

→ Trapped in the Feed: How Screen Habits Shape Italian Teens



In Italy, smartphones have become more than just tools — they're companions that follow teens everywhere.

Recent findings show that **over 90%** of adolescents use their phones for more than four hours a day, with a large portion reporting trouble concentrating and sleeping. For many, scrolling has replaced studying, and constant notifications have blurred the line between rest and distraction.

The research also highlights rising emotional dependence on social media, where likes and comments subtly define self-worth. Parents notice the change but often struggle to set limits without conflict. Meanwhile, schools are beginning to introduce digital well-being programs that encourage students to unplug, reflect, and rediscover balance.

Technology connects us — but when connection turns into compulsion, it's time to pause. Maybe the most powerful notification is **the one we don't get**.

→ Family Offline: Rebuilding Connection Beyond the Screen

As smartphones dominate dinner tables, many Italian parents find it harder than ever to connect with their children. The report shows that **over 60%** of parents feel communication within the family has weakened because of constant device use.

Teens, meanwhile, say they feel misunderstood when parents simply **"ban screens"** without explaining why. Experts emphasize that balance starts with conversation, not restriction. Families that set shared screen-free hours report stronger emotional bonds and better communication.

It's not about disconnecting from technology — it's about **reconnecting** with each other.

