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How Teens and Parents Approach Screen Time

Most teens at least sometimes feel happy and peaceful when they don't have their phone, but 44% say this makes them anxious. Half of parents say they have looked through their teen's phone

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How we did this

Pew Research Center conducted this study to better understand teens' and parents' experiences with screen time.

The Center conducted an online survey of 1,453 U.S. teens and parents from Sept. 26 to Oct. 23, 2023, through Ipsos. Ipsos invited one parent from each of a representative set of households with parents of teens in the desired age range from 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.

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 among parents](#) and [among teens](#) used for this report, along with responses, and its [methodology](#).

How Teens and Parents Approach Screen Time

Most teens at least sometimes feel happy and peaceful when they don't have their phone, but 44% say it makes them anxious. Half of parents say they go through their teen's phone

Today's teenagers are more digitally connected than ever. Most [have access to smartphones and use social media](#), and nearly half say they are online almost constantly. But how are young people navigating this “always on” environment?

To better understand their experiences, we surveyed both teens and parents on a range of screen time-related topics. Our questions explored the emotions teens tie to their devices, the impact of smartphones on youth, and the challenges parents face when raising children in the digital age.

Key findings from the survey:

- **Phone-less:** 72% of U.S. teens say they often or sometimes feel peaceful when they don't have their smartphone; 44% say it makes them feel anxious.
- **Good for hobbies, less so for socialization:** 69% of teens say smartphones make it easier for youth to pursue hobbies and interests; fewer (30%) say it helps people their age learn good social skills.
- **Parental snooping:** Half of parents say they have looked through their teen's phone.
- **Smartphone standoffs:** About four-in-ten parents *and* teens report regularly arguing with one another about time spent on their phone.
- **Distracted parenting:** Nearly half of teens (46%) say their parent is at least sometimes distracted by their phone when they're trying to talk to them.

This Pew Research Center survey of 1,453 U.S. teens ages 13 to 17 and their parents was conducted Sept. 26-Oct. 23, 2023.¹

Jump to read about views among teens on: [Screen time](#) | [Feelings when disconnected from phones](#) | [Thoughts on smartphones' impact](#)

¹ Throughout this report, “teens” refers to those ages 13 to 17 and “parents” refers to those with a child ages 13 to 17.

Jump to read about views among *parents* on: [Parenting in the smartphone age](#) | [Their own screen time struggles](#)

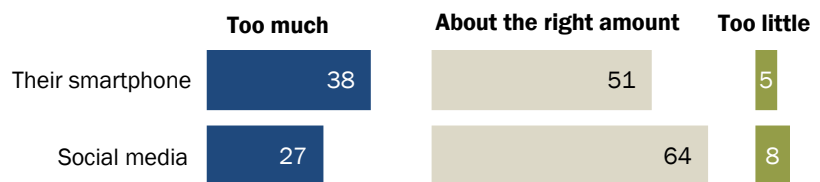
Teens' views on screen time and efforts to cut back

Fully 95% of teens have access to a smartphone, and about six-in-ten [say they use TikTok, Snapchat or Instagram](#). But do teens think they spend too much time in front of screens?

More teens say they spend *too much* time on their phone or social media than say they don't spend enough time on them. We found that 38% of teens say

About 4 in 10 teens say they spend too much time on their phone

% of U.S. teens ages 13 to 17 who say they spend ___ (of) time on the following

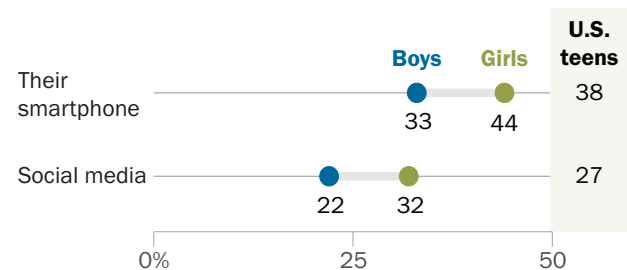


Note: Those who did not give an answer are not shown.
Source: Survey conducted Sept. 26-Oct. 23, 2023.
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Teen girls are more likely than boys to say they spend too much time on their phone and social media

% of U.S. teens ages 13 to 17 who say they spend *too much* time on the following



Note: Those who did not give an answer or gave other responses are not shown.
Source: Survey conducted Sept. 26-Oct. 23, 2023.
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they spend *too much* time on their smartphone. About a quarter say the same regarding their social media use.²

But the largest shares say the amount of time they spend on their phone (51%) or on social media (64%) is about right. Relatively few teens say they don't spend enough time with these technologies.

Views on this differ by gender. Teen girls are more likely than boys to say they spend too much time on their smartphone (44% vs. 33%) or social media (32% vs. 22%).

²A 2018 Center survey also asked U.S. teens some of the same questions about experiences and views related to smartphone and social media. Direct comparisons cannot be made across the two surveys due to mode, sampling and recruitment differences. Please read [the Methodology section](#) to learn more about how the current survey was conducted.

Teens' efforts to curb their screen time

A minority of teens have taken steps to reduce their screen time. Roughly four-in-ten teens (39%) say they have cut back on their time on social media. A similar share says the same about their phone (36%).

Still, most teens have not limited their smartphone (63%) or social media (60%) use.

How teens' behaviors vary by gender

About four-in-ten or more girls say they have cut back on their smartphone or social media use. For boys, those figures drop to roughly one-third.

How teens' behaviors vary based on their screen time

Teens who report spending too much time on social media and smartphones are especially likely to report cutting back on each. For instance, roughly six-in-ten teens who say they are on social media too much say they have cut back (57%). This is far higher than the 32% among those who say they are on social media too little or the right amount.

Most teens haven't cut back on their phone or social media use, but girls are more likely than boys to do so

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

	SMARTPHONE		SOCIAL MEDIA	
	Have	Haven't	Have	Haven't
U.S. teens	36	63	39	60
Boys	32	67	34	65
Girls	41	58	44	55

Note: Those who did not give an answer are not shown.
Source: Survey conducted Sept. 26-Oct. 23, 2023.
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How teens feel when they don't have their phone

Teens encounter a range of emotions when they don't have their phones, but we asked them about five specific ones. Roughly three-quarters of teens say it often or sometimes makes them feel **happy** (74%) or **peaceful** (72%) when they don't have their smartphone.

Smaller but notable shares of teens equate not having their phone with more negative emotions. Teens say not having their phone at least sometimes makes them feel **anxious** (44%), **upset** (40%) and **lonely** (39%).

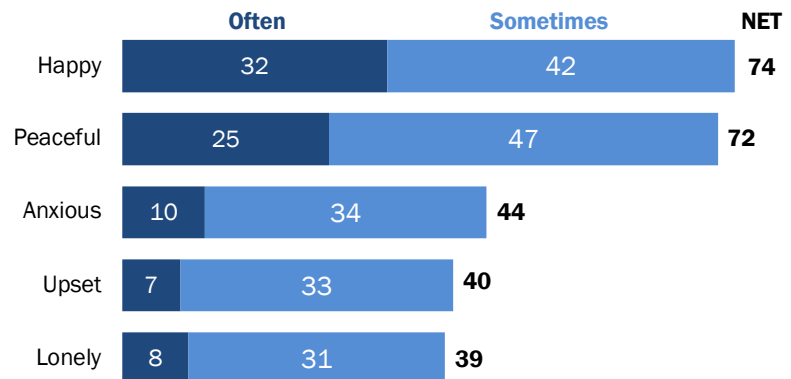
It is worth noting that only a minority of teens – ranging from 7% to 32% – say they *often* feel these emotions when they're phone-less.

Teens' feelings on this differ by some demographic factors:

- **Age and gender:** Older girls ages 15 to 17 (55%) are more likely than younger girls (41%) and teen boys who are younger (41%) and older (40%) to say they feel anxious at least sometimes when they don't have their smartphone.
- **Gender:** 45% of teen girls say not having their phone makes them feel lonely regularly, compared with 34% of teen boys.

Roughly three-quarters of teens at least sometimes feel happy or peaceful when they don't have their phone; 44% feel anxious

% of U.S. teens ages 13 to 17 who say they feel the following ___ when they do not have their smartphone with them



Note: Those who did not give an answer or gave other responses are not shown.
Source: Survey conducted Sept. 26-Oct. 23, 2023.
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Do teens think smartphones are negatively impacting young people?

As smartphones have become a universal part of teen life, many have asked what impact, if any, phones are having on today's youth.

Teens shared their perspectives on smartphones' impact on people their age and whether these devices have made certain aspects of growing up more or less challenging.

Most teens think the benefits of smartphones outweigh the harms for people their age.

Seven-in-ten teens say smartphones provide more benefits than harms for people their age, while a smaller share (30%) take the opposing view, saying there are more harms than benefits.

Teens' views, by gender and age

Younger girls ages 13 and 14 (39%) are more likely than older teen girls (29%) and teen boys who are younger (29%) and older (25%) to say that the harms of people their age using smartphones outweigh the benefits.

Most teens say the benefits of smartphones outweigh the harms for people their age

% of U.S. teens ages 13 to 17 who say, when it comes to people their age using a smartphone, there are generally ...



Note: Those who did not give an answer are not shown.
Source: Survey conducted Sept. 26-Oct. 23, 2023.
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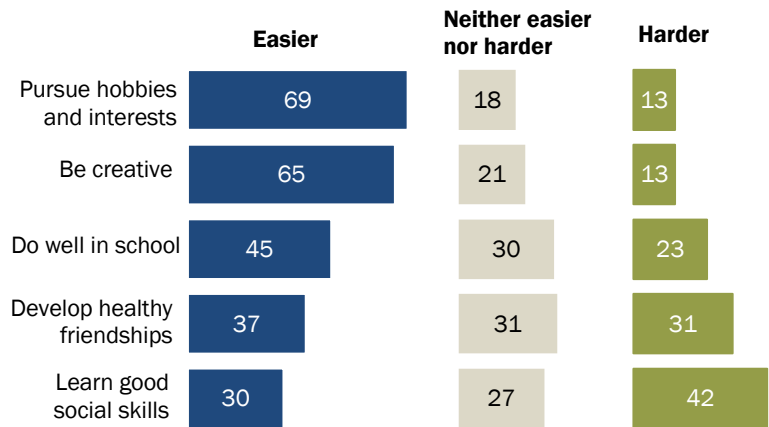
The survey also shows that teens see these devices' impacts on specific aspects of life differently.

More teens believe smartphones make it easier, rather than harder, to be creative, pursue hobbies and do well in school. Majorities of teens say smartphones make it a little or a lot easier for people their age to pursue hobbies and interests (69%) and be creative (65%). Close to half (45%) say these devices have made it easier for youth to do well in school.

Views are more mixed when it comes to developing healthy friendships. Roughly four-in-ten teens say smartphones make it easier for teens to develop healthy friendships, while 31% each say they make it harder or neither easier nor harder.

About two-thirds of teens say phones make it easier for youth to pursue interests, be creative; fewer think it helps peers learn good social skills

% of U.S. teens ages 13 to 17 who say that using smartphones make it ___ for people their age to do the following



Note: Those who did not give an answer are not shown.
Source: Survey conducted Sept. 26-Oct. 23, 2023.
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But they think smartphones have a more negative than positive impact on teens' social skills. A larger percentage of teens say smartphones make learning good social skills harder (42%) rather than easier (30%). About three-in-ten say it neither helps nor hurts.

How parents navigate raising teens in the smartphone age

With the rise of smartphones, today's parents must tackle many questions that previous generations did not. How closely should you monitor their phone use? How much screen time is too much? And how often do phones lead to disagreements?

We developed a set of parallel questions to understand the perspectives of both parents and teens. Here's what we found:

It's common for parents to look through their teen's phone – and many of their teens know it. Half of parents of teens say they look through their teen's phone. When we asked teens if they thought their parents ever look through their phones, 43% believed this had happened.

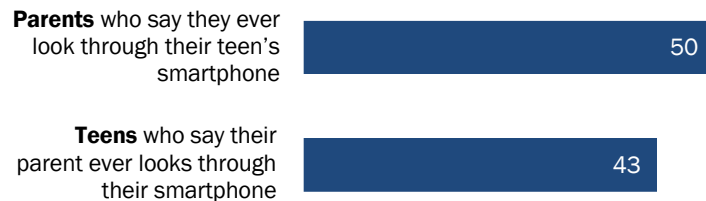
Whether parents report looking through their

child's smartphone depends on their kid's age. While 64% of parents of 13- to 14-year-olds say they look through their teen's smartphone, this share drops to 41% among parents of 15- to 17-year-olds.

Teens' accounts of this also vary depending on their age: 56% of 13- to 14-year-olds say their parent checks their smartphone, compared with 35% of teens ages 15 to 17.

Half of parents look through their teen's phone; 43% of teens think their parent checks their phone

% of U.S. parents and teens ages 13 to 17 who say the following



Note: Those who did not give an answer are not shown.
Source: Survey conducted Sept. 26-Oct. 23, 2023.
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How often do parents and teens argue about phone time?

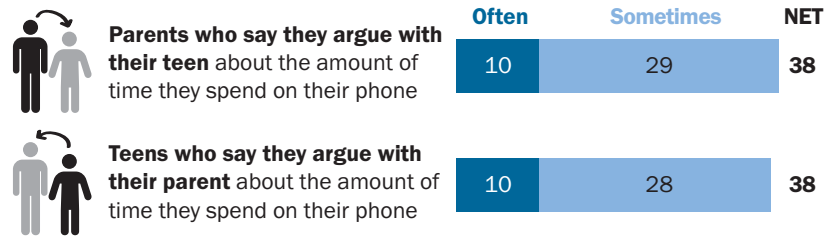
Parents and teens are equally likely to say they argue about phone use.

Roughly four-in-ten parents and teens (38% each) say they at least sometimes argue with each other about how much time their teen spends on the phone. This includes 10% in each group who say this happens *often*.

Still, others say they never have these types of disagreements. One-quarter of parents say they *never* argue with their teen about this, while 31% of teens say the same.

About 4 in 10 parents and teens say the time teens spend on their phone regularly leads to arguments

% of U.S. parents and teens ages 13 to 17 who say the following



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

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

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Teens' and parents' views, by race and ethnicity

Hispanic Americans stand out for reporting having these disagreements often. While 16% of Hispanic teens say they often argue with their parent about how much time they're spending on their phone, that share drops to 9% for White teens and 6% for Black teens.³

A similar pattern is present among parents. Hispanic parents (19%) are more likely than White (6%) or Black (7%) parents to say they often argue with their teen about this.

Teens' views, by frequency of internet use

The amount of time teens report being online is also a factor. About half (47%) of teens who report being online almost constantly say they at least sometimes argue with their parent about the amount of time they spend on their phone, compared with those who are online less often (30%).

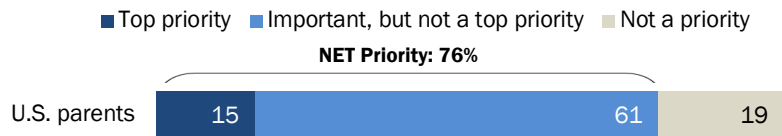
³ There were not enough Asian respondents in the sample to be broken out into a separate analysis. As always, their responses are incorporated into the general population figures throughout the report.

How much do parents prioritize tracking their teen's phone use?

Most parents prioritize managing the amount of time their teen spends on the phone. Roughly three-quarters of parents (76%) say managing how much time their teen spends on the phone is an important or a top priority. Still, 19% of parents don't consider this a priority.

Most parents say managing how much time their teen is on the phone is a priority

% of U.S. parents of teens ages 13 to 17 who say it is (a) ___ to manage the amount of time their teen uses their smartphone



Note: Those who did not give an answer are not shown.
Source: Survey conducted Sept. 26-Oct. 23, 2023.
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Parents' views, by race and ethnicity

Majorities of parents across racial and ethnic groups think of this as a priority. But some groups stand out for how much they prioritize this. For example, Hispanic (25%) or Black (24%) parents are more likely to say managing how much time their teen is on the phone is a top priority. That share drops to 10% among White parents.

Parents' views, by household income

We also see differences between the lowest and highest income households: 22% of parents whose annual household income is less than \$30,000 consider managing the amount of time their teen is on the phone a top priority, compared with 14% of those whose household income is \$75,000 or more a year. Those whose household income is \$30,000 to \$74,999 a year do not meaningfully differ from either group.

Do parents set time limits on their teen's phone use?

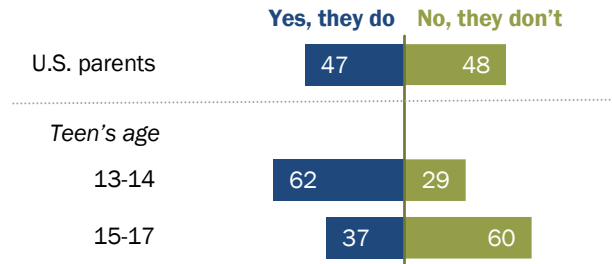
There's a nearly even split between parents who restrict their teen's time on their phone and those who don't. About half of parents (47%) say they limit the amount of time their teen can be on their phone, while a similar share (48%) don't do this.

Parents' views, by teen's age

Parents of younger teens are far more likely to regulate their child's screen time. While 62% of parents of 13- to 14-year-olds say they limit how much time their teen can be on their phone, that share drops to 37% among those with a 15- to 17-year-old.

Parents with younger teens are more likely to set time limits on phone use

% of U.S. parents of teens ages 13 to 17 who say they do/do not limit the amount of time their teen can be on their smartphone



Note: Those who did not give an answer, including parents whose teen does not have a smartphone, are not shown.
Source: Survey conducted Sept. 26-Oct. 23, 2023.
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How difficult is it for parents to keep up with their teen's phone use?

Managing screen time can feel like an uphill battle for some parents. About four-in-ten say it's hard to manage how much time their teen spends on their phone. A smaller share (26%) says this is easy to do.

Another 26% of parents fall in the middle – saying it's neither easy nor hard.

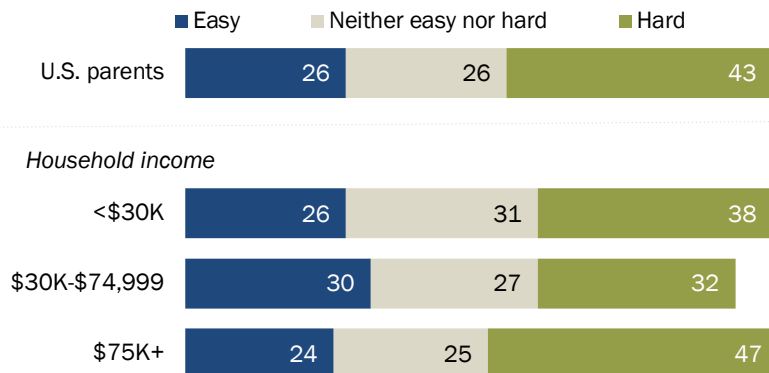
Parents' views, by household income

Higher-income parents are more likely to find it difficult to manage their teen's phone time. Roughly half (47%) of parents living in households

earning \$75,000 or more a year say managing the amount of time their teen is on their phone is hard. These shares are smaller among parents whose annual household income falls below \$30,000 (38%) or is between \$30,000 and \$74,999 (32%).

Higher-income parents are more likely to say it's hard to manage how much time their teen is on the phone

% of U.S. parents of teens ages 13 to 17 who say managing the amount of time their teen is on their smartphone is ...



Note: Those who did not give an answer, including parents whose teen does not have a smartphone, are not shown.

Source: Survey conducted Sept. 26-Oct. 23, 2023.
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Parents' own struggles with device distractions, screen time

Teens aren't the only ones who can be glued to their phones. Parents, too, can find themselves in an [endless cycle of checking emails](#), text messages and social media.

With that in mind, we asked parents to think about their own screen time – both the time they spend on their phone, and if it ever gets in the way of connecting with their teen.

Do parents think they spend too much time on their phone?

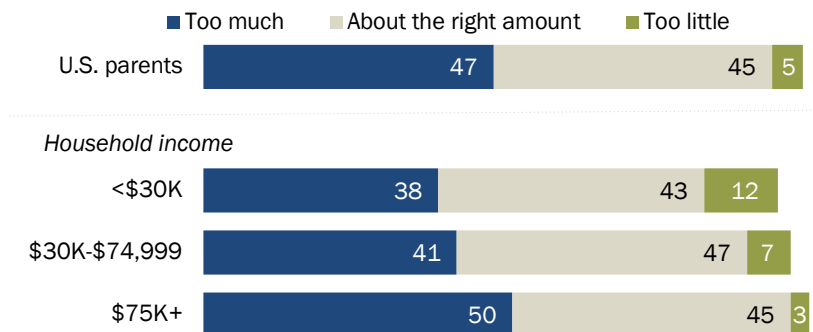
Like teens, parents are far more likely to say they spend too much rather than not enough time on their phone. About half of parents (47%) say they spend too much time on their smartphone. Just 5% think they spend too little time on it. And 45% believe they spend the right amount of time on their phone.

Parents' views differ by:

- Household Income:** 50% of parents with annual household incomes of \$75,000 or more say they spend too much time on their phone. This share drops to 41% among those living in households earning \$30,000 to \$74,999 a year and 38% among those earning under \$30,000.
- Race and ethnicity:** 57% of White parents believe they spend too much time on their phone, compared with 38% of Black parents and 34% of Hispanic parents.

Roughly half of parents say they spend too much time on their phone, but this varies by income

% of U.S. parents of teens ages 13 to 17 who say the amount of time they spend on their smartphone is ...



Note: Those who did not give an answer, including those who do not have a smartphone, are not shown.

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

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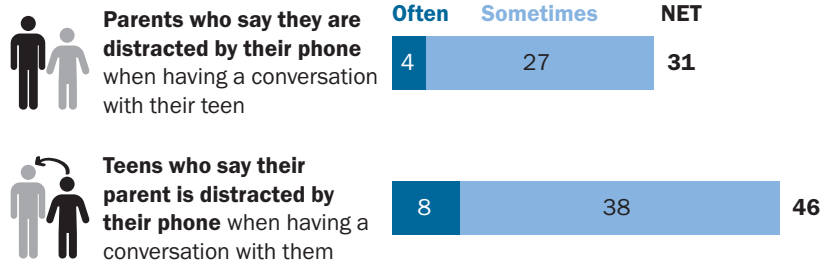
How often are parents distracted by their phone when talking with their teen?

When it comes to distracted parenting, parents paint a rosier picture than teens. Nearly half of teens (46%) say their parent is at least sometimes distracted by their phone when they're trying to talk to them, including 8% who say this happens often.

But when parents were asked to assess their own behavior, fewer – 31% – say this happens regularly.

Nearly half of teens say their parent at least sometimes gets distracted by their phone in conversations; fewer parents see it this way

% of U.S. parents and teens ages 13 to 17 who say the following



Note: Those who did not give an answer or gave other responses are not shown.
 Source: Survey conducted Sept. 26-Oct. 23, 2023.
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Acknowledgments

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Methodology: Teens and parents survey

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 DSF 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, 2023, from \$20 to \$40; then to \$50 on Oct. 17, 2023; and to \$75 on Oct. 20, 2023. 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 Black and Hispanic parents.

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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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.

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 tables show 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 ...
Parents of teens ages 13-17	1,453	3.2 percentage points
<i>Household income</i>		
<\$30K	273	8.1 percentage points
\$30K-\$74,999	409	6.3 percentage points
\$75K+	771	4.0 percentage points
White, non-Hispanic	708	4.2 percentage points
Black, non-Hispanic	237	8.1 percentage points
Hispanic	414	6.5 percentage points
Note: This survey includes oversamples of 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 ...
Teens ages 13-17	1,453	3.2 percentage points
Boys	735	4.5 percentage points
Girls	697	4.6 percentage points
Ages 13-14	529	5.3 percentage points
15-17	924	4.0 percentage points
<i>Household income</i>		
<\$30K	273	8.1 percentage points
\$30K-\$74,999	409	6.3 percentage points
\$75K+	771	4.1 percentage points
Note: This survey includes oversamples of 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%
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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: Parents survey

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

THE QUESTION PRESENTED BELOW IS PART OF A LARGER SURVEY CONDUCTED ON IPSOS KNOWLEDGE PANEL. OTHER QUESTIONS ON THIS SURVEY HAVE BEEN 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.

U.S. parents of teens ages 13-17	Sample size 1,453	Margin of error at 95% confidence level +/- 3.2 percentage points
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ASK PARENTS OF TEEN SMARTPHONE USERS (PARTSP=1) [N=1,384]:

PARSPM Do you ever... **[RANDOMIZE ITEMS]**

	<u>Yes, I do this</u>	<u>No, I do not do this</u>	<u>No answer</u>
a. Look through your teen's smartphone Sep 26-Oct 23, 2023	52	47	*
b. Limit the amount of time your teen can be on their smartphone Sep 26-Oct 23, 2023	49	50	1

PARSPM BASED ON ALL PARENTS

	<u>Yes, I do this</u>	<u>No, I do not do this</u>	<u>No answer</u>
a. Look through your teen's smartphone Sep 26-Oct 23, 2023	50	45	*
b. Limit the amount of time your teen can be on their smartphone Sep 26-Oct 23, 2023	47	48	*

ASK PARENTS OF TEEN SMARTPHONE USERS (PARTSP=1) [N=1,384]:

PTMAN Overall, would you say managing the amount of time your teen is on their smartphone is... **[SHOW RESPONSE OPTIONS IN REVERSE ORDER FOR RANDOM HALF OF SAMPLE]**

Sep 26-Oct 23, 2023

13	Very easy
14	Somewhat easy
28	Neither easy nor hard
31	Somewhat hard
15	Very hard
*	No answer

PTMAN BASED ON ALL PARENTS:Sep 26-Oct 23, 2023

12	Very easy
14	Somewhat easy
26	Neither easy nor hard
29	Somewhat hard
14	Very hard
5	Teen does not have a smartphone
*	No answer to PARTSP
*	No answer to PTMAN

ASK PARENTS OF TEEN SMARTPHONE USERS (PARTSP=1) [N=1,384]:

PTSPPRI How much of a priority is it for you to manage the amount of time your teen uses their smartphone?

Sep 26-Oct 23, 2023

16	Top priority
64	Important, but not a top priority
20	Not a priority
*	No answer

PTSPPRI BASED ON ALL PARENTS:Sep 26-Oct 23, 2023

15	Top priority
61	Important, but not a top priority
19	Not a priority
5	Teen does not have a smartphone
*	No answer to PARTSP
*	No answer to PTSPPRI

ASK PARENTS OF TEEN SMARTPHONE USERS (PARTSP=1) [N=1,384]:

PTSPARGU How often do you and your teen argue about the amount of time they spend on their smartphone?

Sep 26-Oct 23, 2023

10	Often
30	Sometimes
33	Rarely
27	Never
*	No answer

PTSPARGU BASED ON ALL PARENTS:Sep 26-Oct 23, 2023

10	Often
29	Sometimes
31	Rarely
25	Never
5	Teen does not have a smartphone
*	No answer to PARTSP
*	No answer to PTSPARGU

ASK SMARTPHONE USERS (PARSP=1) [N=1,412]:PSPTIME Overall, would you say the amount of time you spend on your smartphone is...Sep 26-Oct 23, 2023

48	Too much
5	Too little
46	About the right amount
*	No answer

PSPTIME BASED ON ALL PARENTS:Sep 26-Oct 23, 2023

47	Too much
5	Too little
45	About the right amount
2	Does not have a smartphone
*	No answer to PARTSP
*	No answer to PSPTIME

ASK SMARTPHONE USERS (PARSP=1) [N=1,412]:PSPDIST How often are you distracted by your smartphone when your teen is trying to have a conversation with you?Sep 26-Oct 23, 2023

4	Often
27	Sometimes
43	Rarely
25	Never
*	No answer

PSPDIST BASED ON ALL PARENTS:Sep 26-Oct 23, 2023

4	Often
27	Sometimes
42	Rarely
25	Never
2	Does not have a smartphone
*	No answer to PARSP
*	No answer to PSPDIST

Topline questionnaire: Teens survey

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

THE QUESTION PRESENTED BELOW IS PART OF A LARGER SURVEY CONDUCTED ON IPSOS KNOWLEDGE PANEL. OTHER QUESTIONS ON THIS SURVEY HAVE BEEN 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.

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

ASK ALL:

TEENSPBH When it comes to people your age using a smartphone, do you think there are generally... **[RANDOMIZE RESPONSE OPTIONS]**

Sep 26-Oct 23, 2023

70	More benefits than harms
30	More harms than benefits
1	No answer

ASK ALL:

SPEFFECTS Do you think that using smartphones makes it easier or harder for people your age to... **[RANDOMIZE ITEMS; ROTATE RESPONSE OPTIONS FOR HALF 1-5 OR 5-1]**

	A lot harder	A little harder	Neither easier nor harder	A little easier	A lot easier	No answer
a. Learn good social skills Sep 26-Oct 23, 2023	14	27	27	20	10	1
b. Be creative Sep 26-Oct 23, 2023	3	10	21	34	31	1
c. Pursue their hobbies and interests Sep 26-Oct 23, 2023	4	9	18	33	36	1
d. Do well in school Sep 26-Oct 23, 2023	6	17	30	26	19	1
e. Develop healthy friendships Sep 26-Oct 23, 2023	10	21	31	24	12	1

ASK IF SMARTPHONE USER (DEVICEa=1) [N=1,389]:

NSPFEEL When you do not have your smartphone with you, how often do you feel...
[RANDOMIZE ITEMS]

		<u>Often</u>	<u>Sometimes</u>	<u>Rarely</u>	<u>Never</u>	<u>No answer</u>
a.	Anxious Sep 26-Oct 23, 2023	11	36	30	23	*
b.	Peaceful Sep 26-Oct 23, 2023	26	50	16	7	1
c.	Upset Sep 26-Oct 23, 2023	7	35	35	23	*
d.	Happy Sep 26-Oct 23, 2023	34	44	15	7	*
e.	Lonely Sep 26-Oct 23, 2023	8	33	32	27	*

NSPFEEL BASED ON ALL TEENS:

		<u>Often</u>	<u>Sometimes</u>	<u>Rarely</u>	<u>Never</u>	<u>Does not have a smartphone</u>	<u>No answer to DEVICEa</u>	<u>No answer to NSPFEEL</u>
a.	Anxious Sep 26-Oct 23, 2023	10	34	29	22	4	*	*
b.	Peaceful Sep 26-Oct 23, 2023	25	47	15	7	4	*	1
c.	Upset Sep 26-Oct 23, 2023	7	33	33	22	4	*	*
d.	Happy Sep 26-Oct 23, 2023	32	42	14	7	4	*	*
e.	Lonely Sep 26-Oct 23, 2023	8	31	30	26	4	*	*

DISPLAY TO ALL:

For the following questions, please think about your parent who took this survey before you.

ASK IF SMARTPHONE USER (DEVICEa=1) [N=1,389]:

TPARSPM As far as you know, does your parent ever look through your smartphone?

Sep 26-Oct 23, 2023

45	Yes, they do this
45	No, they do not this
10	Not sure
*	No answer

TPARSPM BASED ON ALL TEENS:

Sep 26-Oct 23, 2023

43	Yes, they do this
42	No, they do not this
9	Not sure
4	Does not have a smartphone
*	No answer to DEVICEa
*	No answer to TPARSPM

ASK IF SMARTPHONE USER (DEVICEa=1) [N=1,389]:

TPSPARGU How often do you and your parent argue about the amount of time you spend on your smartphone?

Sep 26-Oct 23, 2023

11	Often
29	Sometimes
28	Rarely
33	Never
*	No answer

TPSPARGU BASED ON ALL TEENS:

Sep 26-Oct 23, 2023

10	Often
28	Sometimes
26	Rarely
31	Never
4	Does not have a smartphone
*	No answer to DEVICEa
*	No answer to TPSPARGU

ASK ALL:

TPSPDIST How often is your parent distracted by their smartphone when you are trying to have a conversation with them?

Sep 26-Oct 23, 2023

8	Often
38	Sometimes
31	Rarely
21	Never
1	My parent does not have a smartphone
1	No answer

[RANDOMIZE ORDER OF DEVTIME & SMTIME]**ASK IF SMARTPHONE USER (DEVICEa=1):**

DEVTIME Overall, would you say the amount of time you spend on the following is...
[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. ITEM A HELD FOR FUTURE RELEASE				
b. ASK SMARTPHONE USERS (DEVICEa=1) [N=1,389]: Your smartphone				
<u>Sep 26-Oct 23, 2023</u>	40	6	54	*

[RANDOMIZE ORDER OF DEVTIME & SMTIME]**ASK ALL:**

SMTIME Overall, would you say the amount of time you spend on social media is... **[RANDOMIZE ORDER OF RESPONSE OPTIONS TO MATCH DEVTIME]**

Sep 26-Oct 23, 2023

27	Too much
8	Too little
64	About right
1	No answer

April 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?
[RANDOMIZE ITEMS]

	<u>Yes, I have done this</u>	<u>No, I have not done this</u>	<u>No answer</u>
a. Your smartphone			
<u>Sep 26-Oct 23, 2023</u>	36	63	1
b. Social media			
<u>Sep 26-Oct 23, 2023</u>	39	60	1
c. ITEM C HELD FOR FUTURE RELEASE			