

How important is social media in your life? On average how many hours per day do you spend on social media?

"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

How important is social media in your life? On average how many hours per day do you spend on social media?

“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