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Teens and Video Games Today

85% of U.S. teens say they play video games, and about four-in-ten do so daily. Teens see both positive and negative sides of video games – from problem-solving and making friends to harassment and sleep loss

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How we did this

Pew Research Center conducted this analysis to better understand teens' use of and experiences with video games.

The Center conducted an online survey of 1,453 U.S. teens from Sept. 26 to Oct. 23, 2023, through Ipsos. Ipsos recruited the teens via their parents, who were part of its [KnowledgePanel](#). The KnowledgePanel is a probability-based web panel recruited primarily through national, random sampling of residential addresses. The survey was weighted to be representative of U.S. teens ages 13 to 17 who live with their parents by age, gender, race and ethnicity, household income, and other categories.

This research was reviewed and approved by an external institutional review board (IRB), Advarra, an independent committee of experts specializing in helping to protect the rights of research participants.

Here are the [questions used for this analysis](#), along with responses, [and its methodology](#).

Teens and Video Games Today

85% of U.S. teens say they play video games, and about four-in-ten do so daily. Teens see both positive and negative sides of video games – from problem-solving and making friends to harassment and sleep loss

There are long-standing debates about the impact of video games on youth. Some credit them for helping young people form friendships and teaching them about [teamwork and problem-solving](#). Others say [video games expose teenagers](#) to violent content, negatively impact their sleep and can even lead to addiction.

With this in mind, Pew Research Center surveyed 1,423 U.S. teens ages 13 to 17 about their own video game habits – from how often they play to the friends they’ve made and whether it gets in the way of them doing well in school or getting a good night’s sleep.¹

Key findings from the survey

- **Video games as a part of daily teen life:** 85% of U.S. teens report playing video games, and 41% say they play them at least once a day. Four-in-ten identify as a gamer.
- **Gaming as a social experience:** 72% of teens who play video games say that a reason why they play them is to spend time with others. And some have even made a friend online from playing them – 47% of teen video game players say they’ve done this.
- **Helpful with problem-solving, less so for sleep:** Over half of teens who play video games say it has helped their problem-solving skills, but 41% also say it has hurt their sleep.
- **Bullying is a problem:** 80% of all teens think harassment over video games is a problem for people their age. And 41% of those who play them say they’ve been called an offensive name when playing.
- **Boys’ and girls’ experiences differ:** Most teen boys and girls play video games, but larger shares of boys identify as gamers (62% vs. 17%) and play every day (61% vs. 22%). Boys who play them are also more likely to experience positive things from it, like making friends, and more troubling things like harassment.

Jump to read about: [Who plays video games](#) | [Socializing over video games](#) | [Views about video games’ impact](#) | [Harassment and violence in video games](#)

¹ Throughout this report, “teens” refers to those ages 13 to 17.

Who plays video games?

Playing video games is widespread among teens. The vast majority of U.S. teens (85%) say they play them. Just 15% say they never do, according to the survey conducted Sept. 26-Oct. 23, 2023.

In addition to asking whether teens play video games, we also wanted to learn whether they consider themselves gamers. Overall, **four-in-ten U.S. teens think of themselves as gamers.** Just under half of teens (45%) play video games but *do not* think of themselves as gamers.

Most teens play video games, and 4 in 10 identify as gamers

% of U.S. teens ages 13 to 17 who say they ...



Note: Those who did not give an answer are not shown.
Source: Survey conducted Sept. 26-Oct. 23, 2023.
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By gender

Nearly all boys (97%) say they play video games, compared with about three-quarters of teen girls. There is a substantial gap by gender in whether teens identify as gamers: 62% of teen boys do, compared with 17% of girls.²

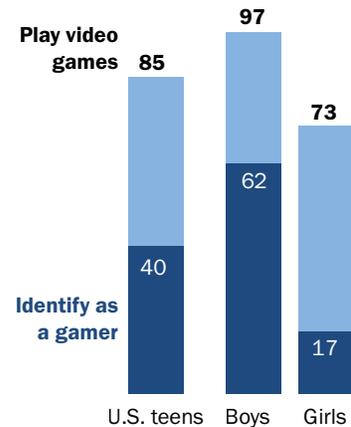
By gender and age

Younger teen girls are more likely than older girls to say they play video games: 81% of girls ages 13 to 14 compared with 67% of those ages 15 to 17. But among boys, nearly all play video games regardless of age.

Similar shares of teens play video games across different racial and ethnic groups and among those who live in households with different annual incomes. Go to [Appendix A](#) for more detail on which teens play video games and which teens identify as gamers.

Most teen boys and girls play video games, but boys are far more likely to identify as gamers

% of U.S. teens ages 13 to 17 who say they ...



Note: Those who did not give an answer or who do not play video games are not shown. Source: Survey conducted Sept. 26-Oct. 23, 2023.

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² Previous Center research of U.S. adults shows that [men are more likely than women to identify as gamers](#) – especially the youngest adults.

How we asked teens in our survey if they play video games and identify as gamers

We asked U.S. teens a set of questions to determine:

- 1 who plays video games, and
- 2 who identifies as a gamer.

All teens in the survey were asked:

1

Do you ever play video games, such as on a gaming device, on a computer, on a smartphone, or online?

YES, I play video games

No, I do not play video games (15% of U.S. teens)

85% of U.S. teens say they are video game players.

Those teens were then asked:

2

Do you think of yourself as a gamer?

YES, I think of myself as a gamer

No, I do not think of myself as a gamer (45% of U.S. teens)

40% of all U.S. teens identify as a gamer.

Note: Those who did not give an answer are not shown.

Source: Survey of U.S. teens ages 13 to 17 conducted Sept. 26-Oct. 23, 2023.

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How often do teens play video games?

We also asked teens *how often* they play video games. **About four-in-ten U.S. teens say they play video games daily**, including 23% who do so several times a day.

Another 22% say they play several times a week, while 21% play them about once a week or less.

By gender

Teen boys are far more likely than girls to say they play video games daily (61% vs. 22%). They are also much more likely to say they play them several times a day (36% vs. 11%).

By whether someone identifies as a gamer

About seven-in-ten teens who identify as gamers (71%) say they play video games daily. This drops to 30% among those who play them but aren't gamers.

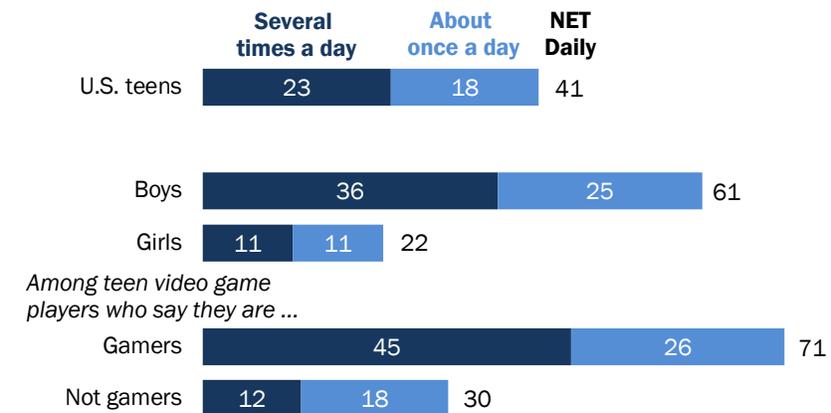
By household income

Roughly half of teens living in households with an annual income of less than \$30,000 (53%) say they play video games at least daily. This is higher than those in households with an annual income of \$30,000 to \$74,999 (42%) and \$75,000 or more (39%).

Go to [Appendix A](#) to see more details about who plays video games and identifies as a gamer by gender, age, race and ethnicity, and household income.

About 6 in 10 teen boys play video games daily

% of U.S. teens ages 13 to 17 who say they play video games ...



Note: Those who did not give an answer or who gave other responses are not shown.
Source: Survey conducted Sept. 26-Oct. 23, 2023.
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What devices do teens play video games on?

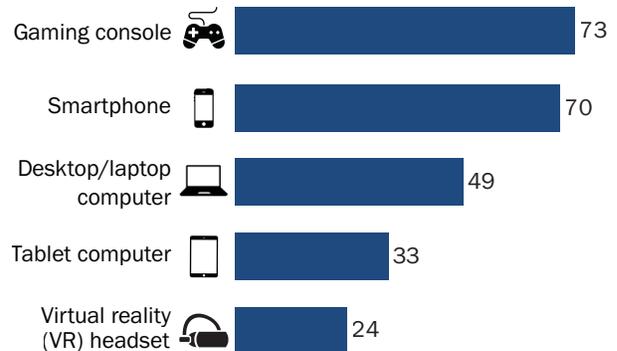
Most teens play video games on a gaming console or a smartphone. When asked about five devices, most teens report playing video games on a gaming console (73%), such as PlayStation, Switch or Xbox. And 70% do so on a smartphone. Fewer – though still sizable shares – play them on each of the following:

- 49% say they play them on a **desktop or laptop computer**
- 33% do so on a **tablet**
- 24% play them on a **virtual reality (VR) headset** such as Oculus, Meta Quest or PlayStation VR

Many teens play video games on multiple devices. About a quarter of teens (27%) do so on at least four of the five devices asked about, and about half (49%) play on two or three of them. Just 8% play video games on one device.

Most teens play video games on a console or smartphone, 24% do so on a virtual reality headset

% of U.S. teens ages 13 to 17 who say they ever play video games on a ...



Note: Those who did not give an answer are not shown.
Source: Survey conducted Sept. 26-Oct. 23, 2023.
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By gender

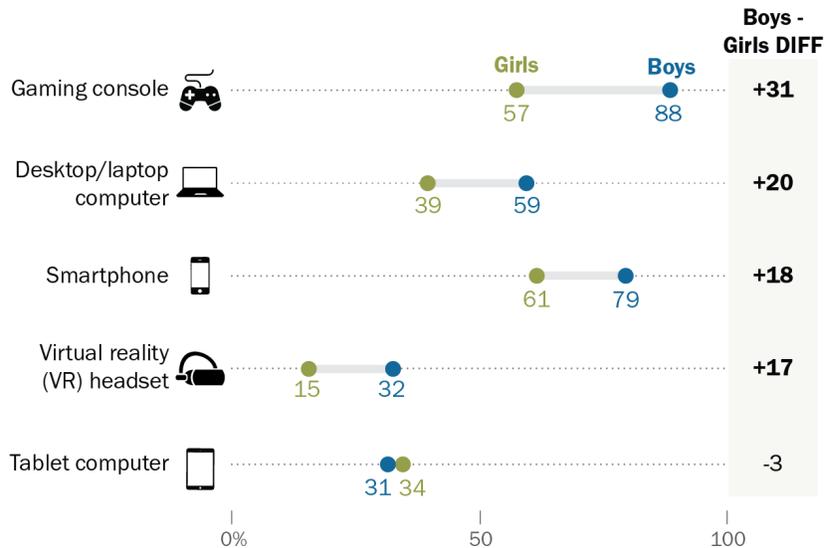
Teen boys are more likely than girls to play video games on four of the five devices asked about – all except tablets. For instance, roughly nine-in-ten teen boys say they ever play video games on a gaming console, compared with 57% of girls. Equal shares of teen boys and girls play them on tablets.

By whether someone identifies as a gamer

Teens who consider themselves gamers are more likely than those who play video games but aren't gamers to play on a gaming console (95% vs. 78%), desktop or laptop computer (72% vs. 45%) or a virtual reality (VR) headset (39% vs. 19%). Similar shares of both groups play them on smartphones and tablets.

Teen boys are more likely than girls to play video games on all devices except tablets

% of U.S. teens ages 13 to 17 who say they ever play video games on a ...



Note: Differences in **bold font** are statistically significant. Those who did not give an answer are not shown.

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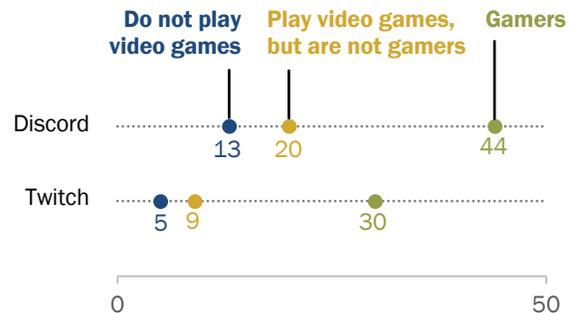
Social media use among gamers

One way that teens engage with others about video games is through online platforms. And our survey findings show that teen gamers stand out for their use of two online platforms that are known for their gaming communities – [Discord](#) and [Twitch](#):

- 44% of teen gamers say they use **Discord**, far higher than video game players who don't identify as gamers or those who use the platform but do not play video games at all. About three-in-ten teens overall (28%) use Discord.
- 30% of teens gamers say they use **Twitch**. About one-in-ten other teens or fewer say the same; 17% of teens overall use the platform.

Teen gamers are far more likely to use Discord and Twitch than other teens

Among U.S. teens ages 13 to 17 who say they (are) ____, % who say they ever use ...



Note: Those who did not give an answer are not shown.
Source: Survey conducted Sept. 26-Oct. 23, 2023.
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Previous Center research shows that U.S. teens use [online platforms at high rates](#).

Teen views on how much they play video games and efforts to cut back

Teens largely say they spend the right amount of time playing video games.

When asked about how much time they spend playing them, the largest share of teens (58%) say they spend the right amount of time. Far fewer feel they spend too much (14%) or too little (13%) time playing them.

By gender

Teen boys are more likely than girls to say they spend too much time playing video games (22% vs. 6%).

By race and ethnicity

Black (17%) and Hispanic (18%) teens are about twice as likely than White teens (8%) to say they spend too little time playing video games.³

By whether someone identifies as a gamer

A quarter of teens who consider themselves gamers say they spend too much time playing video games, compared with 9% of those who play video games but don't identify as gamers. Teen gamers are also less likely to think they spend too little time playing them (19% vs. 10%).

Teens most commonly say they spend the right amount of time playing video games

% of U.S. teens ages 13 to 17 who say the amount of time they spend playing video games is ...



Note: Those who did not give an answer or who do not play video games are not shown.

Source: Survey conducted Sept. 26-Oct. 23, 2023.

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³ There were not enough Asian American respondents in the sample to be broken out into a separate analysis. As always, their responses are incorporated into the general population figures throughout the report.

Fewer than half of teens have reduced how much they play video games. About four-in-ten (38%) say they have ever chosen to cut back on the amount of time they spend playing them. A majority (61%) report that they have not cut back at all.

This share is on par with findings about [whether teenagers have cut back with their screen time](#) – on social media or their smartphone.

By gender

Although boys are more likely to say they play video games too much, boys and girls are on par for whether they have ever cut back. About four-in-ten teen boys (39%) and girls (38%) say that they have ever cut back.

By whether someone identifies as a gamer

And gamers are as likely to say they have cut back as those who play video games but don't identify as gamers (39% and 41%).

About 4 in 10 teens have cut back on how much they play video games

% of U.S. teens ages 13 to 17 who say they have/haven't ever chosen to cut back on the amount of time they spend playing video games



Note: Those who did not give an answer are not shown.
Source: Survey conducted Sept. 26-Oct. 23, 2023.
"Teens and Video Games Today"

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Are teens social with others through video games?

A main goal of our survey was to ask teens about their own experiences playing video games. For this section of the report, we focus on teens who say they play video games.

Socializing with others is a key part of the video game experience. Most teens who play video games do so with others, and some have developed friendships through them.

About nine-in-ten teen video game players (89%) say they play them with other people, in person or online. Far fewer (11%) play them only on their own.

Additionally, about half (47%) report that they have ever made a friend online because of a video game they both play. This equals 40% of all U.S. teens who have made a friend online because of a video game.

Most teens who play video games do so with others; about half made a friend through them

Among U.S. teens ages 13 to 17 who play video games, % who say they ...

Play video games with others  **89%**

Have made a friend online because of a video game  **47%**

Note: Those who did not give an answer are not shown.
Source: Survey conducted Sept. 26-Oct. 23, 2023.
"Teens and Video Games Today"

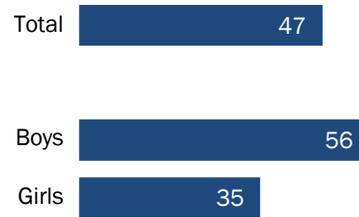
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These experiences vary by:

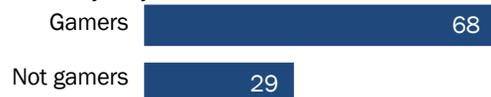
- **Gender:** Most teen boy and girl video game players play them with others, though it's more common among boys (94% vs. 82%). Boys who play video games are much more likely to say they have made a friend online because of a video game (56% vs. 35%).
- **Race and ethnicity:** Black (55%) and Hispanic (53%) teen video game players are more likely than White teen video game players (43%) to say they have made a friend online because of them.
- **Whether someone identifies as a gamer:** Nearly all teen gamers report playing video games with others (98%). Fewer – though still most – of those who play video games but aren't gamers (81%) also play them with others. And about seven-in-ten (68%) say they have made a friend online because of a video game, compared with 29% of those who play them but don't identify as gamers.

Teen boys who play video games are more likely than girls to make friends over video games

Among U.S. teens ages 13 to 17 who play video games, % who say they have ever made a friend online because of a video game



Among teen video game players who say they are ...



Note: White and Black teens include those who report being only one race and are not Hispanic. Hispanic teens are of any race.

Those who did not give an answer are not shown.
Source: Survey conducted Sept. 26-Oct. 23, 2023.

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Do teens think video games positively or negatively impact their lives?

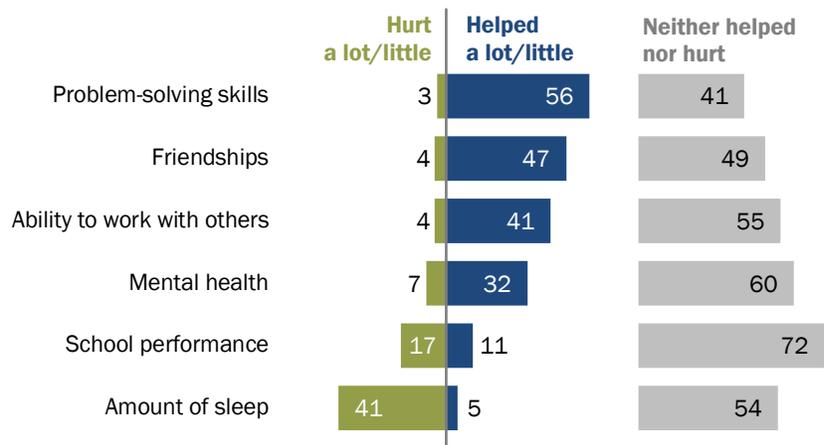
Teens who play video games are particularly likely to say video games help their problem-solving skills. More than half of teens who play video games (56%) say this.

Additionally, more think that video games help, rather than hurt, three other parts of their lives that the survey asked about. Among teens who play video games:

- Roughly half (47%) say it has helped **their friendships**
- 41% say it has helped **how they work with others**
- 32% say it has helped **their mental health**

More than half of teens who play video games say it helps their problem-solving skills, but many say it negatively impacts the amount of sleep they get

Among U.S. teens ages 13 to 17 who play video games, % who say playing them has helped or hurt their ...



Note: Those who did not give an answer are not shown.
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No more than 7% say playing video games has hurt any of these.

More teens who play video games say it hurts, rather than helps, their sleep. Among these teens, 41% say it has hurt how much sleep they get, while just 5% say it helps. And small shares say playing video games has impacted how well they do in school in either a positive or a negative way.

Still, many teens who play video games think playing them doesn't have much an impact in any of these areas. For instance, at least six-in-ten teens who play video games say it has neither a positive nor a negative impact on their mental health (60%) or their school performance (72%). Fewer (41%) say this of their problem-solving skills.

By gender

Teen boys who play video games are more likely than girls to think playing them has helped their problem-solving skills, friendships and ability to work with others. For instance, 55% of teen boys who play video games say this has helped their friendships, compared with 35% of teen girls.

As for ways that it may *hurt* their lives, boys who play them are more likely than girls to say that it has hurt the amount of sleep they get (45% vs. 37%) and how well they do in school (21% vs. 11%).

By whether someone identifies as a gamer

Teens who consider themselves gamers are more likely than those who aren't gamers but play video games to say video games have helped their friendships (60% vs. 35%), ability to work with others (52% vs. 32%), problem-solving skills (66% vs. 47%) and mental health (41% vs. 24%).

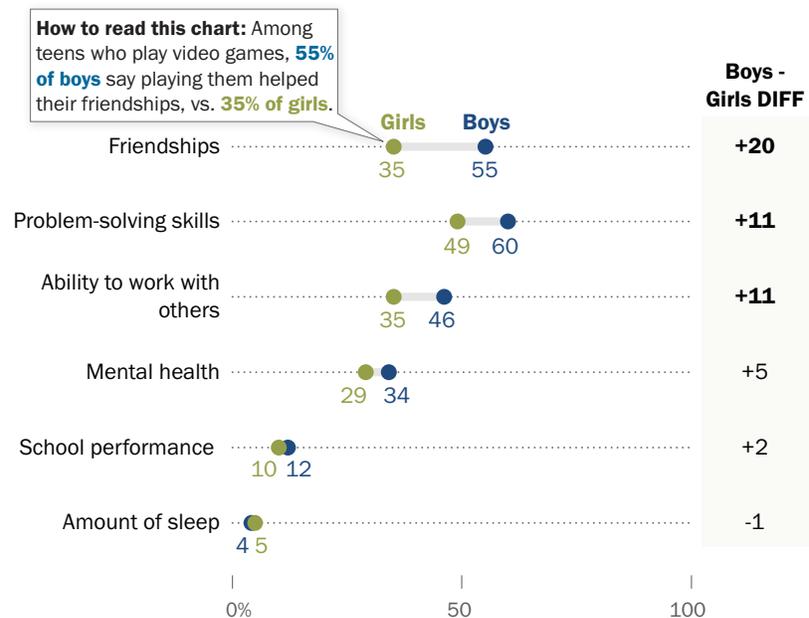
Gamers, though, are somewhat more likely to say playing them hurt their sleep (48% vs. 36%) and how well they do in school (20% vs. 14%).

By whether teens play too much, too little or the right amount

Teens who report playing video games too much stand out for thinking video games have hurt their sleep and school performance. Two-thirds of these teens say it has hurt the amount of sleep they get, and 39% say it hurt their schoolwork. Far fewer of those who say they play the right

Boys who play video games are more likely than girls to think it helps friendships, problem-solving, ability to work with others

Among U.S. teens ages 13 to 17 who play video games, % who say playing them has **helped** their ...



Note: Differences in **bold font** are statistically significant. Those who did not give an answer or who gave a different response are not shown.

Source: Survey conducted Sept. 26-Oct. 23, 2023.

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amount (38%) or too little (32%) say it has hurt their sleep, or say it hurt their schoolwork (12% and 16%).

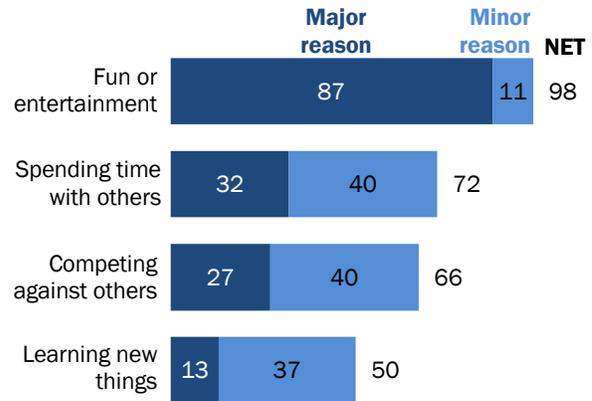
Why do teens play video games?

Teens who play video games say they largely do so to be entertained. And many also play them to be social with and interact with others. Teens who play video games were asked about four reasons why they play video games. Among those who play video games:

- Nearly all say **fun or entertainment** is a major or minor reason why they play video games – with a large majority (87%) saying it’s a major reason.
- Roughly three-quarters say **spending time with others** is a reason, and two-thirds say this of **competing with others**. Roughly three-in-ten say each is a major reason.
- Fewer – 50% – see **learning something** as a reason, with just 13% saying it’s a major reason.

Most common reason teens play video games is entertainment

Among U.S. teens ages 13 to 17 who play video games, % who say ___ is a reason why they play them



Note: Figures may not add up to the NET values due to rounding. Those who did not give an answer or who said it is not a reason are not shown.

Source: Survey conducted Sept. 26-Oct. 23, 2023. “Teens and Video Games Today”

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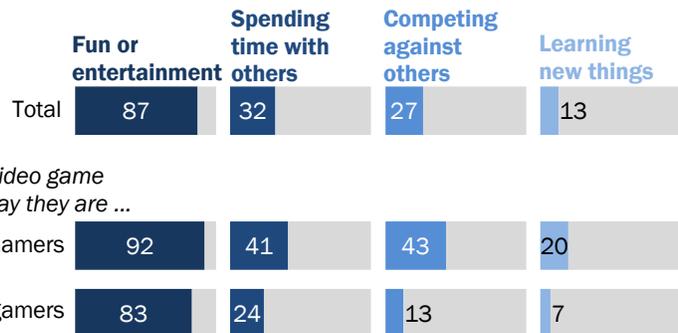
While entertainment is by far the most common reason given by teens who play video games, **differences emerge across groups in why they play video games.**

By whether someone identifies as a gamer

Teens who identify as gamers are particularly likely to say each is major reason, especially when it comes to competing against others. About four-in-ten gamers (43%) say this is a major reason, compared with 13% of those who play video games but aren't gamers.

Teen gamers are especially likely to say spending time and competing with others are reasons why they play

Among U.S. teens ages 13 to 17 who play video games, % who say ___ is a major reason why they play them



Note: Those who did not give an answer or who gave a different response are not shown.
Source: Survey conducted Sept. 26-Oct. 23, 2023.
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By gender

Teen boys who play video games are more likely than girls to say competing (36% vs. 15%), spending time with others (36% vs. 27%) and entertainment (90% vs. 83%) are major reasons they play video games.

By race and ethnicity

Black and Hispanic teens who play video games are more likely than White teens to say that learning new things and competing against others are major reasons they play them. For instance, 29% of Black teen video game players say learning something new is a major reason, higher than 17% of Hispanic teen video game players. Both are higher than the 7% of White teen video game players who say the same.

By household income

Teens who play video games and live in lower-income households are especially likely to say competing against others and learning new things are major reasons. For instance, four-in-ten teen video game players who live in households with an annual income of less than \$30,000 say competing against others is a major reason they play. This is higher than among those in households with annual incomes of \$30,000 to \$74,999 (29%) and \$75,000 or more (23%).

Bullying and violence in video games

Cyberbullying can happen in many online environments, but many teens encounter this in the video game world.

Our survey finds that **name-calling is a relatively common feature of video game life – especially for boys**. Roughly four-in-ten teen video game players (43%) say they have been harassed or bullied while playing a video game in one of three ways:

- 41% have been called an **offensive name**
- 12% have been **physically threatened**
- 8% have been sent **unwanted sexually explicit things**

By gender

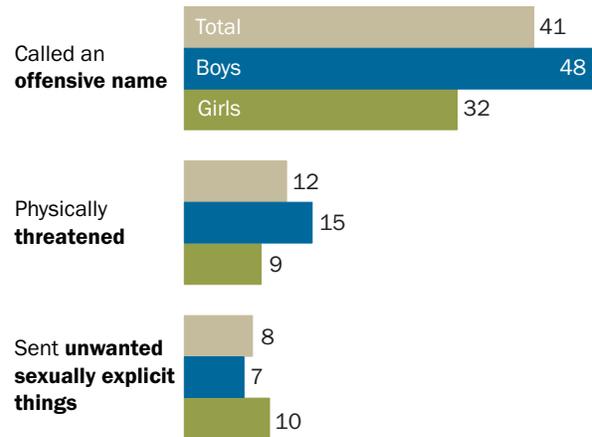
Teen boys are particularly likely to say they have been called an offensive name. About half of teen boys who play video games (48%) say this has happened while playing them, compared with about a third of girls (32%). And they are somewhat more likely than girls to have been physically threatened (15% vs. 9%).

By whether someone identifies as a gamer

Teen gamers are more likely than those who play video games but aren't gamers to say they been called and offensive name (53% vs. 30%), been physically threatened (17% vs. 8%) and sent unwanted sexually explicit things (10% vs. 6%).

About half of teen boys who play video games say they have been called an offensive name while playing

Among U.S. teens ages 13 to 17 who play video games, % who say they have experienced the following when playing video games



Note: Those who did not give an answer are not shown.
Source: Survey conducted Sept. 26-Oct. 23, 2023.
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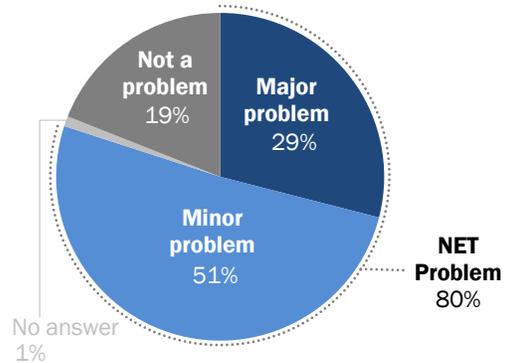
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Teens – regardless of whether they’ve had these experiences – think bullying is a problem in gaming. Eight-in-ten U.S. teens say that when it comes to video games, harassment and bullying is a problem for people their age. This includes 29% who say it is a *major* problem.

It’s common for teens to think harassment while playing video games is a problem, but girls are somewhat more likely than boys to say it’s a major problem (33% vs. 25%).

Most teens say that bullying while playing video games is a problem for people their age

% of U.S. teens ages 13 to 17 who say harassment and bullying is (a) ___ for people their age when it comes to video games



Source: Survey conducted Sept. 26-Oct. 23, 2023.
“Teens and Video Games Today”

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There have also been decades-long debates about how violent video games can [influence youth behavior, if at all](#) – such as by encouraging or desensitizing them to violence. We wanted to get a sense of how commonly violence shows up in the video games teens are playing.

Just over half of teens who play video games (56%) say at least some of the games they play contain violence. This includes 16% who say it’s in all or most of the games they play.

By gender

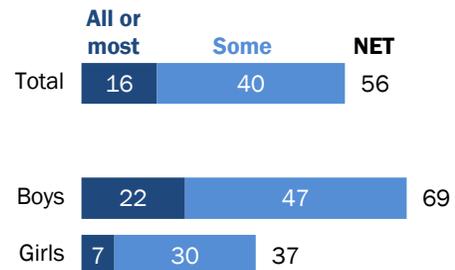
Teen boys who play video games are far more likely than girls to say that at least some of the games they play contain violence (69% vs. 37%).

By whether someone identifies as a gamer

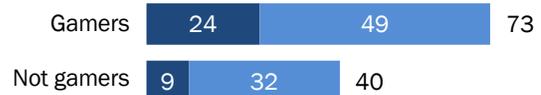
About three-quarters of teen gamers (73%) say that at least some of the games they play contain violence, compared with 40% among video game players who aren’t gamers.

About 7 in 10 teen boys who play video games say there is violence in at least some of the games they play

Among U.S. teens ages 13 to 17 who play video games, % who say ___ of the games they play contain violence



Among teen video game players who say they are ...



Note: Figures may not add up to the NET values due to rounding. Those who did not give an answer or who gave a different response are not shown.

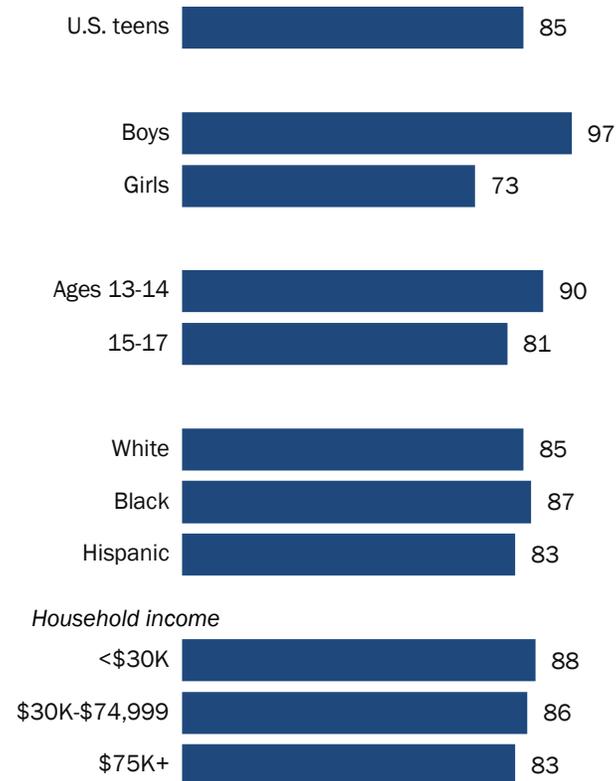
Source: Survey conducted Sept. 26-Oct. 23, 2023. "Teens and Video Games Today"

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Appendix A: Detailed charts

Share of U.S. teens who play video games, by demographic group

% of U.S. teens ages 13 to 17 who say they ever play video games



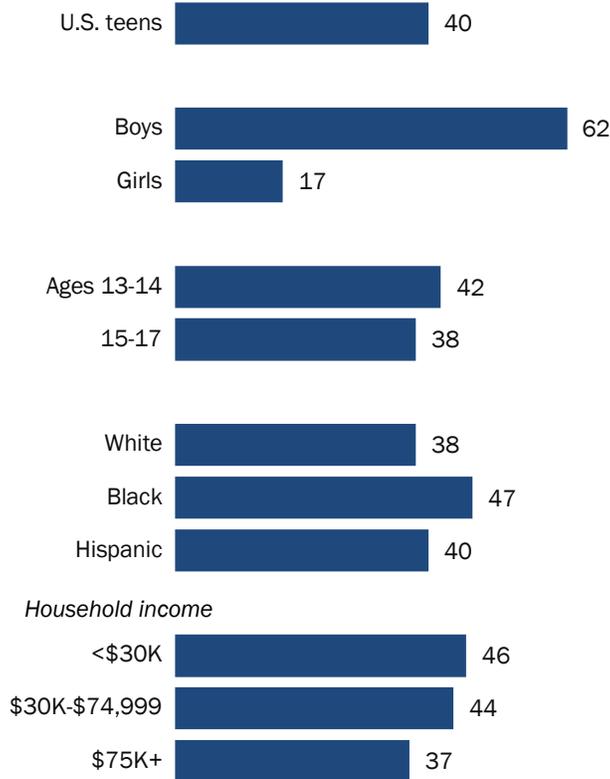
Note: White and Black teens include those who report being only one race and are not Hispanic. Hispanic teens are of any race. Those who did not give an answer are not shown.
Source: Survey conducted Sept. 26-Oct. 23, 2023.

"Teens and Video Games Today"

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Share of U.S. teens who identify as gamers, by demographic group

% of U.S. teens ages 13 to 17 who say they think of themselves as a gamer



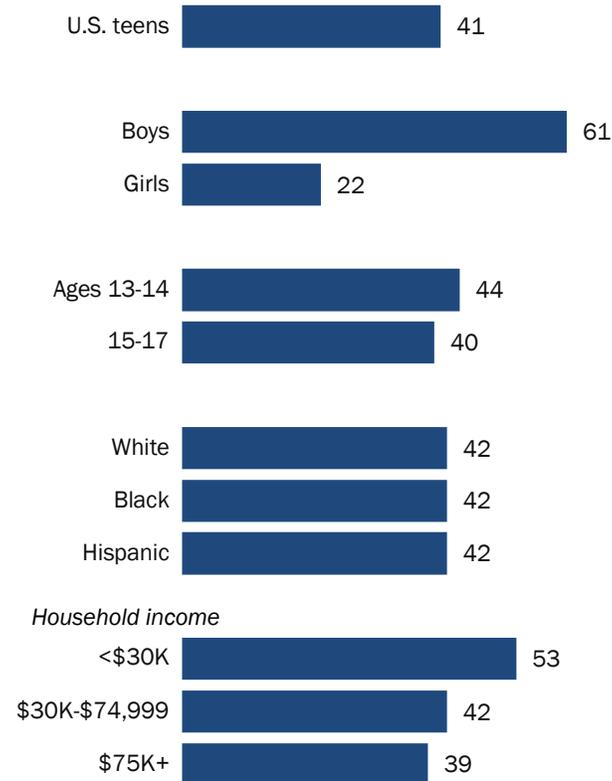
Note: White and Black teens include those who report being only one race and are not Hispanic. Hispanic teens are of any race. Those who did not give an answer are not shown.
Source: Survey conducted Sept. 26-Oct. 23, 2023.

"Teens and Video Games Today"

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Share of U.S. teens who play video games daily, by demographic group

*% of U.S. teens ages 13 to 17 who say they play video games **at least once a day***



Note: White and Black teens include those who report being only one race and are not Hispanic. Hispanic teens are of any race. Those who did not give an answer or who gave a different response are not shown.

Source: Survey conducted Sept. 26-Oct. 23, 2023.

"Teens and Video Games Today"

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Methodology

The analysis in this report is based on a self-administered web survey conducted from Sept. 26 to Oct. 23, 2023, among a sample of 1,453 dyads, with each dyad (or pair) comprised of one U.S. teen ages 13 to 17 and one parent per teen. The margin of sampling error for the full sample of 1,453 teens is plus or minus 3.2 percentage points. The margin of sampling error for the full sample of 1,453 parents is plus or minus 3.2 percentage points. The survey was conducted by Ipsos Public Affairs in English and Spanish using KnowledgePanel, its nationally representative online research panel.

The research plan for this project was submitted to an external institutional review board (IRB), Advarra, which is an independent committee of experts that specializes in helping to protect the rights of research participants. The IRB thoroughly vetted this research before data collection began. Due to the risks associated with surveying minors, this research underwent a full board review and received approval (Approval ID Pro00073203).

KnowledgePanel members are recruited through probability sampling methods and include both those with internet access and those who did not have internet access at the time of their recruitment. KnowledgePanel provides internet access for those who do not have it and, if needed, a device to access the internet when they join the panel. KnowledgePanel's recruitment process was originally based exclusively on a national random-digit dialing (RDD) sampling methodology. In 2009, Ipsos migrated to an address-based sampling (ABS) recruitment methodology via the U.S. Postal Service's Delivery Sequence File (DSF). The Delivery Sequence File has been estimated to cover as much as 98% of the population, although some studies suggest that the coverage could be in the low 90% range.⁴

Panelists were eligible for participation in this survey if they indicated on an earlier profile survey that they were the parent of a teen ages 13 to 17. A random sample of 3,981 eligible panel members were invited to participate in the study. Responding parents were screened and considered qualified for the study if they reconfirmed that they were the parent of at least one child ages 13 to 17 and granted permission for their teen who was chosen to participate in the study. In households with more than one eligible teen, parents were asked to think about one randomly selected teen, and that teen was instructed to complete the teen portion of the survey. A survey was considered complete if both the parent and selected teen completed their portions of the questionnaire, or if the parent did not qualify during the initial screening.

⁴ AAPOR Task Force on Address-based Sampling. 2016. "[AAPOR Report: Address-based Sampling.](#)"

Of the sampled panelists, 1,763 (excluding break-offs) responded to the invitation and 1,453 qualified, completed the parent portion of the survey, and had their selected teen complete the teen portion of the survey, yielding a final stage completion rate of 44% and a qualification rate of 82%. The cumulative response rate accounting for nonresponse to the recruitment surveys and attrition is 2.2%. The break-off rate among those who logged on to the survey (regardless of whether they completed any items or qualified for the study) is 26.9%.

Upon completion, qualified respondents received a cash-equivalent incentive worth \$10 for completing the survey. To encourage response from non-Hispanic Black panelists, the incentive was increased from \$10 to \$20 on Oct 5, 2023. The incentive was increased again on Oct. 10, from \$20 to \$40; then to \$50 on Oct. 17; and to \$75 on Oct. 20. Reminders and notifications of the change in incentive were sent for each increase.

All panelists received email invitations and any nonresponders received reminders, shown in the table. The field period was closed on Oct. 23, 2023.

Invitation and reminder dates

Invitation	Sept. 26, 2023
First reminder	Sept. 28, 2023
Second reminder	Oct. 2, 2023

Weighting

The analysis in this report was performed using separate weights for parents and teens.

The parent weight was created in a multistep process that begins with a base design weight for the parent, which is computed to reflect their probability of selection for recruitment into the KnowledgePanel. These selection probabilities were then adjusted to account for the probability of selection for this survey, which included

oversamples of non-Hispanic Black and Hispanic parents. Next, an iterative technique was used to

Weighting dimensions

Variable	Benchmark source
Age x Gender	2023 March Supplement of the Current Population Survey (CPS)
Race/Ethnicity	
Census Region	
Metropolitan Status	
Education (Parents only)	
Household Income	
Household Income x Race/Ethnicity	
Total Household Size	
Language Proficiency	2021 American Community Survey (ACS)

Note: Estimates from the ACS are based on noninstitutionalized adults.

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align the parent design weights to population benchmarks for parents of teens ages 13 to 17 on the dimensions identified in the accompanying table, to account for any differential nonresponse that may have occurred.

To create the teen weight, an adjustment factor was applied to the final parent weight to reflect the selection of one teen per household. Finally, the teen weights were further raked to match the demographic distribution for teens ages 13 to 17 who live with parents. The teen weights were adjusted on the same teen dimensions as parent dimensions with the exception of teen education, which was not used in the teen weighting.

Sampling errors and tests of statistical significance take into account the effect of weighting. Interviews were conducted in both English and Spanish.

In addition to sampling error, one should bear in mind that question wording and practical difficulties in conducting surveys can introduce error or bias into the findings of opinion polls.

The following table shows the unweighted sample sizes and the error attributable to sampling that would be expected at the 95% level of confidence for different groups in the survey:

Group	Unweighted sample size	Plus or minus ...
Teens (ages 13-17)	1,453	3.2 percentage points
Plays video games	1,245	3.4 percentage points
Boys	735	4.5 percentage points
Girls	697	4.6 percentage points
<i>Among teen video game players who say they are...</i>		
Gamers	590	5.0 percentage points
Not gamers	655	4.7 percentage points

Note: This survey includes oversamples of non-Hispanic Black and Hispanic respondents. Unweighted sample sizes do not account for the sample design or weighting and do not describe a group's contribution to weighted estimates. Refer to the Weighting section for details.

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Sample sizes and sampling errors for subgroups are available upon request.

Dispositions and response rates

The tables below display dispositions used in the calculation of completion, qualification and cumulative response rates.⁵

Dispositions	
Total panelists assigned	3,981
Total study completes (including nonqualified)	1,763
Number of qualified completes	1,453
Number of study break-offs	647
Study completion rate (COMPR)	44.2%
Study qualification rate (QUALR)	82%
Study break-off rate (BOR)	26.9%
Cumulative response rate calculations	
Study-specific average panel recruitment rate (RECR)	8.8%
Study-specific average household profile rate (PROR)	57.2%
Study-specific average household retention rate (RETR)	35.4%
Cumulative response rate	2.2%

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⁵ For more information on this method of calculating response rates, refer to: Callegaro, Mario, and Charles DiSogra. 2008. [“Computing response metrics for online panels.”](#) Public Opinion Quarterly.

Topline questionnaire

**2023 PEW RESEARCH CENTER'S TEENS SURVEY
SEPTEMBER 26-OCTOBER 23, 2023
TEENS AGES 13-17 N=1,453**

NOTE: ALL NUMBERS ARE PERCENTAGES UNLESS OTHERWISE NOTED. ROWS/COLUMNS MAY NOT TOTAL 100% DUE TO ROUNDING.

	Sample size	Margin of error at 95% confidence level
U.S. teens ages 13-17	1,453	+/- 3.2 percentage points

ASK ALL:

VGUSE Do you ever play video games, such as on a gaming device, on a computer, on a smartphone, or online?

Sep 26-Oct 23, 2023

85	Yes, I play video games
15	No, I do not play video games
<1	No answer

ASK THOSE WHO PLAY VIDEO GAMES (VGUSE=1) [N=1,245]:

TGAMER Do you think of yourself as a gamer?

Sep 26-Oct 23, 2023

47	Yes, I think of myself as a gamer
53	No, I do not think of myself as a gamer
0	No answer

TGAMER BASED ON ALL TEENS:

Sep 26-Oct 23, 2023

40	Yes, I think of myself as a gamer
45	No, I do not think of myself as a gamer
15	Does not play video games
0	No answer to TGAMER
<1	No answer to VGUSE

ASK THOSE WHO PLAY VIDEO GAMES (VGUSE=1) [N=1,245]:VGDEVICE Do you ever play video games on any of the following devices? **[RANDOMIZE ITEMS]**

	<u>Yes, I do</u>	<u>No, I do not</u>	<u>No answer</u>
a. A desktop or laptop computer Sep 26-Oct 23, 2023	58	42	<1
b. A gaming console (such as a PlayStation, Switch, X-Box) Sep 26-Oct 23, 2023	86	14	0
c. A virtual reality (VR) headset (such as an Oculus, Meta Quest, PlayStation VR) Sep 26-Oct 23, 2023	28	72	<1
d. A smartphone Sep 26-Oct 23, 2023	83	17	<1
e. A tablet computer Sep 26-Oct 23, 2023	39	61	<1

VGDEVICE BASED ON ALL TEENS:

	<u>Yes, I do</u>	<u>No, I do not</u>	<u>Does not play video games</u>	<u>No answer to VGDEVICE</u>	<u>No answer to VGUSE</u>
a. A desktop or laptop computer Sep 26-Oct 23, 2023	49	35	15	<1	<1
b. A gaming console (such as a PlayStation, Switch, X-Box) Sep 26-Oct 23, 2023	73	12	15	0	<1
c. A virtual reality (VR) headset (such as an Oculus, Meta Quest, PlayStation VR) Sep 26-Oct 23, 2023	24	61	15	<1	<1
d. A smartphone Sep 26-Oct 23, 2023	70	14	15	<1	<1
e. A tablet computer Sep 26-Oct 23, 2023	33	52	15	<1	<1

ASK THOSE WHO PLAY VIDEO GAMES (VGUSE=1) [N=1,245]:

VGFREQ How often do you play video games?

Sep 26-Oct 23, 2023

27	Several times a day
22	About once a day
26	Several times a week
16	About once a week
9	Less often
0	No answer

VGFRQ BASED ON ALL TEENS:Sep 26-Oct 23, 2023

23	Several times a day
18	About once a day
22	Several times a week
14	About once a week
7	Less often
15	Does not play video games
0	No answer to VGFRQ
<1	No answer to VGUSE

ASK THOSE WHO PLAY VIDEO GAMES (VGUSE=1) [N=1,245]:VGREA Is each of the following a reason why you play video games? **[RANDOMIZE ITEMS]**

		<u>Major reason</u>	<u>Minor reason</u>	<u>Not a reason</u>	<u>No answer</u>
a.	Fun or entertainment Sep 26-Oct 23, 2023	87	11	1	<1
b.	Spending time with others Sep 26-Oct 23, 2023	32	40	28	1
c.	Learning new things Sep 26-Oct 23, 2023	13	37	50	<1
d.	Competing against others Sep 26-Oct 23, 2023	27	40	33	<1

ASK THOSE WHO PLAY VIDEO GAMES (VGUSE=1) [N=1,245]:

VGCNTNT How many of the video games you typically play contain violence?

Sep 26-Oct 23, 2023

16	All or most
40	Some
29	Only a few
16	None
<1	No answer

ASK THOSE WHO PLAY VIDEO GAMES (VGUSE=1) [N=1,245]:

VGOTHERS Do you ever play video games with others, either in person or online?

Sep 26-Oct 23, 2023

89	Yes, I play video games with others
11	No, I never play video games with others
<1	No answer

ASK THOSE WHO PLAY VIDEO GAMES (VGUSE=1) [N=1,245]:

VGFRIEND Have you ever made a friend online because of a video game you both played?

Sep 26-Oct 23, 2023

47	Yes, I have done this
53	No, I have not done this
0	No answer

ASK THOSE WHO PLAY VIDEO GAMES (VGUSE=1) [N=1,245]:

VGEEFFECT Do you think playing video games has helped or hurt... [RANDOMIZE ITEMS;
RANDOMLY DISPLAY RESPONSE 1-5 OR 5-1 FOR HALF]

		Helped <u>a lot</u>	Helped <u>a little</u>	Neither helped <u>nor hurt</u>	Hurt a <u>little</u>	Hurt a <u>lot</u>	No <u>answer</u>
a.	Your friendships Sep 26-Oct 23, 2023	14	32	49	3	1	1
b.	How well you do in school Sep 26-Oct 23, 2023	4	7	72	15	2	<1
c.	Your problem-solving skills Sep 26-Oct 23, 2023	16	40	41	3	1	<1
d.	How well you work with others Sep 26-Oct 23, 2023	10	31	55	3	1	<1
e.	Your mental health Sep 26-Oct 23, 2023	11	21	60	7	1	<1
f.	How much sleep you get Sep 26-Oct 23, 2023	2	3	54	37	4	<1

ASK ALL:

VGPROB When it comes to people your age playing video games, how much of a problem do you think harassment and bullying are?

Sep 26-Oct 23, 2023

29	Major problem
51	Minor problem
19	Not a problem
1	No answer

ASK THOSE WHO PLAY VIDEO GAMES (VGUSE=1) [N=1,245]:

VGOH Have you ever experienced any of the following while playing video games?
[RANDOMIZE ITEMS]

		Yes, this has <u>happened to me</u>	No, this has not <u>happened to me</u>	<u>No answer</u>
a.	Being called an offensive name Sep 26-Oct 23, 2023	41	59	<1
b.	Being physically threatened Sep 26-Oct 23, 2023	12	87	<1
c.	Someone sending unwanted sexually explicit things to you Sep 26-Oct 23, 2023	8	92	<1

DISPLAY TO ALL:

Now we'd like to learn about your experiences with certain websites and mobile apps...

ASK ALL:TSNS1 Do you ever use any of the following apps or sites? **[RANDOMIZE ITEMS]**

		Yes, I use this <u>app or site</u>	No, I do not use this <u>app or site</u>	<u>No answer</u>
a.	Twitter (recently renamed to "X") ⁶			
	Sep 26-Oct 23, 2023	20	79	1
	Apr 14-May 4, 2022	23	77	<1
	Sep 25-Oct 9, 2014 & Feb 10-Mar 16, 2015	33	66	<1
b.	Instagram			
	Sep 26-Oct 23, 2023	59	41	<1
	Apr 14-May 4, 2022	62	38	<1
	Sep 25-Oct 9, 2014 & Feb 10-Mar 16, 2015	52	48	<1
c.	Facebook			
	Sep 26-Oct 23, 2023	33	67	1
	Apr 14-May 4, 2022	32	67	<1
	Sep 25-Oct 9, 2014 & Feb 10-Mar 16, 2015	71	29	<1
d.	Snapchat			
	Sep 26-Oct 23, 2023	60	39	1
	Apr 14-May 4, 2022	59	41	<1
	Sep 25-Oct 9, 2014 & Feb 10-Mar 16, 2015	41	59	<1
e.	YouTube			
	Sep 26-Oct 23, 2023	93	6	<1
	Apr 14-May 4, 2022	95	5	<1
NO ITEM f.				
g.	Reddit			
	Sep 26-Oct 23, 2023	14	85	1
	Apr 14-May 4, 2022	14	85	1
h.	TikTok			
	Sep 26-Oct 23, 2023	63	36	1
	Apr 14-May 4, 2022	67	33	<1
i.	Twitch			
	Sep 26-Oct 23, 2023	17	82	1
	Apr 14-May 4, 2022	20	79	1
j.	WhatsApp			
	Sep 26-Oct 23, 2023	21	79	1
	Apr 14-May 4, 2022	17	82	<1
k.	Discord			
	Sep 26-Oct 23, 2023	28	71	1

⁶ September-October 2014/February-March 2015 item wording was "Twitter."

I.	BeReal			
	Sep 26-Oct 23, 2023	13	86	1

ASK IF SMARTPHONE USER OR PLAYS VIDEO GAMES (DEVICEa=1 OR VGUSE=1):

DEVTIME Overall, would you say the amount of time you spend on the following is...
[RANDOMIZE ITEMS; RANDOMIZE RESPONSE OPTIONS 1 & 2 WITH 3 ALWAYS LAST]

		<u>Too much</u>	<u>Too little</u>	<u>About right</u>	<u>No answer</u>
a.	ASK THOSE WHO PLAY VIDEO GAMES (VGUSE=1) [N=1,245]: Playing video games Sep 26-Oct 23, 2023	16	15	69	<1
b.	ASK SMARTPHONE USERS (DEVICEa=1) [N=1,389]: Your smartphone Sep 26-Oct 23, 2023	40	6	54	<1

DEVTIMEa BASED ON ALL TEENS:

		<u>Too much</u>	<u>Too little</u>	<u>About right</u>	<u>Does not play video games</u>	<u>No answer to DEVTIMEa</u>	<u>No answer to VGUSE</u>
a.	Playing video games Sep 26-Oct 23, 2023	14	13	58	15	<1	<1

ASK ALL:

TCUTBACK Have you ever chosen to cut back on the amount of time you spend on the following?
[RANDOMIZE ITEMS]

		<u>Yes, I have done this</u>	<u>No, I have not done this</u>	<u>No answer</u>
a.	Your smartphone Sep 26-Oct 23, 2023	36	63	1
b.	Social media Sep 26-Oct 23, 2023	39	60	1
c.	Playing video games Sep 26-Oct 23, 2023	38	61	1