from media. We encourage parents to think:

- Who is your child, what is their personality? And how does this influence what media they are attracted to, and how it affects them?
- Do they seek out wild content on video platforms, or does media help support a special artistic or musical talent?
- Is social media feeding their social anxiety, or do they have a supportive friend group online?
- How easily do they come off of technology?

THE 5 C'S: CONTENT

Research shows that content quality shapes whether kids have positive or negative relationships with media. Learn about what your kids play or watch. Help them think about which videos and games they use that have too much violence, rude role-modeling, unrealistic beauty standards or commercialism.

Although these things "trend" on social media, they can influence kids' emotions and behavior. To find good replacement videos and games, Common Sense Media is a great resource.

[Common Sense Media](#)

THE 5 C'S: CALM

All kids need to learn strategies for how to manage strong emotions or fall asleep at night, and sometimes media becomes their main go-to strategy. If this is the case, talk to friends, pediatricians, therapists or other supports for other ways to calm their brains and bodies down.

THE 5 C'S: CROWDING

Depending on how much media your family is using and what time of day, it might be crowding out other things your family cares about.

Rather than just focusing on reducing screen time, help your family think about what they want to get *back*—such as family quality time, more sleep, going to the movies, playing with pets or time outdoors. Help kids recognize that digital media has lots of "hooks" that keep us online longer than we intended. That's why it helps to have a plan about when and where media is used every day.

THE 5 C'S: COMMUNICATION

Talk about media early and often. This is one way kids build digital literacy, and it helps you identify when your child or teen is struggling. It's normal to find this a stressful topic, so take a deep breath, try to be open-minded and ask questions. This helps reduce guilt and increases your problem-solving mindsets.

THE 5 C'S

BY AGE

INFANTS

BIRTH TO 18 MONTHS

THE 5 C'S: INFANTS (BIRTH TO 18 MONTHS)

1. Child

Who is your child and how do they react to media?

Each infant is unique—how fussy they get with changes to their routine, or how easily they **self-soothe**. This influences their relationship with you and with media.

From a young age, try to be aware of your child's emotional and learning capabilities so you are aware of how they may react to certain types of media.

2. Content

What is worth their attention?

FaceTime, Skype, or other video chats can be beneficial to help build relationships between your child and other loved ones. Infants can't otherwise learn much from screens at this age, so media such as cartoons or nursery rhyme videos are not recommended.

If you do put on any media for your infant, brief use of educational programs like PBS KIDS or Sesame Street, which are created with an understanding of child development, is a good place to start.

AVOID prolonged TV or YouTube viewing.

THE 5 C'S: INFANTS (BIRTH TO 18 MONTHS)

3. Calm

How do they calm their emotions or go to sleep?

Fussy babies are more likely to be given media such as TV or videos to calm down, but this gets in the way of helping babies learn to self-soothe. Self-soothing is an important tool—it is the ability to calm down by themselves.

Try to not get in the habit of using media to stop your baby from crying, to get them to sleep, or to distract them while eating so screens do not become the sole source of comfort or calmness. Find other ways to **help infants calm down**. Every caregiver questions their abilities during tough times. But these can be great opportunities to build confidence in your parenting!

4. Crowding Out

What does media get in the way of?

Screen media—whether in the background, on a parent's mobile device or on a tablet in front of a baby—displaces the important building blocks of brain development. This includes **speaking** to your baby or others around them, back-and-forth play, singing, reading together, or building predictable daily routines that **help your child feel safe and secure**.

Be mindful of how you use **your smartphone** or TV around your child and give yourself screen-free times too, to focus on your own well-being and your baby.

THE 5 C'S: INFANTS (BIRTH TO 18 MONTHS)

5. Communication

How can you talk about media to raise a media savvy, responsible child?

Infants may not be able to talk yet, but they are always watching and listening to you. If media is on in your home, **watch together** and talk about what you are seeing. Use it as a launching pad for teaching or playing. Songs and stories in your own voice are going to make more of a positive impact on your child than any video or cartoon.

TODDLERS & PRESCHOOLERS

2 TO 4 YEARS

THE 5 C'S: TODDLERS & PRESCHOOLERS (2 TO 4 YEARS)

1. Child

Who is your child, how do they react to media, and what are their motivations for using it?

At this age, you start to see differences in toddlers' personalities. Some will be very impulsive and curious. Others will be shy and slow to warm up. Some toddlers are obsessed with media and demand it frequently, others have an easier time letting it go. Knowing how your child reacts to media helps you develop healthy boundaries around it.

2. Content

What is worth their attention?

Research shows that educational programs like PBS KIDS shows, Sesame Street, Blue's Clues or Daniel Tiger's Neighborhood can teach toddlers facts, healthy behaviors and how to **manage emotions**. Try to work these high-quality shows into your child's viewing.

Although your toddler may like media such as YouTube with cartoons or influencers, try to keep that to a minimum—it may have a lot of marketing or poor role modeling. If your child watches YouTube, make a playlist of high-quality videos for them. Remember to turn off autoplay (so the **algorithm** doesn't decide what they watch next!)

THE 5 C'S: TODDLERS & PRESCHOOLERS (2 TO 4 YEARS)

3. Calm

How do they calm their emotions or go to sleep?

Hello, big **tantrums**! This is a crucial age for helping young children know their emotions and figure out how to manage them! The best way to do this is to:

- try to stay calm yourself
- **label** what emotion you think they're feeling ("It's okay to feel sad/angry/frustrated")
- help them calm down.

It can be hard, but these are great opportunities for learning. So, try not to distract them with a device any time they're upset or bored.

Keep screens for regular times of day or when you're on a long car/bus/plane ride. Set calming **bedtime routines** that involve reading and snuggling. Point out to your child when you are doing "calm" activities—role modeling really matters.

Find other ways to help toddlers and preschoolers **calm down**. Every caregiver questions their abilities during tough times, but these can be great opportunities to build confidence in your parenting!

THE 5 C'S: TODDLERS & PRESCHOOLERS (2 TO 4 YEARS)

4. Crowding Out

What does media get in the way of?

At this age, screens may crowd out playing, moving their body, running around **outside**, exploring nature, looking at **books** and chatting with siblings and parents.

All of these activities teach social and brain skills that help set toddlers up for success in preschool and kindergarten. Set aside a little time each day to play, read, or get outside with your young child.

AVOID letting your child have open-access to a tablet or phone.

5. Communication

How can you talk about media to raise a smart and responsible child?

Toddlers and preschoolers understand a lot more of our language. This is a good time to talk to them about what they see in videos, "good" and "bad" behavior in characters or **advertisements**. If your child is watching something interesting, talk about it. Do something related to the show or movie with your child.

SCHOOL AGE CHILDREN

5-10 YEARS OLD

THE 5 C'S: SCHOOL AGE CHILDREN (5-10 YEARS OLD)

1. Child

Who is your child, how do they react to media, and what are their motivations for using it?

Children's unique strengths and challenges start to become clear in elementary school. They may struggle with attention (like [ADHD](#)), social skills (like [autism](#)), reading or other academics (like [learning disabilities](#)), or managing their mood (like [anxiety](#) or [depression](#)). They are also likely to show interest or skills in activities. You may be learning that they are great artists, dancers, are good with animals or science facts. It's important to carve out time to build upon these strengths and interests.

2. Content

What is worth their attention?

Many kids start to love video games and YouTube at this age but can easily access content that is age-inappropriate (violent, sexual or rude, for example). Read reviews on [Common Sense Media](#) to find out what shows, [games](#) and movies are the right fit for their maturity level.

Family settings or [parental controls](#), although not 100% effective, can help filter content on devices your child uses. Watch shows and play video games [together](#) to see if you like the messages and behaviors they convey. If not, find alternatives.

AVOID "Teen"-[rated](#) video games which have more gore and sexual content.

THE 5 C'S: SCHOOL AGE CHILDREN (5-10 YEARS OLD)

3. Calm

How do they calm their emotions or go to sleep?

Many school-aged children like to use media for a mental break at the end of a school day. Be sure that this break doesn't get in the way of homework and other activities, such as meals together.

Put devices away at bedtime so that kids can settle their brains and bodies to sleep. Teach them techniques such as **deep breathing** and listening to quiet music to help calm their brains.

4. Crowding Out

What does media get in the way of?

Video games and online videos can have **designs** that promote extended use—for hours at a time. Talk with your kids about balancing time on screens so that there is enough time to **sleep, read**, draw, do homework, hang out, play **sports** with other kids and chat with family. Parents can role model putting phones down at bedtime, dinnertime and on car rides.

AVOID letting screens be your child's go-to whenever they get bored or frustrated with homework or other challenging tasks.

THE 5 C'S: SCHOOL AGE CHILDREN (5-10 YEARS OLD)

5. Communication

How can you talk about media to raise a smart and responsible child?

This is a great time for conversations about media. Kids this age have a burst of understanding of things like **advertising**, privacy and concepts like right vs. wrong. By regularly having open-minded talks about media, you help build your child's critical thinking skills. It also helps you be the "voice" in your child's head when they become more independent in the teen years.

Let your child know that they can talk to you about anything negative or creepy they see online. If they've gotten a phone and have started texting friends, check in about how those interactions are going.

YOUNG TEENS

10-14 YEARS

THE 5 C'S: YOUNG TEENS (10-14 YEARS)

1. Child

Who is your child, how do they react to media and what is their motivation for using it?

To understand your child's unique digital life, and how they are navigating their experiences, listening is crucial. This means being present with your child and available in moments they are ready to share. It also may mean putting away your own phone—even in brief moments like car rides. You'll get insight into how they are coping with school, friends, mood, bullying or stress about world [news](#).

Remember that comparing themselves to who they see in media is a developmentally normal activity. Reassure your child that everyone's body and journey through puberty is unique, and that there is no single ideal body type online or offline.

2. Content

What is worth their attention?

Use [Common Sense Media](#) to check ratings and reviews of video games, movies, apps and TV. Pick ones with positive social and identity messages. In this age range, you may want to ask your child to be part of this process.

Social media accounts technically can't be created until kids are 13, so encourage kids not to lie about their age. Help them find alternates like messaging apps (such as iMessage, Messenger Kids or Kinzoo).

For young teens using social media, talk about the fact that inappropriate content might be recommended to them or appear in their feeds. Help them recognize false or [mean](#) videos or idealized body images.

In this time of growing exploration and independence, adolescents may be more likely to explore dangerous or inappropriate content. Questions like "*Have you seen anything lately that seemed weird or scary?*" may lead your child to open up.

THE 5 C'S: YOUNG TEENS (10-14 YEARS)

3. Calm

How do they calm their emotions or go to sleep?

The early teens years often include a wide range of emotions. Because devices and video games are such an easy distraction, many teens say they use them to escape negative feelings.

Support your child in exploring other healthy coping strategies. Examples include talking to trusted friends and family members, mind-body exercises, deep breathing, **taking a walk**, creating art or music and playing with **pets**. If you are concerned about how your child is coping, talk with your child's pediatrician about **finding a therapist**.

AVOID having phones and gaming devices in the bedroom at night, which are linked with **poor sleep**.

4. Crowding Out

What does media get in the way of?

If your child has a phone, teach them to set "do-not-disturb" or "focus mode" during school, homework and bedtimes. This helps them stay in control of when devices grab their attention. Set device-free times such as car rides and mealtimes, so that your teen has your full attention.

Sleep is critical during the early teen years, ensure your child's media use doesn't disrupt or disturb them during the night. Be aware of problematic media use, which occurs when media use is compulsive, interferes with friendships or leads to frequent **arguments**.

THE 5 C'S: YOUNG TEENS (10-14 YEARS)

5. Communication

How can you talk about media to raise a media savvy, responsible child?

Early teens often fear that sharing media-related challenges will lead their parents to take their devices away. Listen and provide support when kids are distressed due to small social missteps. Start conversations with open-minded questions (*What's this like for you? What do you think of...?*) and put them at ease by **talking** about your own stresses with social media.

Have check-ins with your child about how they are feeling navigating their peer relationships online and offline. Do they feel safe? Supported? What has been enjoyable? What has been challenging? How are they navigating technology use for connection and communication?

OLDER TEENS
15-17 YEARS

THE 5 C'S: OLDER TEENS (15-17 YEARS)

1. Child

Who is your child, how do they react to media and what is their motivation for using it?

Make sure your teen knows that you want to **understand** them. Parents can support their teens by checking in on how they are feeling, how things are going with friends, and whether they want to share any challenges or successes.

If your child shares a recent **conflict with friends**, listen and ask questions to support them, such as "How did you feel?" or "What did you learn from that?" Avoid overly simplistic solutions, such as "Well let's take your phone away then."

If your child made a mistake in a situation, let them know you support them. Assure them that everyone makes mistakes, and that they can be valuable learning opportunities. Support their personal reflections about their online and offline relationships and experiences.

THE 5 C'S: OLDER TEENS (15-17 YEARS)

2. Content

What is worth their attention?

The teen years are also a time in which youth have more choices and independence around the media content they choose. Teens may get exposed to content that is quite different than what they had seen as a child, and they may be unsure of how to think about it.

On social media, content by other users is generally unrated or unreviewed, so it can range from silly to dangerous. Social media **algorithms** (programmed rules that decide how content is sorted and recommended to users) decide what shows up in feeds, for better or worse. Help your child process and think through experiences with outrageous, **false** or **mean** videos.

As teens are becoming more independent, help them develop **digital literacy** skills. Talk about viral **social media challenges** and other more **risky** behaviors. Encourage them to have more control over the content that they see on their feeds by managing their algorithms. They can do this using the "I'm not interested" button, word-based content filters, and/or turning off algorithm-recommended content.

THE 5 C'S: OLDER TEENS (15-17 YEARS)

3. Calm

How do they calm their emotions or go to sleep?

You can support your child by helping them to develop healthy **calming strategies**. Examples include talking to trusted friends and family members, mind-body exercises and immersing themselves in experiences that they find helpful and thought-expanding (reading or music or art). Other great ways to calm down include taking a walk, creating their own content, playing with **pets** or engaging in volunteer work to help others.

If teens have **depression or anxiety** symptoms and struggle to use coping strategies, talk with their doctor about getting more support.

AVOID having phones and gaming devices in the bedroom at night, which is linked with **poor sleep**. This can be challenging for older teens, so plugging the phone in across the room (if they use it as an alarm) may be helpful.

THE 5 C'S: OLDER TEENS (15-17 YEARS)

4. Crowding Out

What does media get in the way of?

Phone and social media use can interrupt times when teens want to concentrate, such as during class or homework. Talk through strategies such as using "do-not-disturb" or "focus mode" during these times so they are in control of when devices grab their attention.

Checking back with your teen to see how those strategies are working. This helps it become an **ongoing conversation** and support rather than a one-time effort. Suggest device-free times during car rides and mealtimes, so that your teen has your full attention.

Adequate sleep can be challenging for teens; help your child build a sleep routine and plan for how to ensure media doesn't delay or interrupt sleep. Be aware of **problematic media use**, which is when media use is compulsive, interferes with friendships or leads to frequent arguments.

THE 5 C'S: OLDER TEENS (15-17 YEARS)

5. Communication

How can you talk about media to raise a smart and responsible child?

Start conversations with open-minded questions (What's this like for you? What do you think of...?). You can help put your child at ease by talking about your own stresses with social media. Consider asking for feedback on how you as a parent are managing your device use when around the family to make it an open sharing opportunity. Watch shows and movies **together**—these can be great conversation starters for topics like **substance use**, **romantic relationships** or other challenging topics.

SCREEN TIME RECAP

RECAP

- Take a family approach to managing screen time; find what works for YOUR family!
- Follow the 5 C's when determining “appropriate” limits for use
 - Child
 - Content
 - Calm
 - Crowding
 - Communication
- Make changes as needed, but keep consistent and provide your child guidance

[5 C's PDF's by Age](#)

SOCIAL MEDIA

WHAT IS IT?

- American Psychological Association defines it as “forms of digital communication through which users create online communities to share information, ideas, personal messages, and other content.”
- Social media use is not inherently beneficial or harmful.
- Social media platforms offer powerful opportunities for socialization and connection, but may also have some negative effects, including mis- and disinformation, hate speech, and cyberbullying.
- At the extreme, social media use can interfere with sleep, physical activity, and in-person social interactions.

WHAT ARE THE RISKS AND BENEFITS?

Potential benefits of social media

include:

Staying connected to friends

Meeting new friends with shared interests

Finding community and support for specific activities

Sharing artwork or music

Exploring and expressing themselves

Potential risks of social media include:

Exposure to harmful or inappropriate content (e.g., sex, drugs, violence, etc.)

Exposure to dangerous people

Cyber bullying, a risk factor for depression and suicide

Oversharing personal information

Exposure to excessive advertisements

Privacy concerns including the collection of data about teen users

Identity theft or being hacked

Interference with sleep, exercise, homework, or family activities

WHAT ARE THE TRENDS?

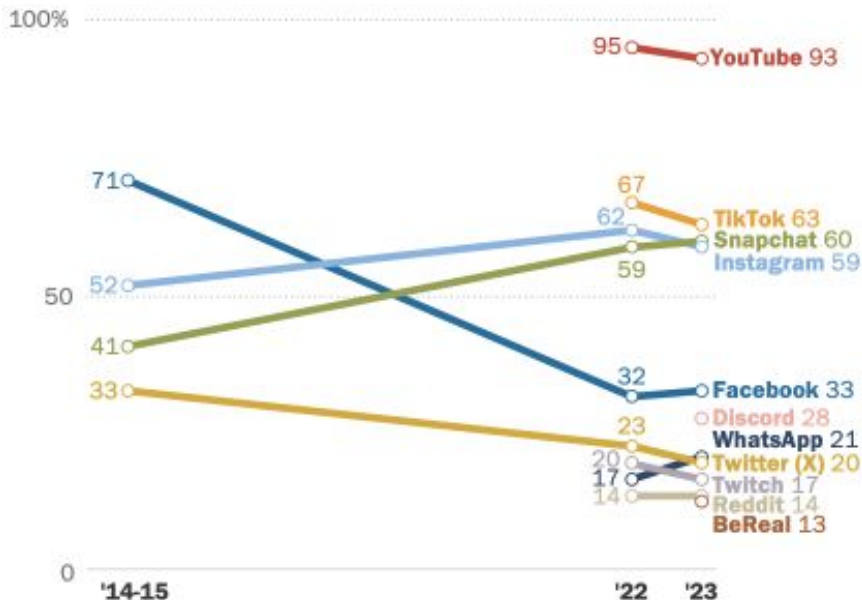
YouTube is dominate platform. Roughly nine-in-ten teens say they use it.

TikTok, Snapchat and Instagram remain popular among teens: Majorities of teens ages 13 to 17 say they use TikTok (63%), Snapchat (60%) and Instagram (59%). For older teens ages 15 to 17, these shares are about seven-in-ten.

Teens are less likely to be using **Facebook and Twitter** (recently renamed X) than they were a decade ago.

YouTube continues to be top platform among teens, followed by TikTok, Snapchat and Instagram

% of U.S. teens ages 13 to 17 who say they ever use the following apps or sites



Note: Those who did not give an answer are not shown.

Source: Survey of U.S. teens conducted Sept. 26-Oct. 23, 2023.

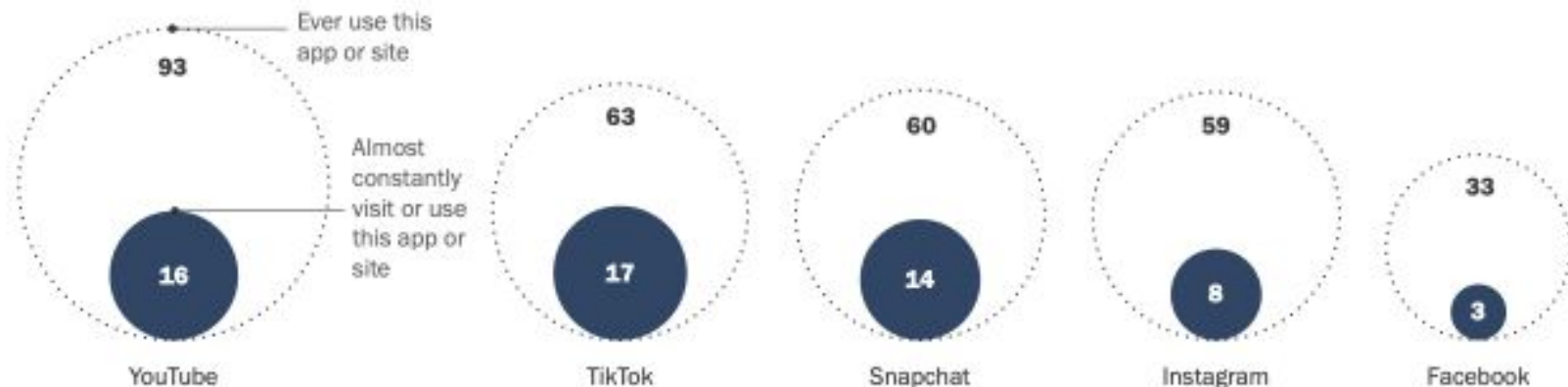
"Teens, Social Media and Technology 2023"

PEW RESEARCH CENTER

ABOUT SEVEN-IN-TEN TEENS SAY THEY VISIT YOUTUBE DAILY, INCLUDING 16% WHO REPORT BEING ON THE SITE ALMOST CONSTANTLY. 58% OF TEENS ARE DAILY USERS OF TIKTOK. THIS INCLUDES 17% WHO DESCRIBE THEIR TIKTOK USE AS ALMOST CONSTANT. ABOUT HALF OF TEENS USE SNAPCHAT AND INSTAGRAM DAILY. A SOMEWHAT LARGER SHARE REPORTS USING SNAPCHAT ALMOST CONSTANTLY COMPARED WITH INSTAGRAM (14% VS. 8%).

Nearly 1 in 5 teens say they're on YouTube, TikTok 'almost constantly'

% of U.S. teens ages 13 to 17 who say they ...



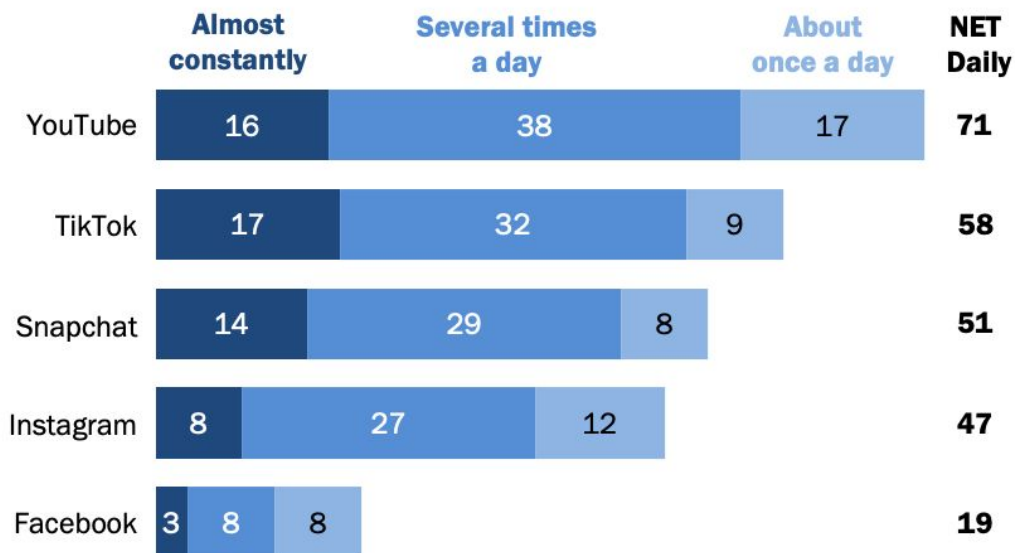
Note: Those who did not give an answer or gave other responses are not shown.

Source: Survey of U.S. teens conducted Sept. 26-Oct. 23, 2023.

"Teens, Social Media and Technology 2023"

A majority of teens visit YouTube, TikTok daily

% of U.S. teens ages 13 to 17 who say they visit or use the following apps or sites ...



Note: Those who did not give an answer or gave other responses are not shown.

Source: Survey conducted Sept. 26-Oct. 23, 2023.

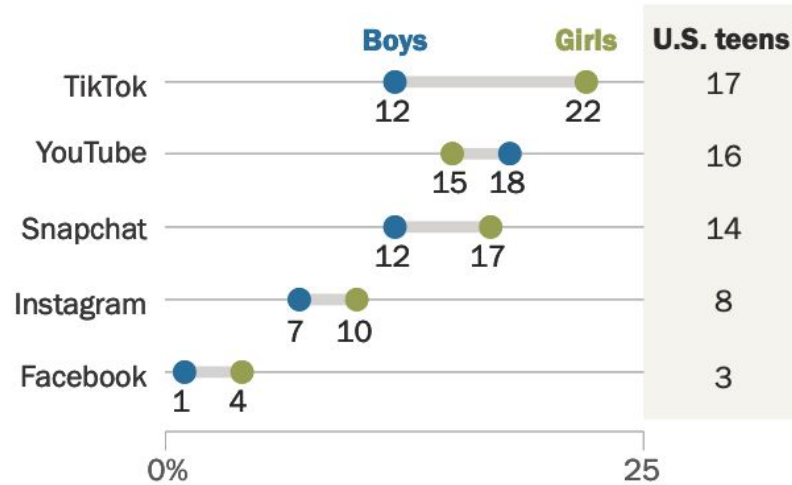
“Teens, Social Media and Technology 2023”

PEW RESEARCH CENTER

Teen girls far more likely than boys to say they use TikTok almost constantly

*% of U.S. teens ages 13 to 17 who say they visit or use the following apps or sites **almost constantly***

Teen girls are more likely than boys to say they almost constantly use TikTok (22% vs. 12%) and Snapchat (17% vs. 12%).



Note: Those who did not give an answer or gave other responses are not shown.

Source: Survey of U.S. teens conducted Sept. 26-Oct. 23, 2023. "Teens, Social Media and Technology 2023"

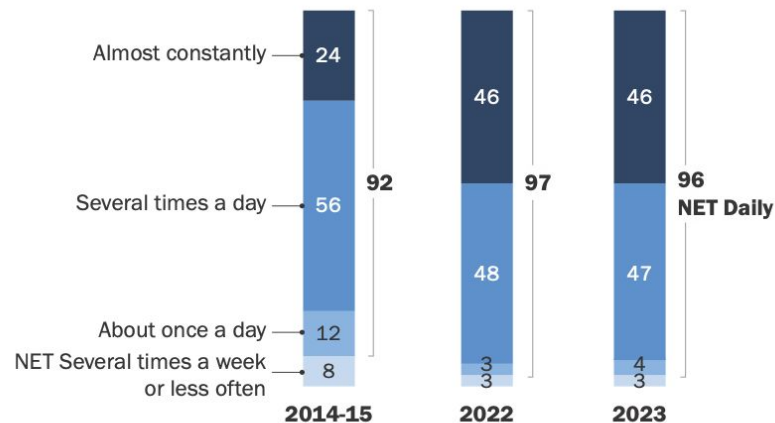
PEW RESEARCH CENTER

Nearly half of teens say they use the internet “almost constantly.” This is on par with what we found last year, but roughly double the 24% who said this in the 2014-2015 survey.

Overall, more than nine-in-ten say they use the internet at least daily.

The share of teens who say they are online ‘almost constantly’ has roughly doubled since 2014-2015

% of U.S. teens ages 13 to 17 who say they use the internet ...



Note: Figures may not add up to NET values due to rounding. Those who did not give an answer are not shown.

Source: Survey of U.S. teens conducted Sept. 26-Oct. 23, 2023.

“Teens, Social Media and Technology 2023”

PEW RESEARCH CENTER

Most teens have or have access to:

a smartphone (95%)

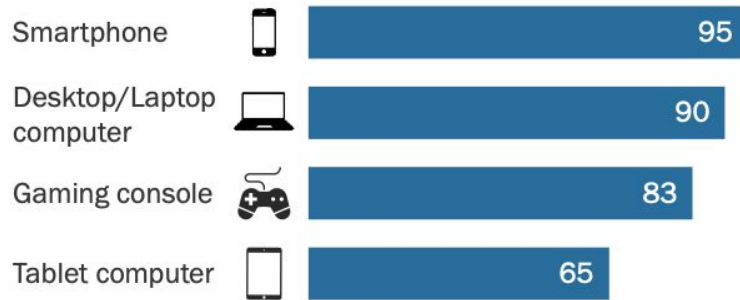
a desktop or laptop computer (90%)

a gaming console (83%)

a tablet (65%)

Nearly all teens in the U.S. have access to a smartphone

% of U.S. teens ages 13 to 17 who say they have access to the following devices at home



Note: Those who did not give an answer are not shown.

Source: Survey of U.S. teens conducted Sept. 26-Oct. 23, 2023.

"Teens, Social Media and Technology 2023"

PEW RESEARCH CENTER

TIPS FOR YOUR YOUNG PEOPLE

U.S. SURGEON GENERAL TIPS FOR YOUNG PEOPLE

Reach out for help

If you or someone you know is being negatively affected by social media, reach out to a trusted friend or adult for help. Check the American Academy of Pediatrics' guidance on social media.

Create boundaries

Limit the use of phones, tablets, and computers for at least one hour before bedtime and through the night to make sure you get enough sleep. Keep mealtimes and in-person gatherings device-free to help build social bonds and engage in two-way conversations with others. Connect with people in person and make unplugged interactions a daily priority.

Be cautious about what you share

Personal information about you has value. Be selective with what you post and share online and with whom, as it is often public and can be stored permanently. If you aren't sure if you should post something, it's usually best if you don't.

Don't keep harassment or abuse a secret

Reach out to at least one person you trust, such as a close friend, family member, counselor, or teacher, who can give you the help and support you deserve. Visit stopbullying.gov for tips on how to report cyberbullying. If you have experienced online harassment and abuse by a dating partner, contact an expert at Love is Respect for support. If your private images have been taken and shared online without your permission, visit Take It Down to help get them removed.

TIPS FOR PARENTS AND CAREGIVERS

U.S. SURGEON GENERAL TIPS FOR PARENTS AND CAREGIVERS

Create a family media plan

Agreed-upon expectations can help establish healthy technology boundaries at home - including social media use. A family media plan can promote open family discussion and rules about media use and include topics such as balancing screen/online time, content boundaries, and not disclosing personal information

Create tech-free zones

Restrict the use of electronics at least one hour before bedtime and through the night. Keep meal times and other in-person gatherings tech-free. Help children develop social skills and nurture their in-person relationships by encouraging unstructured and offline connections with others.

Model responsible behavior

Parents can set a good example of what responsible and healthy social media use looks like by limiting their own use, being mindful of social media habits (including when and how parents share information or content about their child), and modeling positive behavior on your social media accounts.

Empower kids

Teach kids about technology and empower them to be responsible online participants at the appropriate age. Discuss with children the benefits and risks of social media as well as the importance of respecting privacy and protecting personal information in age-appropriate ways. Have conversations with children about who they are connecting with, their privacy settings, their online experiences, and how they are spending their time online.

15 APPLICATIONS PARENTS NEED TO KNOW ABOUT



MeetMe - Dating app that allows users to connect with others based on geographic location



Badoo - Dating and social media app for sharing photos and videos



Holla - Video chat app that allows users to meet people all over the world



Grindr - Dating app geared towards LGBTQ community that uses phone's GPS location to find others



Bumble - Similar to Tinder, but requires females to make first contact



Whisper - Anonymous social network that promotes sharing secrets with strangers



Skout - Location-based dating app that lets users share private photos



Snapchat - Photos and videos shared to the app typically disappear within 24 hours



Ask.fm - Encourages users to allow anonymous people to ask them questions



WhatsApp - Messaging app that allows users to connect worldwide



KIK - Anyone can contact and direct message other users on the app



Calculator% - One of many secret apps that is used to hide photos, videos and browser history



TikTok - Popular app for kids that allows users to create and share short videos



Live.Me - Streaming video app that broadcasts users exact location



Hot or Not - Users can rate profile photos and chat with strangers

APA'S HEALTH ADVISORY ON SOCIAL MEDIA USE IN ADOLESCENCE MAKES THESE RECOMMENDATIONS BASED ON THE SCIENTIFIC EVIDENCE TO DATE:

Youth using social media should be encouraged to use functions that create opportunities for social support, online companionship, and emotional intimacy that can promote healthy socialization.

Social media use, functionality, and permissions/consenting should be tailored to youths' developmental capabilities; designs created for adults may not be appropriate for children.

In early adolescence (i.e., typically 10-14 years), adult monitoring (i.e., ongoing review, discussion, and coaching around social media content) is advised for most youths' social media use; autonomy may increase gradually as kids age and if they gain digital literacy skills. However, monitoring should be balanced with youths' appropriate needs for privacy.

To reduce the risks of psychological harm, adolescents' exposure to content on social media that depicts illegal or psychologically maladaptive behavior, including content that instructs or encourages youth to engage in health-risk behaviors, such as self-harm (e.g., cutting, suicide), harm to others, or those that encourage eating-disordered behavior (e.g., restrictive eating, purging, excessive exercise) should be minimized, reported, and removed; moreover, technology should not drive users to this content.

To minimize psychological harm, adolescents' exposure to "cyberhate" including online discrimination, prejudice, hate, or cyberbullying especially directed toward a marginalized group (e.g., racial, ethnic, gender, sexual, religious, ability status), or toward an individual because of their identity or allyship with a marginalized group should be minimized.

APA'S HEALTH ADVISORY ON SOCIAL MEDIA USE IN ADOLESCENCE MAKES THESE RECOMMENDATIONS BASED ON THE SCIENTIFIC EVIDENCE TO DATE:

Adolescents should be routinely screened for signs of “problematic social media use” that can impair their ability to engage in daily roles and routines, and may present risk for more serious psychological harms over time.

The use of social media should be limited so as to not interfere with adolescents’ sleep and physical activity.

Adolescents should limit use of social media for social comparison, particularly around beauty- or appearance-related content.

Adolescents’ social media use should be preceded by training in social media literacy to ensure that users have developed psychologically-informed competencies and skills that will maximize the chances for balanced, safe, and meaningful social media use.

Substantial resources should be provided for continued scientific examination of the positive and negative effects of social media on adolescent development.

RECAP

What is it?

Risks and Benefits

Trends

Tips for Young People

Tips for Parents

QUESTIONS



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