Many youth spend 3+ hours *daily* on social media.

<table>
<thead>
<tr>
<th>Year</th>
<th>Middle School (grades 7-8)</th>
<th>High School (grades 9-12)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2018</td>
<td>18%</td>
<td>29%</td>
</tr>
<tr>
<td>2021</td>
<td>27%</td>
<td>29%</td>
</tr>
</tbody>
</table>

Frequent social media use* is higher among girls.

<table>
<thead>
<tr>
<th>Grade</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Middle School</td>
<td>20%</td>
<td>22%</td>
</tr>
<tr>
<td>High School</td>
<td>34%</td>
<td>35%</td>
</tr>
</tbody>
</table>

Youth who spend 3+ hours on social media daily are†:

- **Middle School**
  - 2.0x more likely to be cyberbullied§
  - 2.3x more likely to report depressive symptoms
  - 2.2x more likely to seriously consider suicide

- **High School**
  - 1.7x more likely to be cyberbullied§
  - 1.7x more likely to report depressive symptoms
  - 1.7x more likely to seriously consider suicide

Youth who use social media report both positive and negative effects**:

- Speaking up or taking action on social media about issues that are important to me
  - Boys: 29%
  - Girls: 18%
  - Middle School: 21%
  - High School: 43%

- Getting support on social media when going through a tough or challenging time
  - Boys: 34%
  - Girls: 25%
  - Middle School: 25%
  - High School: 31%

- Feeling badly about myself, excluded, or left out when seeing what others post on social media
  - Boys: 31%
  - Girls: 14%
  - Middle School: 19%
  - High School: 41%

- Feeling pressured to post things that will get a lot of comments or "likes"
  - Boys: 16%
  - Girls: 12%
  - Middle School: 11%
  - High School: 25%

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* Percent of youth who reported that they spend 3 or more hours daily on social media (this includes Instagram, Facebook, Snapchat, Twitter, TikTok, and other platforms where you can share messages, photos/videos, or other information online).
† Compared to youth who spend <3 hours daily on social media. Measures of depressive symptoms and cyberbullying refer to the past 12 months. Measures of suicidal ideation refer to lifetime for middle school youth and past 12 months for high school youth.
§ Defined as being bullied or called names, teased, threatened, or gossiped about by someone using the internet, social media, cell phone, or other electronic device.
** Percent of students who agree or strongly agree.