

EDUCATE



A lot of information is available online. The following statistics are intended to get you started on your education journey regarding the influence of device use.

Statistics to make you think:

30% of teens and parents argue about smartphones daily.

Nearly 40% of all teenagers have posted or sent sexually suggestive messages.

In 2012, over **15% of students reported cyberbullying** in the past 12 months. This was nearly a decade ago; **the iPhone had been available for 5 years.**

More than 40% of female victims of human trafficking have also been subjected to some form of online abuse.

Teens who spend 7 or more hours per day on electronic devices are **twice as likely to be diagnosed with depression**, and those who spend only just three hours or more a day on electronic devices are 35% more likely to have **at least one suicide risk factor.**

Suicide is the leading cause of death for Oregonians between the ages of 10 and 24.

YOU have the power to do something about this.

Statistics to encourage change:

71% of teenagers said they consider talking, catching up, and spending time with family members as the **best part of family dinners.**

Research examining 5,000 teenagers has shown that when children eat with their parents regularly, they are more likely to be **emotionally strong and have better mental health.**

65% of cell owners say that mobile phones have made it “a lot” easier to **stay in touch** with the **people they care about.**

People who **digitally disconnected** while traveling felt they experienced **better, richer relationships** with other people and the world around them.

Sources:

[iGen Book by Jean Twenge](#)

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