

# The Facts:

93% of teens

ages 13-17 use social media, with more than **1 in 3** reporting they use it **almost constantly**<sup>1</sup>



78% of teens

ages 13-17 report checking their devices **at least hourly**<sup>2</sup>



500+

number of notifications one-fifth of students ages 11-17 receive on their phones **daily**<sup>3</sup>

4.8 hours

the amount of time the average teen spends on social media **each day**.<sup>4</sup> Adolescents who use social media more than 3 hours a day face **twice the risk** of experiencing poor mental health outcomes.<sup>5</sup>

5.2 million+

the number of youth ages 12-17 who suffered from at least one **major depressive episode** in the past year.<sup>6</sup>

Suicide

is now the **second** leading cause of death for children **ages 10 to 14**, killing more kids those ages than every type of cancer combined.<sup>7</sup>

1 in 3

number of teen girls who seriously consider attempting suicide—up **nearly 60%** from a decade ago<sup>8</sup>

## Sources:

<sup>1</sup>Pew Research Center, *Teens, Social Media and Technology*, 2023. <sup>2</sup>Common Sense Media, *Technology Addiction Concern, Controversy, and Finding Balance*, 2023. <sup>3</sup>Common Sense Media, "A Week in the Life of a Young Person's Smartphone Use," 2023. <sup>4</sup>Gallup, *Teens Spend Average of 4.8 Hours on Social Media Per Day*, 2023. <sup>5</sup>U.S. Surgeon General's 2023 Advisory on Social Media and Youth Mental Health. <sup>6</sup>Mental Health America, *The State of Mental Health in America*, 2024. <sup>7</sup>Jama Network Open, "Trends in Adolescent Suicide by Method in the US, 1999-2020," 2024. <sup>8</sup>U.S. Centers for Disease Control, *Youth Risk Behavior Survey, Data Summary and Trends Report, 2011-2021*. <sup>9</sup>Issue One, Jan 22, 2025 report. <sup>10</sup>Common Sense Media, "Teens and Pornography," 2023. <sup>11</sup>Thorn and BSG, "Youth Perspectives on Online Safety," 2023, August 2024. <sup>12</sup>Subcommittee on Privacy, Technology, and the Law, "Written Testimony of Arturo Bejar," 2023. <sup>13</sup>National Center for Missing & Exploited Children. <sup>14</sup>Paul Raffile, cyber-intelligence analyst, July 2025.

\$61.5 million

lobbying dollars spent by Meta, ByteDance, X, Snap, and Discord in 2024<sup>9</sup>

300

the number of lobbyists employed by these same six companies – one for every two members of Congress<sup>9</sup>

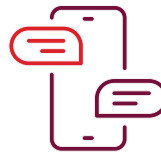


12 years-old

the average age teens report first viewing pornography online<sup>10</sup>

10% of teens

know someone who used AI to create sexually explicit images<sup>11</sup>



1 in 8

13-15 year olds reported experiencing unwanted sexual advances on Instagram **in the previous week**<sup>12</sup>

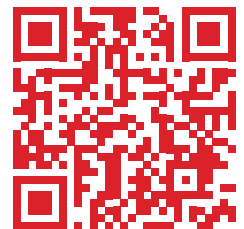
74,137

number of children who were **victims of sextortion**, the act of blackmailing someone using sexually explicit images or videos, between 2021-2024, according to the National Center for Missing & Exploited Children<sup>13</sup>

37

number of minors publicly identified as dying by suicide after being sextorted<sup>14</sup>

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