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# Teens, Social Media and Mental Health

*Most teens credit social media with feeling more connected to friends. Still, roughly 1 in 5 say social media sites hurt their mental health, and a growing share think they harm people their age*

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## RECOMMENDED CITATION

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## How we did this

Pew Research Center conducted this study to understand teens' experiences and attitudes around teen mental health and social media. Part of this study also examines parents' perspectives.

The Center conducted an online survey of 1,391 U.S. teens and parents from Sept. 18 to Oct. 10, 2024, 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. Parents were asked to think about one teen in their household (if there were multiple teens ages 13 to 17 in the household, one was randomly chosen). At the conclusion of the parent's section, the parent was asked to have this chosen teen come to the computer and complete the survey in private.

The survey is weighted to be representative of two different populations: 1) parents with teens ages 13 to 17 and 2) teens ages 13 to 17 who live with parents. For each of these populations, the survey is weighted to be representative by age, gender, race and ethnicity, household income and other categories.

Here are [the questions among teens](#) and [among parents](#) used for this report, along with responses, and [the survey methodology](#).

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.

# Teens, Social Media and Mental Health

*Most teens credit social media with feeling more connected to friends. Still, roughly 1 in 5 say social media sites hurt their mental health, and a growing share think they harm people their age*

Rising rates of [poor mental health among youth](#) have been called a national crisis. While this is often linked to factors like the [COVID-19 pandemic or poverty](#), some officials, like former Surgeon General Vivek Murthy, name social media [as a major threat](#) to teenagers.

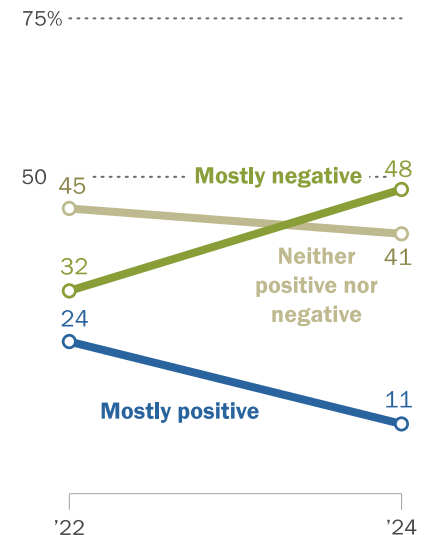
Our latest survey of U.S. teens ages 13 to 17 and their parents finds that parents are generally more worried than their children about the mental health of teenagers today.

And while both groups call out social media's impact on young people's well-being, parents are more likely to make this connection.<sup>1</sup>

Still, teens are growing more wary of social media for their peers. Roughly half of teens (48%) say these sites have a mostly negative effect on people their age, up from 32% in 2022. But fewer (14%) think they negatively affect them personally.

## 48% of teens say social media harm people their age, up from 32% in 2022

% of U.S. teens ages 13 to 17 who say social media have (a) \_\_\_ effect on people their age



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

Source: Survey conducted Sept. 18-Oct. 10, 2024.

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<sup>1</sup> Throughout this report, "teens" refers to those ages 13 to 17 and "parents" refers to those with a child ages 13 to 17.

**Other key findings from the survey:**

- **More teens report spending too much time on social media:** 45% of teens say they spend too much time on social media in our current survey, up from 36% in 2022.
- **Girls' experiences on social media skew more negative, at times:** Teen girls are more likely than boys to say social media hurt their mental health (25% vs. 14%), confidence (20% vs. 10%) or sleep (50% vs. 40%).
- **A majority of teens see social media as a positive space for friendships and creativity:** 74% of teens say these platforms make them feel more connected to their friends, and 63% say they give them a place to show off their creative side.
- **Teens and parents have different comfort levels talking about teen mental health:** 80% of parents say they're extremely or very comfortable talking to their teen about their teen's mental health. Smaller shares of teens (52%) feel the same way.
- **Social media as a mental health resource:** 34% of teens say they at least sometimes get information about mental health on social media.

**Jump to read about views among *parents and teens* on:** [Mental health concerns](#) | [Openness to talking about mental health with others](#)

**Jump to read about views among *teens* on:** [Social media as a mental health resource](#) | [Social media's effect on teens](#) | [Feelings about social media in their own lives](#) | [Screen time](#)

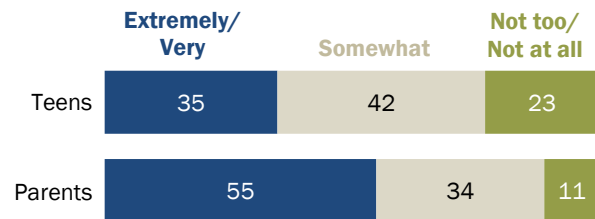
## Parents' and teens' concerns about mental health

To better understand how families are grappling with issues related to youth mental health, we asked teens and parents to share their level of concern, thoughts on underlying causes, and openness to discussing mental health.

**Parents are more likely than teens to be concerned about teen mental health today.** Overall, 55% of parents report being extremely or very concerned about the mental health of teens today. Fewer teens (35%) say the same, according to our survey of 1,391 parents and their teens conducted Sept. 18-Oct. 10, 2024.

### Parents are more concerned than teens about teen mental health

% of U.S. parents and teens ages 13 to 17 who say they are \_\_\_ concerned about the mental health of teens these days



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

Source: Survey conducted Sept. 18-Oct. 10, 2024.

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On the other hand, a larger share of teens than parents say they're *not too* or *not at all* worried about the state of teen mental health (23% vs. 11%).

### About this report

There are [growing debates](#) about social media's impact on youth mental health. This survey seeks to surface teens' and their parents' perspectives on this topic, not to supply evidence or establish causality.

We used the overarching term "mental health" throughout our survey questions to ask teens and parents about their broad experiences.

## Teens' and parents' views, by gender

**Teens' concerns about mental health differ by gender. Girls more often than boys say that they are highly concerned about teen mental health (42% vs. 28%).**

We also see differences among parents – both based on their gender and the gender of their child.

Mothers are more likely than fathers to say they are extremely or very concerned about the mental state of teens today (61% vs. 47%).

Additionally, parents of a teen girl are more likely than those with a teen boy to express high levels of concern (61% vs. 49%).

**Related:** [\*The Gender Gap in Teen Experiences\*](#)

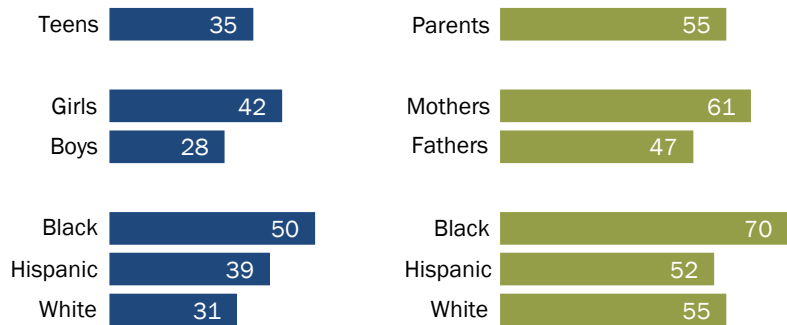
## Teens' and parents' views, by race and ethnicity

There are also notable differences by race and ethnicity. Seven-in-ten Black parents say they are extremely or very worried about teen mental health. This is higher than the shares seen among White (55%) and Hispanic (52%) parents.<sup>2</sup>

Black teens also stand out in their concern about teen mental health. Half of Black teens report being highly concerned, compared with 39% of Hispanic teens and an even smaller share of White teens (31%).

### Racial and gender differences in parents' and teens' concerns about teen mental health

% of U.S. parents and teens ages 13 to 17 who say they are **extremely/very concerned** about the mental health of teens these days



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

Source: Survey conducted Sept. 18-Oct. 10, 2024.

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<sup>2</sup> There were not enough Asian respondents in the sample to be broken out into a separate analysis. As always, their responses are included in the general population figures throughout the report.

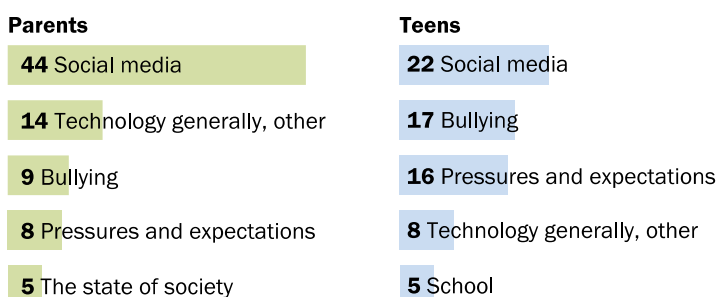
## What contributes the most to teens' mental health?

Parents and teens who say they are at least somewhat concerned about teen mental health today were then asked what they think *most negatively* impacts it.

While both groups cited similar themes, parents more often blame social media, while teens cite a range of factors, including social media, bullying and social pressures.

### Parents are more likely than teens to cite social media as a threat to teen mental health

*Among the 89% of U.S. parents and 77% of teens who say they are at least somewhat concerned about teen mental health these days, % who say \_\_\_ is the one thing they think most negatively impacts teen mental health*



Note: Teens refers to those ages 13 to 17. Parents refers to those with a child ages 13 to 17. Verbatim responses have been coded into categories. Only responses that were given by at least 5% of respondents are shown. Refer to the Topline for the full list of categories. Source: Survey conducted Sept. 18-Oct. 10, 2024. "Teens, Social Media and Mental Health"

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## Views among parents

**Social media is the top reason parents give** when asked about what most negatively impacts teens. Among parents who are at least somewhat concerned about teen mental health, 44% say social media have the biggest negative impact on teens today.

“They live in a fake world of social media that limits them as human beings, distancing them from their family.” (Translated from Spanish)  
– Mother of teen

“Social media is a big part of teens’ lives nowadays, and they are always trying to live up to the expectations of all the friends on their pages.”  
– Father of teen

Some of these parents – though far fewer – mention the negative impacts on teens of **technology more broadly** or name another specific type of technology (14%).

“Technology, which is making them more afraid to try things, makes them less creative and makes them less likely to figure out how to solve their own problems, whether relationally or physically.”  
– Mother of teen

And about one-in-ten say online or offline **bullying** (9%) or the **pressures and expectations** that teens experience (8%) is the main contributor.

“Kids bullying, making fun of the less fortunate or the kids that aren't sports-oriented or considered cool.”  
– Mother of teen

“[There’s] too much emphasis on the idea that they need to be perfect. In academics, social interactions, appearance, fitness and every conceivable way.”  
– Father of teen

## Views among teens

Parents often point to social media, but teens cite a broader range of negative influences on youth mental health.

Still, among teens who say they are at least somewhat concerned about the mental health of teens today, **22% cite social media as the main factor.**

“The overuse of social media in our society seems to be the main cause of depression among those in my age group. People seem to let themselves be affected by the opinions of people they don’t know, and it wreaks havoc upon people’s states of mind.”

– Teen boy

“The people they see on social media, it makes them think they have to look and be like them or they won’t be liked.” – Teen girl

Another 8% of these teens point to **technology broadly** or another type of technology.

About one-in-five teens who are at least somewhat concerned cited **bullying** – in person or online (17%). And 16% say the **pressures and expectations** placed on teens today is what most negatively impacts teen mental health.

“Bullying from other students and the ones that want to fit in and be accepted.”

– Teen boy

“Everyone expects teens to have it all figured out by the time we get out of high school. Sometimes we don’t know what we want to do. We are figuring life out too.”

– Teen girl

## Comfort levels with discussing mental health

The [National Institute of Mental Health](#) highlights the importance of open communication to help teens feel supported. But are parents and teens comfortable having these conversations?

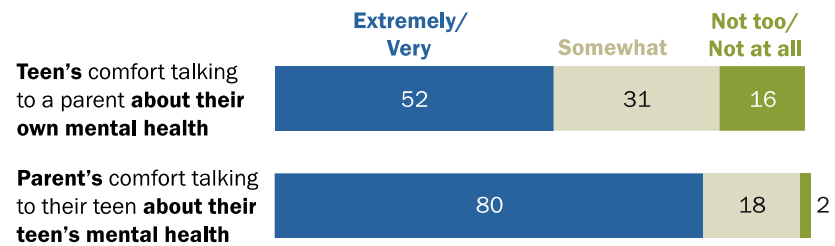
**The vast majority of parents are comfortable talking with their teen about their child's mental health; fewer teens are comfortable doing this.**

Eight-in-ten parents say they would be extremely or very comfortable doing so, compared with 52% of teens.

Most mothers and fathers say they'd be extremely or very comfortable having these conversations with their teens. However, the share is higher among moms than dads (84% vs. 75%).

**80% of parents say they would be highly comfortable talking to their teen about their teen's mental health; fewer teens would be comfortable with this**

*% of U.S. parents and teens ages 13 to 17 who say they would be \_\_\_ comfortable talking with one another about the teen's mental health*



Note: Those who did not give an answer are not shown.  
Source: Survey conducted Sept. 18-Oct. 10, 2024.  
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Just 2% of parents say they would be not too or not at all comfortable, while this share rises to 16% among teens.

Besides parents, we also asked teens about their comfort levels in discussing their mental health with four other types of people: friends, therapists, family members and teachers. Our survey finds their openness varies widely by who they're talking to.

**A parent:** Roughly half of the teens say they would be extremely or very comfortable talking with a parent about their own mental health.<sup>3</sup>

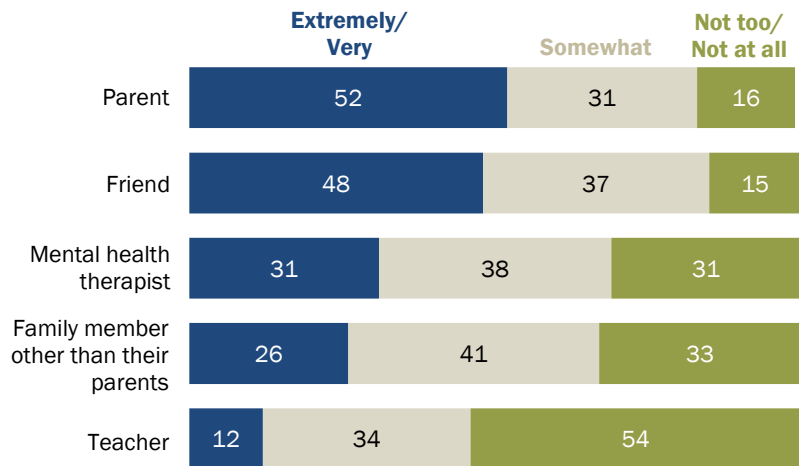
**A friend:** 48% say they'd be highly comfortable talking about their mental health with a friend. This makes parents and friends the top choices for teens when having these discussions.

**A therapist or family member:** 31% say they would be highly comfortable talking about their mental health with a therapist. And a slightly smaller share (26%) say this about talking with a family member other than their parents.

**A teacher:** Relatively few teens (12%) say they would be extremely or very comfortable discussing their mental health with a teacher. In fact, 54% say they would *not* be comfortable with this.

## More teens are comfortable talking about their mental health with a parent or friend than a therapist or teacher

% of U.S. teens ages 13 to 17 who say they would be \_\_\_ comfortable talking with each of the following people about their mental health



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

Source: Survey conducted Sept. 18-Oct. 10, 2024.

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<sup>3</sup> Previous Center surveys show that parents are seen by teens as being more effective in addressing cyberbullying, compared with other groups.

**Teens' views, by gender**

Teen girls are more comfortable than boys talking about their mental health with friends. While 58% of teen girls say they are highly comfortable doing this, that share drops to 38% for boys.

Girls are also more likely to say they would have this comfort level with a mental health therapist (34% vs. 27%).

Similar shares of boys and girls say they'd be extremely or very comfortable talking to parents, other family members or teachers about their own mental health.

**Teens' views, by race and ethnicity**

There are also racial and ethnic differences in teens' comfort levels speaking with a therapist or a teacher. Roughly four-in-ten Black teens (41%) say they'd be extremely or very comfortable doing so, compared with smaller shares of Hispanic (31%) and White (28%) teens.

Black (17%) and Hispanic (15%) teens are more likely than White teens (10%) to say they would be highly comfortable talking to a teacher about their mental health.

The share of teens who say they'd be highly comfortable talking about this with friends, parents and other family members varies little by race and ethnicity.

## Social media as a mental health resource

Some teens are also turning to social media to find information about mental health. Platforms like [TikTok have become spaces for influencers](#) and therapists alike to share their experiences and advice about mental health.

In our survey, **34% of teens say they at least sometimes get information about mental health on social media.** This includes 9% who say they do this extremely or fairly often.

We also asked these teens how important social media platforms are as a resource for mental health information. Among those who do this at least sometimes, **63% say it's an important way they get information about mental health.**

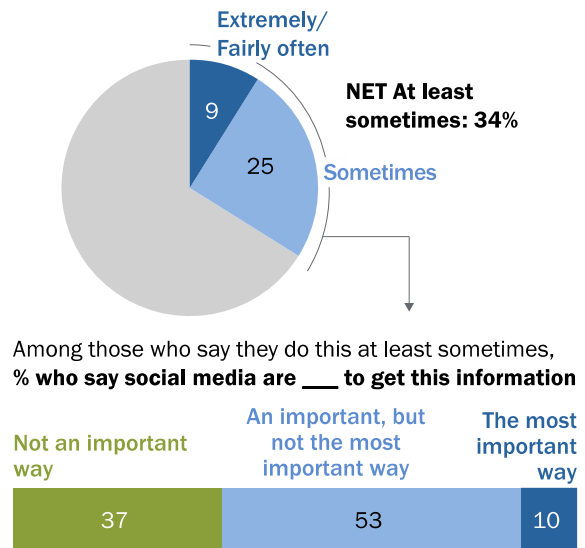
Another 37% of these teens say social media are *not* an important way they get mental health information.

### Teens' experiences, by gender

Teen girls are more likely than boys to get this information on social media. Four-in-ten girls say they at least sometimes get mental health information on social media, compared with 28% of boys.

### 34% of teens get mental health info on social media; majority of this group says these sites are an important source

*% of U.S. teens ages 13 to 17 who say they get information about mental health on social media ...*



Source: Survey conducted Sept. 18-Oct. 10, 2024.  
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However, among those who at least sometimes get mental health information on social media, statistically similar shares of girls (64%) and boys (60%) say it's an important way they get this information.

### Teens' experiences, by race and ethnicity

Larger shares of Black teens report using social media to get information about mental health. About half of Black teens (49%) say they do this at least sometimes, compared with smaller shares of Hispanic (35%) and White (30%) teens.

## Teens' views of – and experiences on – social media

One area where teens share contrasting views about social media is when discussing its effect on their peers versus their own experiences.

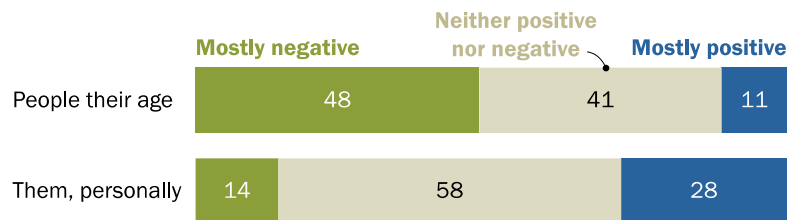
Similar to [the last time we asked this question](#), **more teens think social media have a negative effect on people their age than on them personally.** About half of teens (48%) say social media platforms have a mostly negative effect on people their age. Meanwhile, 14% see a mostly negative impact for *themselves*, up slightly from 9% in 2022.

Teens are more than twice as likely to say social media have a positive impact on themselves than on their peers (28% vs. 11%).

Still, the most common response falls into the neutral category. About six-in-ten teens (58%) say the effect on them is neither positive nor negative.

### Teens are more likely to think social media are bad for their peers than for themselves

% of U.S. teens ages 13 to 17 who say social media have (a) \_\_\_ effect on ...



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

Source: Survey conducted Sept. 18-Oct. 10, 2024.

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## Views of peer impact over time

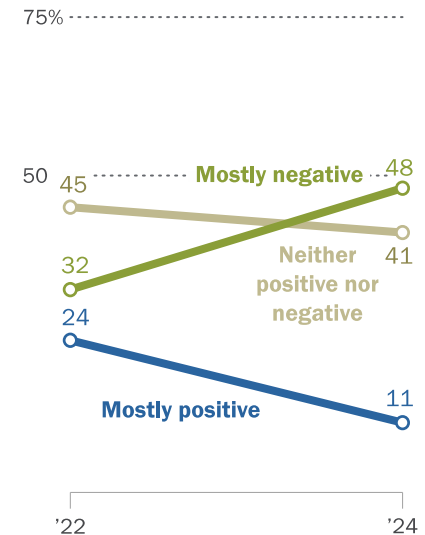
**Teens' views of the impact of social media on their peers has grown increasingly negative.** The share who say these sites have a mostly negative effect on people their age is up 16 percentage points since 2022.

At the same time, the share who believe these platforms have a mostly *positive* effect on people their age decreased from 24% in 2022 to 11% in our current survey.

The percentage who describe social media's effect on their peers as neither positive nor negative has remained statistically unchanged over this time span.

## 48% of teens say social media harm people their age, up from 32% in 2022

% of U.S. teens ages 13 to 17 who say social media have (a) \_\_\_ effect on people their age



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

Source: Survey conducted Sept. 18-Oct. 10, 2024.

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## How teens see social media's impact on mental health, friendships, sleep

Teens' views of the benefits and harms of social media vary by which aspect of their lives you ask about. Still, many believe these platforms don't have much influence over them.

In our survey, teens are far more likely to say social media hurt rather than help their [sleeping habits](#) and [productivity](#), which are both crucial for well-being, according to experts.

**Four-in-ten or more teens say social media platforms hurt the amount of sleep they get (45%), as well as their productivity (40%).**

Small shares – about one-in-ten or fewer – say social media platforms *help* with these things. And roughly one-third say these platforms neither help nor hurt.

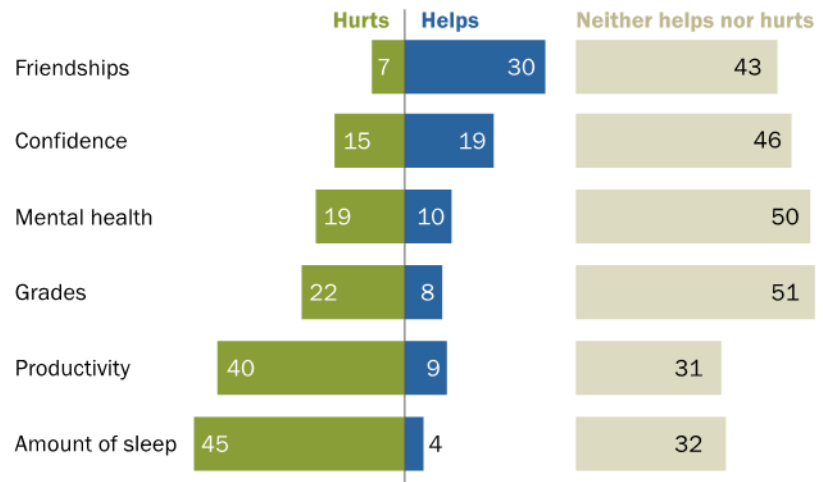
**About one-in-five teens say social media hurt their mental health (19%) or grades (22%).** Roughly one-in-ten each say these platforms help. But the largest shares say these platforms have a neutral impact on their mental health (50%) and grades (51%).

Similar shares of teens say social media help (19%) or hurt (15%) their confidence. Still, nearly half (46%) say these platforms neither hurt nor help.

**Friendships are the only aspect of teen life that we asked about in which more teens say social media help rather than harm these relationships (30% vs. 7%).** Again, a sizable share of teens (43%) describe social media's impact in neutral terms.

### Teens are more likely to say social media sites hurt than help their sleep, productivity and mental health, but see a more positive impact on their friendships

*% of U.S. teens ages 13 to 17 who say using social media \_\_\_ each of the following **a lot/a little***



Note: Those who did not give an answer or gave other responses are not shown.

Source: Survey conducted Sept. 18-Oct. 10, 2024.

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## Teens' experiences, by gender

Similar to our previous surveys, teen girls are generally more likely than boys to report having a [more negative experience](#) on social media.

### Teen girls stand out from boys in saying social media are harmful to their

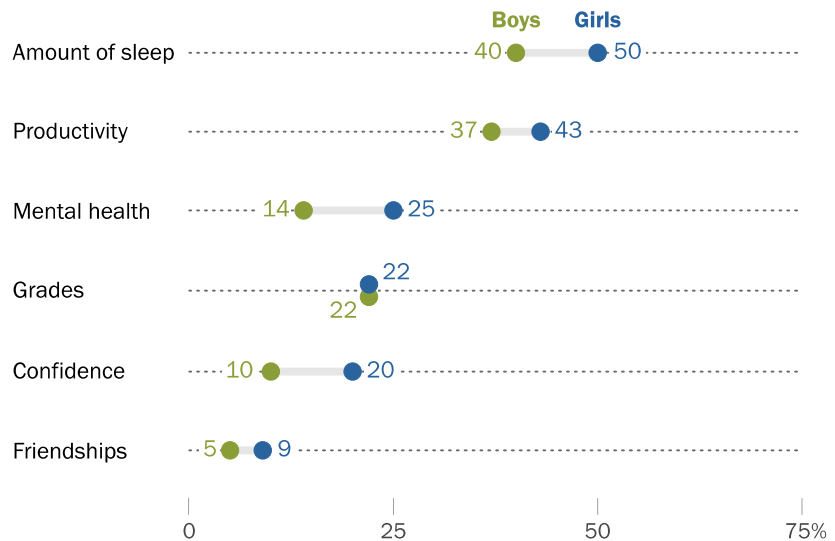
**mental health.** While 25% of girls say social media have hurt their mental health, that share drops to 14% among boys. Still, regardless of gender, the largest share says social media sites neither help nor hurt this.

At the same time, girls are more likely than boys to say the sites hurt the amount of sleep they get (50% vs. 40%), their confidence (20% vs. 10%) and friendships (9% vs. 5%).

Gender differences on social media's impact on teens' productivity or grades are not statistically significant.

### Teen girls are more likely than boys to say social media hurt their mental health, sleep, confidence

% of U.S. teens ages 13 to 17 who say using social media has hurt their **a lot/a little**



Note: Those who did not give an answer or gave other responses are not shown.

Source: Survey conducted Sept. 18-Oct. 10, 2024.

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There are no meaningful gender differences among teens who say social media *help* any of the six aspects we asked about.

## Social media: Connections, creativity and drama

### A majority of teens credit social media with forming connections and expressing their creativity.

Roughly three-quarters of teens (74%) say what they see on social media makes them feel more connected to what's going on in their friends' lives. And 63% say social media platforms are a place they can show their creative side.

And about half – 52% each – say what they see on these sites makes them feel more accepted or as if they have people who will support them through tough times.

### Even as teens have positive experiences on social media, they also encounter a less desirable side.

About four-in-ten teens (39%) say social media make them feel overwhelmed by drama.

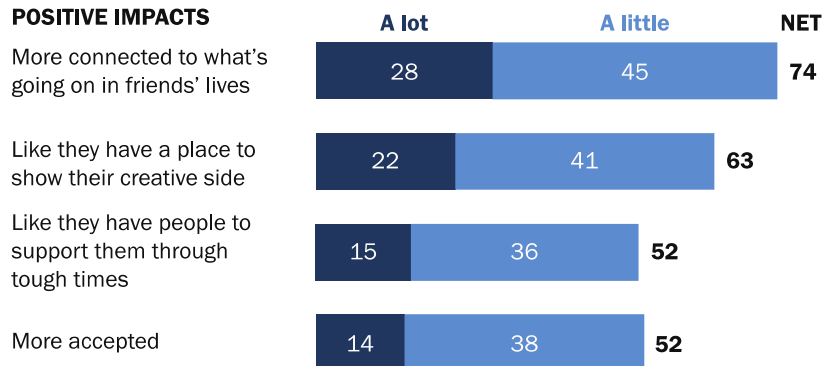
Smaller shares say these platforms make them feel

pressure to post popular content (31%), excluded by friends (31%) or worse about their own life (27%).

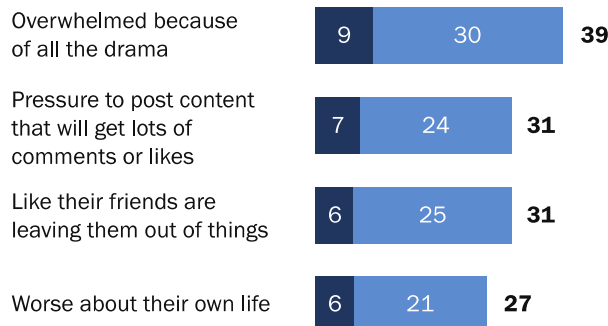
### Most teens say social media keep them connected to friends, but some get overwhelmed by the drama

*% of U.S. teens ages 13 to 17 who say that, in general, what they see on social media makes them feel **a lot/a little** ...*

#### POSITIVE IMPACTS



#### NEGATIVE IMPACTS



Note: Figures may not add up to the NET value due to rounding. Those who did not give an answer or gave other responses are not shown.

Source: Survey conducted Sept. 18-Oct. 10, 2024.

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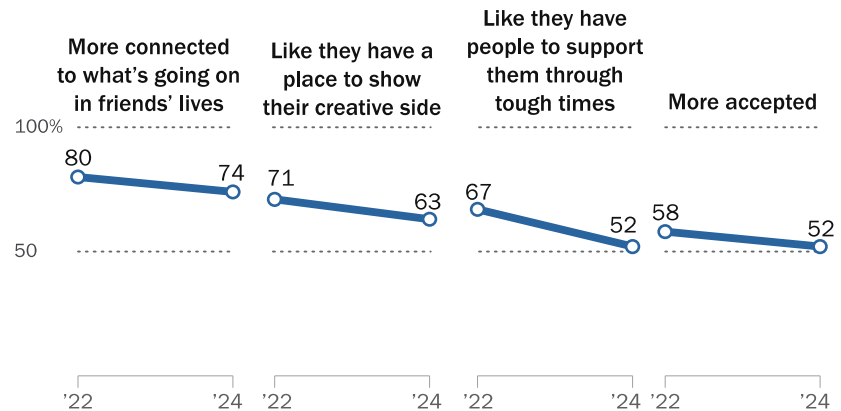
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**Fewer teens now credit social media as a support system.** The share who say social media platforms make them feel like they have people who can support them through tough times has declined to 52% in 2024 from 67% in 2022.

Fewer teens in our current survey than in 2022 believe social media let them showcase their creativity, make them feel more connected with friends, or make them feel accepted. However, about half or more still acknowledge these platforms' positive effects.

## Since 2022, drop in teens saying social media make them feel supported; but about half still say this

% of U.S. teens ages 13 to 17 who say that, in general, what they see on social media makes them feel *a lot/a little* ...



Note: Those who did not give an answer or gave other responses are not shown.

Source: Survey conducted Sept. 18-Oct. 10, 2024.

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The shares of teens who cite having any of the four negative experiences with social media that we asked about have seen little to no change since 2022.

## Teens' experiences, by gender

As was true with our previous survey, **larger shares of girls than boys report having a more negative experience on social media.** For example, 34% of teen girls say social media platforms make them feel worse about their own lives, compared with 20% of boys. This is [consistent with our findings](#) from 2022.

Girls are also more likely than boys to say social media make them feel overwhelmed because of drama (45% vs. 34%), pressure to post popular content (36% vs. 26%), or feel excluded by friends (36% vs. 26%).

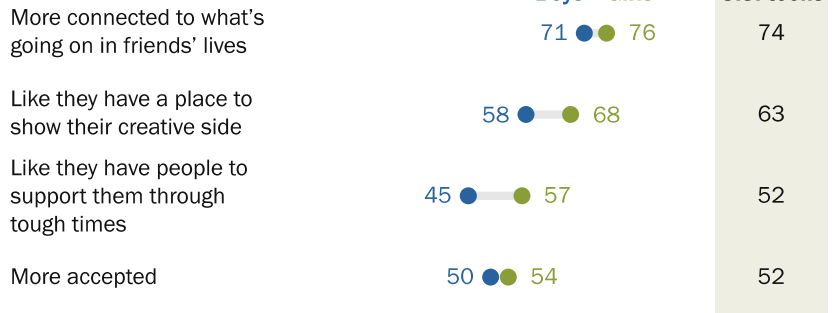
**Still, girls more often than boys report experiencing some of the positive sides of social media.** Larger shares of teen girls than boys say these sites make them feel like they have people to

support them (57% vs. 45%) and a place to show their creative side (68% vs. 58%).

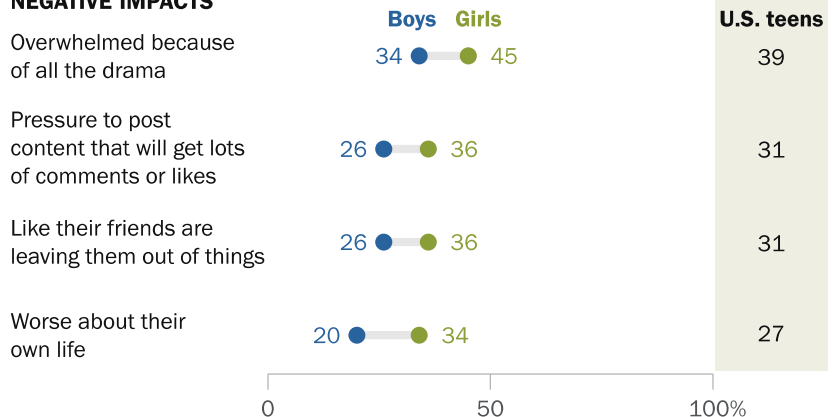
## Teen girls more likely than boys to report experiencing both some of the good and bad sides of social media

*% of U.S. teens ages 13 to 17 who say that, in general, what they see on social media makes them feel **a lot/a little** ...*

### POSITIVE IMPACTS



### NEGATIVE IMPACTS



Note: Those who did not give an answer or gave other responses are not shown.

Source: Survey conducted Sept. 18-Oct. 10, 2024.

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## Teens' experiences, by race and ethnicity

There are only modest racial and ethnic differences in whether teens have these kinds of experiences on social media. However, there are differences in the degree to which they feel this way.

For instance, **a larger share of Black teens than White and Hispanic teens say they feel a lot of support and acceptance from social media.** One-quarter of Black teens say social media platforms make them feel much more accepted. Smaller shares of White (10%) or Hispanic (13%) teens say this.

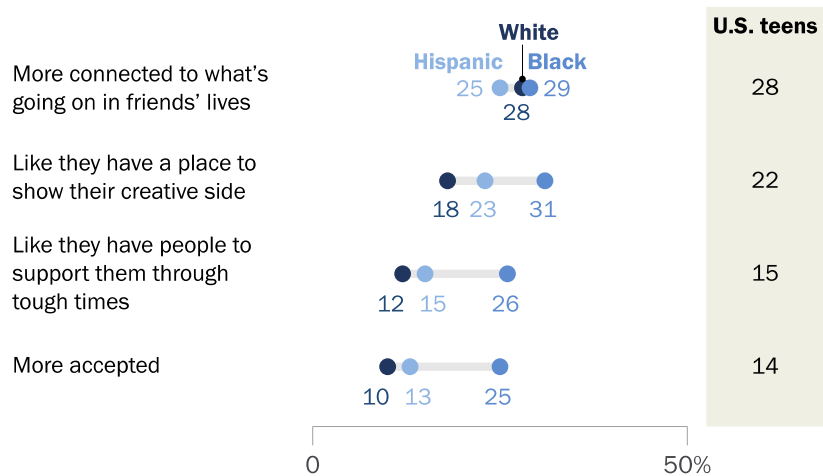
Black teens (26%) are also more likely than White (12%) or Hispanic (15%) teens to say that what they see on social media makes them feel like they have a lot of support through tough times.

Additionally, 31% of Black teens say that what they see on the sites makes them feel a lot like they have a place to be creative, compared with 18% of White teens who say the same. Hispanic teens do not meaningfully differ from either group.

There are little to no racial and ethnic differences among teens who say social media make them feel overwhelmed by drama, pressures when posting, left out by friends, or worse about their own life.

### Black teens are more likely than White and Hispanic teens to report feeling a lot of support and acceptance from social media

*% of U.S. teens ages 13 to 17 who say that, in general, what they see on social media makes them feel a lot ...*



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 gave other responses are not shown.

Source: Survey conducted Sept. 18-Oct. 10, 2024

"Teens, Social Media and Mental Health"

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## Teens' views on screen time and efforts to cut back

Parents [have many concerns](#) about their children's use of social media, and screen time is at the top of their minds. Some legislators share these sentiments, [proposing regulations to set time](#) limits on app usage.

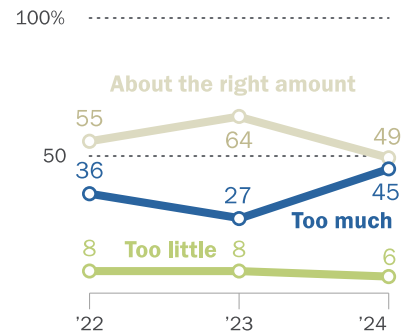
Teens themselves are more likely today than two years ago to describe their social media use as excessive. More than four-in-ten teens (45%) say they spend too much time on social media. This is up from [27% in 2023](#) and [36% in 2022](#).

The share of those who say they spend about the right amount of time on it has dropped to 49% in 2024 from 64% in 2023 and 55% in 2022.

The percentage of teens who say they spend too little time on social media has remained relatively constant over the past two years.

### Growing shares of teens say they spend too much time on social media

*% of U.S. teens ages 13 to 17 who say that, overall, they spend \_\_\_ (of) time on social media*



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

Source: Survey conducted Sept. 18-Oct. 10, 2024.

"Teens, Social Media and Mental Health"

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### Some teens are cutting back on their social media use.

We found that 44% of teens say they have cut back on using social media, and an identical share say the same for their smartphone use.

Both of these shares have increased since [we asked this question in 2023](#). Then, 39% of teens said they cut back on social media, and 36% said the same about their phone use.

Still, more than half of teens (55% each) say they have *not* cut back on using smartphones and social media.

### 44% of teens say they have cut back on phone and social media use; girls more likely than boys to do so

*% of U.S. teens ages 13 to 17 who say that they \_\_\_ cut back on their use of the following*

	SMARTPHONE		SOCIAL MEDIA	
	Have	Haven't	Have	Haven't
Teens	44	55	44	55
Boys	40	59	40	60
Girls	49	50	48	51

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

Source: Survey conducted Sept. 18-Oct. 10, 2024.

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### Teens' experiences, by gender

**Teen girls are more likely to say they've tried to reduce their screen time.** While about half of girls say they have tried to cut back on social media and smartphone use, 40% of boys say the same for each.

### Teens' experiences, by their screen time

**Teens who report spending too much time on social media are more likely to report cutting back on it.** Roughly half of this group (49%) say they have attempted to do this.

However, this number drops to 41% when looking at those who are satisfied with the amount of time they spend on social media.



## Acknowledgments

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project is solely that of the individuals and does not express the views, policies or positions of their respective employers.

## Methodology

The analysis in this report is based on a self-administered web survey conducted from Sept. 18 to Oct. 10, 2024, among a sample of 1,391 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 1,391 teens is plus or minus 3.3 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 Pro00080537).

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.<sup>4</sup>

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 3,233 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 age 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.

Of the sampled panelists, 1,665 (excluding break-offs) responded to the invitation and 1,391 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 51.5% and a qualification rate

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<sup>4</sup> AAPOR Task force on Address-based Sampling. 2016. "[AAPOR Report: Address-based Sampling](#)."

of 84%.<sup>5</sup> The cumulative response rate accounting for nonresponse to the recruitment surveys and attribution is 2.7%. 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 21.4%.

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 \$40.

All panelists received email invitations and any nonresponders received reminders, shown in the table. The field period was closed on Oct. 10, 2024.

## 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 KnowledgePanel. These selection probabilities were then adjusted to account for the probability of selection for this survey which included oversamples of Black and Hispanic parents. Next, an iterative technique was used to 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.

## Invitation and reminder dates

Invitation	Sept. 18, 2024
First reminder	Sept. 20, 2024
Second reminder	Sept. 24, 2024
Third reminder ( <i>only sent to Hispanic nonresponders and non-Hispanic Black nonresponders</i> )	Oct. 1, 2024
Fourth reminder ( <i>only sent to non-Hispanic Black nonresponders</i> )	Oct. 4, 2024
Fifth reminder ( <i>only sent to non-Hispanic Black nonresponders</i> )	Oct. 7, 2024

## Weighting dimensions

Variable	Benchmark source
Age x Gender	2024 March Supplement of the Current Population Survey (CPS)
Race/Ethnicity	
Census Region	
Metropolitan Status	
Education (parents only)	
Household Income	2022 American Community Survey (ACS)
Household Income x Race/Ethnicity	
Total Household Size	
Language proficiency	

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

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<sup>5</sup> The 1,391 qualified interviews exclude two cases that were dropped for having skipped one-third or more of the survey questions.

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:

<b>Group</b>	<b>Unweighted sample size</b>	<b>Plus or minus ...</b>
Teens (ages 13 to 17)	1,391	3.3 percentage points
Boys	698	4.6 percentage points
Girls	669	4.7 percentage points
White, non-Hispanic	530	4.9 percentage points
Black, non-Hispanic	247	8.0 percentage points
Hispanic	450	5.9 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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Group	Unweighted sample size	Plus or minus ...
Parents of teens (ages 13 to 17)	1,391	3.2 percentage points
Men	538	5.0 percentage points
Women	853	4.2 percentage points
White, non-Hispanic	586	4.5 percentage points
Black, non-Hispanic	278	7.8 percentage points
Hispanic	423	5.8 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.<sup>6</sup>

Dispositions	
Total panelists assigned	3,233
Total study completes (including nonqualified)	1,665
Number of qualified completes	1,391
Number of study break-offs	453
<b>Study Completion Rate (COMPR)</b>	<b>51.5%</b>
<b>Study Qualification Rate (QUALR)</b>	<b>84%</b>
<b>Study Break-off Rate (BOR)</b>	<b>21.4%</b>

<sup>6</sup> 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.

Cumulative response rate calculations	
Study-Specific Average Panel Recruitment Rate (RECR)	8.7%
Study-Specific Average Household Profile Rate (PROR)	59.5%
Study-Specific Average Household Retention Rate (RETR)	39.6%
<b>Cumulative Response Rate</b>	<b>2.7%</b>

## Advisory board

In addition to a team of subject area and methodological experts at the Pew Research Center, the project was also guided by an advisory board of four members. This board included experts in a variety of areas related to youth, including technology use and mental health.

- Fred Dillon, Director of Partnerships and Strategy, University of California, Berkeley School of Public Health
- Jackie Menjivar, Manager of Peer and Youth Advocacy, Mental Health America
- Jacqueline Nesi, Ph.D., Assistant Professor, Department of Psychiatry and Human Behavior, Brown University
- S. Craig Watkins, Ph.D., Ernest A. Sharpe Centennial Professor, University of Texas at Austin

Advisors provided feedback at various key points during the report, including the questionnaire and a draft of the report. Pew Research Center remains solely responsible for all aspects of the research, including any errors associated with its products and findings. The feedback shared for this project is solely that of the advisors and does not express the views, policies or positions of their respective employers.

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## Topline questionnaire: Parents survey

2024 PEW RESEARCH CENTER'S TEENS SURVEY  
SEPTEMBER 18 - OCTOBER 10, 2024  
PARENTS OF TEENS AGES 13-17  
TOTAL N=1,391

THE QUESTIONS PRESENTED BELOW ARE PART OF A LARGER SURVEY CONDUCTED ON THE IPSOS KNOWLEDGE PANEL. OTHER QUESTIONS ON THIS SURVEY HAVE BEEN PREVIOUSLY RELEASED OR ARE BEING HELD FOR FUTURE RELEASE.

NOTE: ALL NUMBERS ARE PERCENTAGES UNLESS OTHERWISE NOTED. THE PERCENTAGES LESS THAN 0.5% ARE REPLACED BY AN ASTERISK (\*). ROWS/COLUMNS MAY NOT TOTAL 100% DUE TO ROUNDING.

PN = Programming note

	Sample size	Margin of error at 95% confidence level
U.S. parents of teens ages 13-17	1,391	+/- 3.2 percentage points

### ASK ALL:

PTMHCONC

How concerned are you about the mental health of teens these days?

[ PN: ROTATE RESPONSES 1-5 OR 5-1 FOR HALF ]

Sep 18-Oct 10, 2024

19	Extremely concerned
36	Very concerned
34	Somewhat concerned
7	Not too concerned
3	Not at all concerned
*	No answer

### ASK THOSE WHO SAID AT LEAST SOMEWHAT CONCERNED (PTMHCONC=1-3) [N=1,254]:

PTMHREAS

In a couple of words, what is the ONE THING you think most negatively impacts the mental health of teens these days? [ PN: SHORT OPEN-END ]

Sep 26-Oct 23, 2023

44	Social media
14	Technology generally, other
9	Bullying
8	Pressures and expectations
5	The state of society
3	Mental health
3	Family life
2	Violence
1	Alcohol, smoking, drugs
8	Other
3	No answer



**ASK ALL:**

PTTALKMH

How comfortable would you be talking to your teen about their mental health?  
**[ PN: ROTATE RESPONSES 1-5 OR 5-1 TO MATCH PTMHCONC ]**

Sep 18-Oct 10, 2024

40	Extremely comfortable
40	Very comfortable
18	Somewhat comfortable
2	Not too comfortable
*	Not at all comfortable
*	No answer

## Topline questionnaire: Teens survey

**2024 PEW RESEARCH CENTER'S TEENS SURVEY**  
**SEPTEMBER 18 - OCTOBER 10, 2024**  
**TEENS AGES 13-17**  
**TOTAL N=1,391**

**THE QUESTIONS PRESENTED BELOW ARE PART OF A LARGER SURVEY CONDUCTED ON THE IPSOS KNOWLEDGE PANEL. OTHER QUESTIONS ON THIS SURVEY HAVE BEEN PREVIOUSLY RELEASED OR ARE BEING HELD FOR FUTURE RELEASE.**

**NOTE: ALL NUMBERS ARE PERCENTAGES UNLESS OTHERWISE NOTED. THE PERCENTAGES LESS THAN 0.5% ARE REPLACED BY AN ASTERISK (\*). ROWS/COLUMNS MAY NOT TOTAL 100% DUE TO ROUNDING.**

**PN = Programming note**

	<b>Sample size</b>	<b>Margin of error at 95% confidence level</b>
U.S. teens ages 13-17	1,391	+/- 3.3 percentage points

**ASK ALL:**  
 TTALKMH

If you wanted to, how comfortable would you be talking about your mental health with each of the following? [ **PN: RANDOMIZE ITEMS BUT ITEM E CAN NEVER COME BEFORE ITEM B; ROTATE RESPONSE OPTIONS 1-5 OR 5-1 TO MATCH GOALS\_V2**]

		<u>Extremely comfortable</u>	<u>Very comfortable</u>	<u>Somewhat comfortable</u>	<u>Not too comfortable</u>	<u>Not at all comfortable</u>	<u>No answer</u>
a.	A friend						
	Sep 18-Oct 10, 2024	14	34	37	12	3	*
b.	A parent						
	Sep 18-Oct 10, 2024	20	32	31	12	4	*
c.	A mental health therapist						
	Sep 18-Oct 10, 2024	10	20	38	22	9	*
d.	A teacher						
	Sep 18-Oct 10, 2024	3	9	34	35	19	*
e.	A family member other than your parents						
	Sep 18-Oct 10, 2024	6	20	41	23	10	*

**ASK ALL:**

TMHCONC

How concerned are you about the mental health of teens these days?

**[ PN: ROTATE RESPONSE OPTIONS 1-5 OR 5-1 TO MATCH GOALS\_V2 ]**Sep 18-Oct 10, 2024

9	Extremely concerned
26	Very concerned
42	Somewhat concerned
18	Not too concerned
5	Not at all concerned
*	No answer

**ASK THOSE WHO SAID AT LEAST SOMEWHAT CONCERNED (TMHCONC=1-3) [N=1,059]:**

TMHREAS

In a couple of words, what is the ONE THING you think most negatively impacts the mental health of teens these days? **[ PN: SHORT OPEN-END ]**Sep 18-Oct 10, 2024

22	Social media
17	Bullying
16	Pressures and expectations
8	Technology generally, other
5	School
4	The state of society
3	Family life
2	Alcohol, smoking, drugs
2	Violence
2	Mental health
12	Other
7	No answer

**ASK ALL:**

SMTIME

Overall, would you say the amount of time you spend on social media is...

**[ PN: DISPLAY RESPONSE OPTIONS 1-2 FOR HALF OF SAMPLE AND 2-1 FOR HALF OF SAMPLE, WITH 3 ALWAYS LAST ]**Sep 18-Oct 10, 2024

45	Too much
6	Too little
49	About right
*	No answer

Sep 26-Oct 23, 2023

27
8
64
1

Apr 14-May 4, 2022

36
8
55
*

**ASK ALL:**

TCUTBACK

Have you ever chosen to cut back on the amount of time you spend on the following? [ **PN: 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 18-Oct 10, 2024	44	55	1
Sep 26-Oct 23, 2023	36	63	1
b. Social media			
Sep 18-Oct 10, 2024	44	55	1
Sep 26-Oct 23, 2023	39	60	1

**NO ITEM c****ASK ALL:**

SOC1

Overall, what effect would you say social media has had on people your age?

<u>Sep 18-Oct 10, 2024</u>		<u>Apr 14-May 4, 2022</u>
11	Mostly positive	24
48	Mostly negative	32
41	Neither positive nor negative	45
*	No answer	0

**ASK ALL:**

SOC1b

Overall, what effect would you say social media has had on YOU, PERSONALLY?

<u>Sep 18-Oct 10, 2024</u>		<u>Apr 14-May 4, 2022</u>
28	Mostly positive	32
14	Mostly negative	9
58	Neither positive nor negative	59
*	No answer	*

## [ PN: RANDOMIZE ORDER OF SOC2POS AND SOC2NEG ]

## ASK ALL:

SOC2POS

In general, does what you see on social media make you feel...

## [ PN: RANDOMIZE ITEMS ]

NO ITEM a		<u>Yes, a lot</u>	<u>Yes, a little</u>	<u>No</u>	<u>No answer</u>
b.	Like you have a place where you can show your creative side				
	Sep 18-Oct 10, 2024	22	41	36	1
	Apr 14-May 4, 2022	29	42	29	*
c.	More connected to what's going on in your friends' lives				
	Sep 18-Oct 10, 2024	28	45	26	1
	Apr 14-May 4, 2022	33	47	20	*
d.	Like you have people who can support you through tough times				
	Sep 18-Oct 10, 2024	15	36	48	1
	Apr 14-May 4, 2022	22	45	33	*
e.	More accepted				
	Sep 18-Oct 10, 2024	14	38	47	1
	Apr 14-May 4, 2022	15	42	42	*

**ASK ALL:**  
SOC2NEG

In general, does what you see on social media make you feel...  
**[ PN: RANDOMIZE ITEMS ]**

	<u>Yes, a lot</u>	<u>Yes, a little</u>	<u>No</u>	<u>No answer</u>
a. Worse about your life				
Sep 18-Oct 10, 2024	6	21	72	1
Apr 14-May 4, 2022	5	19	77	*
b. Overwhelmed because of all the drama				
Sep 18-Oct 10, 2024	9	30	60	1
Apr 14-May 4, 2022	8	31	61	*
c. Pressure to post content that will get lots of comments or likes				
Sep 18-Oct 10, 2024	7	24	68	1
Apr 14-May 4, 2022	7	23	71	*

**NO ITEM d**

e. Like your friends are leaving you out of things				
Sep 18-Oct 10, 2024	6	25	68	1
Apr 14-May 4, 2022	6	25	69	*

**ASK IF SOCIAL MEDIA USER (TSNSUSE=1) [N=1,116]:**

SMEFFECT

Do you think using social media has helped or hurt...

**[ PN: RANDOMIZE ITEMS; ROTATE RESPONSES 1-5 OR 5-1 FOR HALF ]**

	<u>Helped a lot</u>	<u>Helped a little</u>	<u>Neither helped nor hurt</u>	<u>Hurt a little</u>	<u>Hurt a lot</u>	<u>No answer</u>
a. Your friendships						
Sep 18-Oct 10, 2024	11	26	53	7	1	1
b. Your grades						
Sep 18-Oct 10, 2024	3	7	63	22	4	*
c. Your mental health						
Sep 18-Oct 10, 2024	3	9	63	21	3	1
d. How much sleep you get						
Sep 18-Oct 10, 2024	2	3	39	43	13	1
e. How productive you are						
Sep 18-Oct 10, 2024	2	9	39	39	11	*
f. Your confidence						
Sep 18-Oct 10, 2024	3	20	58	15	4	*

**BASED ON ALL TEENS:**  
SMEFFECT

		<u>Helped a lot</u>	<u>Helped a little</u>	<u>Neither helped nor hurt</u>	<u>Hurt a little</u>	<u>Hurt a lot</u>	<u>Does not use social media</u>	<u>No answer to TSNSUSE</u>	<u>No answer to SMEFFECT</u>
a.	Your friendships Sep 18-Oct 10, 2024	9	21	43	6	1	19	*	*
b.	Your grades Sep 18-Oct 10, 2024	2	6	51	18	4	19	*	*
c.	Your mental health Sep 18-Oct 10, 2024	3	8	50	17	2	19	*	*
d.	How much sleep you get Sep 18-Oct 10, 2024	2	2	32	34	10	19	*	1
e.	How productive you are Sep 18-Oct 10, 2024	2	7	31	31	9	19	*	*
f.	Your confidence Sep 18-Oct 10, 2024	3	16	46	12	3	19	*	*

[ PN: DISPLAY SMMHRES AND SMMHRES2 ON THE SAME SCREEN ]

**ASK IF SOCIAL MEDIA USER (TSNSUSE=1) [N=1,116]:**

SMMHRES How often do you get information about mental health on social media?  
[ PN: ROTATE RESPONSES 1-5 OR 5-1 TO MATCH GOALS\_V2 ]

Sep 18-Oct 10, 2024

3	Extremely often
9	Fairly often
31	Sometimes
33	Rarely
24	Never
*	No answer

**BASED ON ALL TEENS:**

SMMHRES

Sep 18-Oct 10, 2024

2	Extremely often
7	Fairly often
25	Sometimes
27	Rarely
19	Never
19	Does not use social media
*	No answer to TSNSUSE
*	No answer to SMMHRES

**ASK IF SOCIAL MEDIA USER (TSNSUSE=1) [N=1,116]:**

SMMHRES2      How important is social media to you as a way to get information about mental health?

Sep 18-Oct 10, 2024

6	The most important way
37	An important way, but not the most important
57	Not an important way
*	No answer

**BASED ON TEENS WHO SAID THEY GET INFORMATION ABOUT MENTAL HEALTH ON SOCIAL MEDIA AT LEAST SOMETIMES (SMMHRES=1-3) [N=484]:**

SMMHRES2

Sep 18-Oct 10, 2024

10	The most important way
53	An important way, but not the most important
37	Not an important way
*	No answer