



→ Teens, Social Media and Technology 2024

Amid national concerns about technology's impact on youth, many teens are as digitally connected as ever. Most teens use social media and have a smartphone, and nearly half say they're online almost constantly, according to a new Pew Research Center survey of U.S. teens ages 13 to 17 conducted Sept. 18-Oct. 10, 2024.

Platform Usage Among Teens:

- **YouTube:** Remains the most popular platform, with 90% of teens using it,
- **TikTok and Instagram:** Approximately 60% of teens use each platform.
- **Facebook:** Usage has declined significantly over the past decade, with only 32% of teens using it today, down from 71% in 2014-15.
- **X (formerly Twitter):** Now used by 17% of teens, about half the share from a decade ago.
- **WhatsApp:** Usage has increased to 23%, up 6 percentage points since 2022.



→ Growing Concerns Over Children's Smartphone Use

In the UK, child and adolescent psychiatrist Emily Sehmer has expressed concerns about the increasing use of smartphones among children. According to Sehmer, most of the children visiting her clinic own a smartphone, and their parents struggle with managing their screen time. A documentary titled *Swiped*, aired on Channel 4, conducted an experiment where 11-year-old students were kept away from their phones for three weeks. **By the end of the study, anxiety and depression symptoms had decreased by 17%, sleep duration increased by an hour, and memory improved by 3%.** These findings highlight the negative impact of screen addiction on children's mental and physical health and emphasize the need for comprehensive policies to protect them from excessive digital exposure.

