

Reasons You Might Want to Limit Your Screen Time

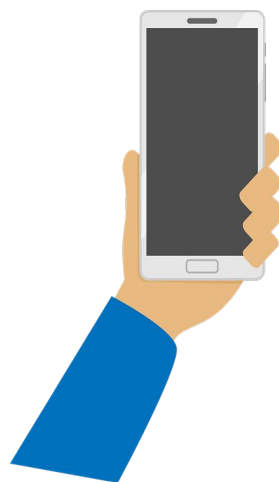


72% of teens believe that tech companies manipulate users to spend more time on their devices



42% of teens agree that social media has taken away from time they could spend with friends in person, compared to 34% in 2012

54% of teen social media users agree that it often distracts them from when they should be paying attention to the people they're with, compared to 44% in 2012



57% of all teens agree that using social media distracts them when they should be doing homework



29% of teen smartphone owners say they've been woken up by their phones during the night



A Few Ways to Help Reduce Your Screen Time

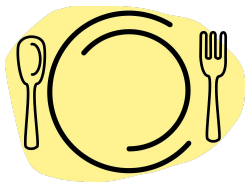


Use the AntiSocial app (for Android) or the Screen Time app (for iPhone) to set time limits on your apps

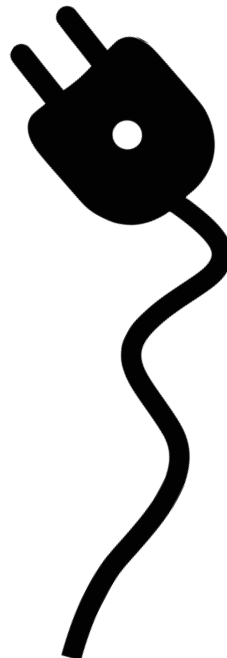
Set up a charging station outside your bedroom so you can focus on sleeping! Use a real alarm clock to wake you up in the morning



Take control of your phone by turning off notifications! Don't let your phone control you



Make a phone drop off spot for you and your family to keep your phones during meals or other family activities



Try a new device-free hobby! Read a book, go for a hike, volunteer, bake a treat, exercise, or go out with a friend!

