



# Teens & Screens: Smartphones, Screen Time, & Social Media



## #StartTheConversation

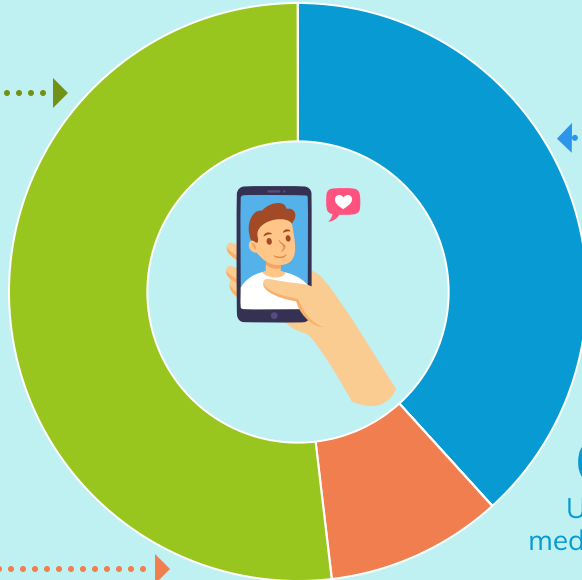
### Social Media Use Among 13-18 year olds

**84%**

Use social media

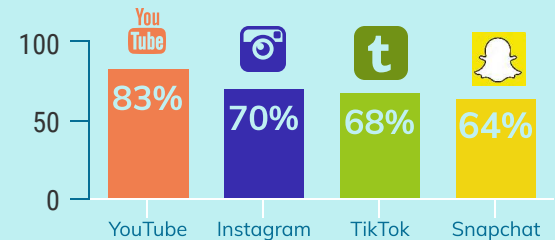
**16%**

Never use social media

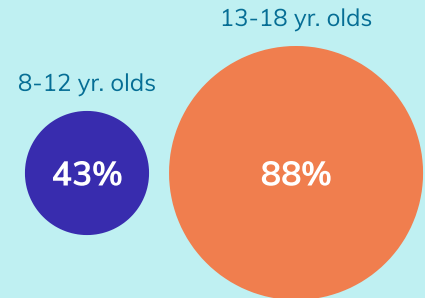


**62%**  
Use social media every day

### Most Popular Social Media Platforms (% of Teens on each platform)



### Smartphone Ownership Among Youth



**95%** of teens in the U.S. have access to a Smartphone, and **45%** report being online "**almost constantly**," spending an average of **9 hours per day** online.



# Teens & Screens: Apps: Focus on Functions, Be Aware of Behavior



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Parents commonly have questions about which apps are "bad" or "risky" for children. While this is a completely understandable question, apps change and trend so frequently that focusing on specific apps could cause us to miss risky behavior taking place on other platforms or devices. It is important to know that all platforms that allow communication between individuals, whether it be social media apps, online games, or virtual reality can pose risks.



Know the apps and games your children use. Know the functions, goals, age recommendations, potential risks, and how to appropriately respond.

<https://www.dfinow.org/wp-content/uploads/BeAppSavvy.pdf>  
<https://resources.saferschoolstogether.com/link/352883/>



Assess potential risks of the app or game, whether it be exposure to inappropriate content or other users. Determine whether appropriate, and enable privacy settings accordingly.

<https://www.commonsemmedia.org/articles/11-social-media-red-flags-parents-should-know-about>



Kids have varying levels of social and psychological development and maturation. Determine whether your child is prepared and emotionally equipped for engaging in particular environments of apps and games.

[https://illinoisattorneygeneral.gov/onlinesafe/forparents\\_factsheets/htc%20digital%20readiness0616.pdf](https://illinoisattorneygeneral.gov/onlinesafe/forparents_factsheets/htc%20digital%20readiness0616.pdf)



Fostering pro-social behaviors, critical thinking skills, and resilience in children can make them less likely to make un-safe choices, and more likely to cope well or "bounce back" from negative online experiences.

<https://www.verywellfamily.com/tips-for-raising-an-emotionally-intelligent-child-4157946f>  
<https://www.healthychildren.org/English/healthy-living/emotional-wellness/Building-Resilience/Pages/Building-Resilience-in-Children.aspx>