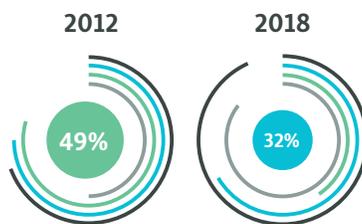


The link between excessive or impairing internet use and depression is increasingly supported by research. At the same time, studies, surveys and testimonials demonstrate that for many young people, communicating online makes them feel better about themselves and more connected.

The purpose of the Children's Mental Health Report is to put these risks and benefits in context for parents and educators so that they can practically guide youth in a connected world. Below is a summary of top findings. [Download a PDF of the report and more at childmind.org/report](https://childmind.org/report)

IRL VS ONLINE

In 2012, 49% of teens rated their favorite way to communicate with friends as "in person," compared with only 32% in 2018



AUTISM AND GAMING

Autistic teens are five times more likely to watch TV or play games than use social media or messaging

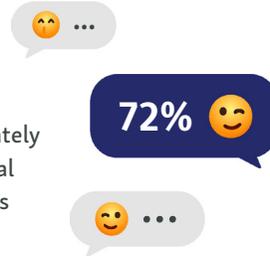
TECH IS JUST ONE PART OF TEEN LIFE



Recent research suggests screens and the internet explain 0.4% of variation in wellbeing

ADDICTED TO SMARTPHONES

72% of teens feel compelled to immediately respond to texts, social posts and notifications

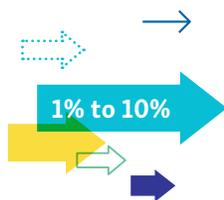


14% TO 22%

Teens who have disordered eating that is of concern but doesn't reach the level of clinical diagnosis.

PROBLEMATIC INTERNET USE (PIU)

1% to 10% of children and adolescents have excessive and impairing online behavior



SOCIAL MEDIA AND CONNECTEDNESS

81% of teens say social media makes them feel more connected to their friends

MORE SOCIAL, LESS SLEEP

Teens who spend three hours a day on devices are more likely to get less than seven hours of sleep



How parents can help

- Talk to children about online use and problems they may face
- Become educated about different technologies kids use
- Be a "digital neighbor": monitor online behavior and talk with kids about their profiles

Tips on Screens and Sleep

- Designate "screen free time" starting at least one hour before bed.
- Use an actual alarm clock instead of a phone
- Create another comfortable space in the house where adolescents can use tech