

The Facts:

93% of teens

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



78% of teens

ages 13-17 report checking their devices **at least hourly**²



500+

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

4.8 hours

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

5.2 million+

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

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.⁷

1 in 3

number of teen girls who seriously consider attempting suicide—up **nearly 60%** from a decade ago⁸

Sources:

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

\$61.5 million

lobbying dollars spent by Meta, ByteDance, X, Snap, and Discord in 2024⁹

300

the number of lobbyists employed by these same six companies – one for every two members of Congress⁹

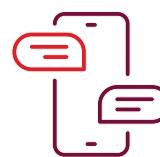


12 years-old

the average age teens report first viewing pornography online¹⁰

10% of teens

know someone who used AI to created sexually explicit images¹¹



1 in 8

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

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 Children¹³

37

number of minors publicly identified as dying by suicide after being sextorted¹⁴

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