DIGITAL ADDICTION
Parent Workshop

Barna Research

- 78% of parents believe that they have a more complicated job in raising their kids today than their parents did raising them, and technology is the number one reason for this belief.
- Parents say that 82% of their teens and 72% of preteens take their phone to bed with them. 70% of parents sleep with their phone next to them.
- Children (ages 4-17) are spending an average of 5 hours a day on an electronic device.
- Only 11% of parents say they never take calls, texts, or do something else on their phone at the table during a family meal.
- 44% say their children never take calls, texts, or do something else on their phone at a the table during a family meal.

Pew Research Study

- 60% of teens between the age of 13-17 say that spending too much time online is a major problem facing their age group, with around 90% saying that it is a problem.
- Common Sense Media reports that teens spend 9 hours a day online, compared to 6 hours from ages 8-12 and 50 minutes from ages 0-8.
- 72% of parents say that their teen is sometimes or often distracted by their phone while having real-life conversations, 51% of teens say the same thing about their parents.

Sources

- https://www.barna.com/research/6-tech-habits-changing-american-home/
- https://qz.com/1367506/pew-research-teens-worried-they-spend-too-much-time-on-phones/