

Educate Yourself



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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