“I use social media to message family and friends. On average, I use Instagram 6hs 35min a day”

* 9th Grade Male Student

Social media is “pretty important. I use it to connect with people and keep up with news for things I’m interested about. However, I tend to get addicted easily so I try to keep it only 1-2 apps. My screen time is 3-4h per day”

* 9th Grade Student

“About 4 hours a day”

* 12th Grade Student

“I spend around less than 1 hour on social media, excluding YouTube because it doesn’t count”

* 9th Grade Student

“Social media is not important to me as a value in my life; however, I do tend to spend a lot of time on it. I spend at least 5-7hrs a day on TikTok AND at least 3-4hrs on Instagram”

* 12th Grade Student

“It is very important as it lets me keep in touch with friends and family. On average I spend about 4 hours a day and that is something I’m working on.”

* 12th Grade Student

“Social media is not that important, there are many other aspects of my life that are worth more. I usually go on social media when I’m bored. My average per day is 3hs 33mins.”

* 10th Grade Student

“Social media is somewhat important in my life but I genuinely believe I can live without it. My daily average on social media is 2hs a day.”

* 12th Grade Student

“I spend 5-10 hours a day on social media”

* 10th Grade Student

“Social media is not as important to me, but I spend 4hs 34mins a day on social media”

* 9th Grade Student

“Social media is an important tool in my life in order to talk with friends. I use social media for an average of 5hs 37mins a day”

* 12th Grade Student

“2hs every day on social media. Its pretty important as I use it everyday”

* 11th Grade Student

“Between Snapchat and Instagram, I spend roughly 2 hours per day”

* 12th Grade Student

“On average I spend around 3 hours on social media”

* 11th Grade Student

“3hrs 58mins”

* 11th Grade Student

“Social media is a bigger deal in my life. Snapchat-2hr 4mins, TikTok 1hr 33mins, Instagram 51mins, Facebook 31mins.”

* 10th Grade Student

“I hate to admit it, but it’s a pretty important part of my life right now. I don’t know the exact time, but I know that it’s pretty bad. But I’ve been trying to bring my screentime down”

* 10th Grade Student

“Its pretty important. On average I spend about 3hrs on social media per day”

* 9th Grade Student

“It is very important. It’s how I socialize, and I have an average of 11hrs. 20 mins”

* 9th Grade Student

“I would say somewhat important for entertainment but not essential. My daily screen time on all apps last week was 5hr. 3 mins, 3hours is social media, the rest is YouTube and music”

* 12th Grade Student

“I find social media a little important because I have a small patform on TikTok with about 40K followers. So I say average 6-8 hrs.”

* 12th Grade Student