

WHAT IS REALLY GOING ON?



1. Trends Related to Digital Media Use

It is clear that digital media use is pervasive in today's society, especially among adolescents (but also among young children and parents!). The use of digital media is enticing, as it presents a seemingly unlimited menu of activities for

youth, ranging from scrolling social media and generative AI to internet gaming and online gambling. Digital media is appealing to youth for many reasons, and they are using it! In fact, recent prevalence rates reveal:

The majority of adolescents are using some form of social media platform.

Specifically, among teenagers in the U.S. aged 13-17¹



93%
use YouTube
(71% use it daily)



63%
use TikTok
(58% use it daily)



60%
use Snapchat
(51% use it daily)



59%
use Instagram
(47% use it daily)

The majority of adolescents are gaming, with many gaming every day. Specifically, among teenagers in the U.S. aged 13-17²

85%
play video games
(97% of boys and 73% of girls)

41%
report gaming daily

40%
identify as "gamers"

A substantial number of adolescents are exposed to pornography. Specifically, among high school students in the U.S.³

41%
viewed pornography
in the previous year

18%
reported viewing
pornography many times
in the previous year

About a quarter of adolescents engage in gambling (including sports betting, online gambling, and offline gambling). Specifically, among high school students in the U.S.⁴

25.41%
gambled in the previous year
(34.6% males and 16.2% females)

There are lots of additional statistics we could provide—but you see the trend. Digital media use is common among today's youth. And, given its prevalence, it is important for parents/caregivers to be informed about the potential risks associated with digital media use. One potential risk is digital media overuse or addiction. The focus of this Guide is to provide

relevant, practical information about digital media use and the risk of overuse/addiction among teens.

Scan for full Guide and resources



References

1. Pew Research Center (2023). *Teens, Social Media and Technology 2023*. <https://www.pewresearch.org/internet/2023/12/11/teens-social-media-and-technology-2023/>
2. Pew Research Center (2024). *Teens and Video Games Today*. <https://www.pewresearch.org/internet/2024/05/09/teens-and-video-games-today/>
3. Galper, E. F., Widman, L., Brasileiro, J., & Noar, S. M. (2024). Adolescents' pornography viewing frequency and its relationship with condom attitudes. *Sexual Health, 21*, SH24025. <https://doi.org/10.1071/SH24025>
4. Stefanovics, E. A., Gueorguieva, R., Zhai, Z. W., & Potenza, M. N. (2023). Gambling participation among Connecticut adolescents from 2007 to 2019: Potential risk and protective factors. *Journal of Behavioral Addictions, 12*, 490-499. <https://doi.org/10.1556/2006.2023.00027>

This Guide is for informational purposes only. It is not medical advice and does not replace diagnosis or treatment from a qualified professional. Do not ignore or delay seeking professional advice because of something you read in this Guide. The information in the Guide is the authors' interpretation of the research and does not reflect the official stance or views of their employers, agencies, or universities.