

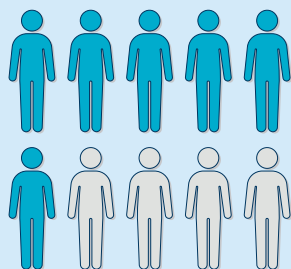


Safe and Balanced Technology Use

SAFE AND SECURE PLACES TO LIVE, LEARN AND PLAY

Teens' media landscape has changed.

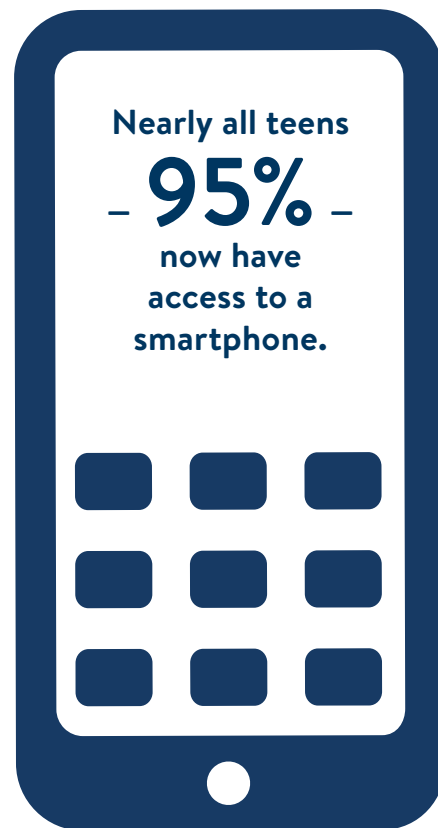
Nationally, 46% of teens reported they used the internet almost constantly in 2022, up from 24% who said the same in 2014-15.



Six out of 10 parents surveyed estimated their adolescent (age 10 to 17) used a screen outside of school use for more than three hours a day.

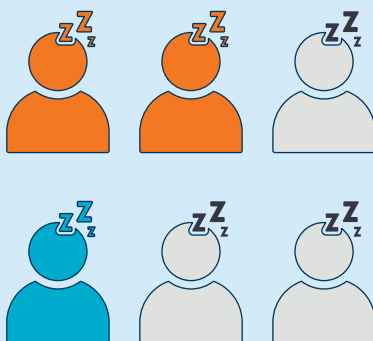
53%

of students who drive reported that they use their cell phone while driving to do things like text, take pictures, use social media, stream video, or videochat.



Problematic technology and social media use can get in the way of sleep.

As adolescents get older, they are less likely to be getting at least 8 hours of sleep per night.



Two-thirds of fifth grade students reported getting the recommended amount of sleep on weeknights.



One-third of eighth, ninth, and 11th grade students reported getting the recommended eight to 10 hours of sleep on weeknights.

For more information, read the complete [Adolescent Health Data Book](http://www.health.state.mn.us/people/adolescent/youth/databook.html) (www.health.state.mn.us/people/adolescent/youth/databook.html).

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