

Since 2010

134%



Increase in anxiety

106%



Increase in depression

[The Anxious Generation](#)

41%

OF TEENS WITH THE HIGHEST SOCIAL MEDIA USAGE

rate their overall mental health as poor or very poor

[American Psychological Association](#)

35%

OF TEENS ADMIT TO USING THEIR CELLPHONE TO

cheat

[Common Sense Media](#)

22%

OF HIGH SCHOOL STUDENTS HAVE SERIOUSLY CONSIDERED

SUICIDE

IN THE PAST YEAR

10%

HAVE ATTEMPTED

SUICIDE

IN THE PAST YEAR

[CDC, 2023](#)

Adolescents who experienced cyberbullying were more than

FOUR TIMES

as likely to report thoughts of

SUICIDE AND ATTEMPTS

as those who didn't

[National Institutes of Health](#)



Each additional hour of total screen time increases the odds of suicidal behaviors

[Science Direct](#)

STEEP DROP IN BULLYING

46%

& 43%

OF GIRLS

OF BOYS

experienced a reduction of bullying after smartphone bans were enacted.

[Smartphone Bans, Student Outcomes and Mental Health](#)

PORNOGRAPHY EXPOSURE

1/3 of all teens

reported that they have been exposed to pornography during the school day



[Common Sense Media](#)

YOUTH REPORTING

LONELINESS

are also more likely to **DROP OUT OF SCHOOL AT THE AGE OF 16**

[Loneliness During the School Years](#)

95%

OF TEACHERS SAY ANXIETY AND DEPRESSION IS A PROBLEM IN PUBLIC K-12 SCHOOLS

[National Education Association](#)

87%

of teachers said bullying is a problem in Public K-12 schools

34%

of middle school teachers call bullying a major problem

[National Education Association](#)



“Brain Drain”

The mere presence of one's own smartphone reduces available cognitive capacity

[Brain Drain](#)