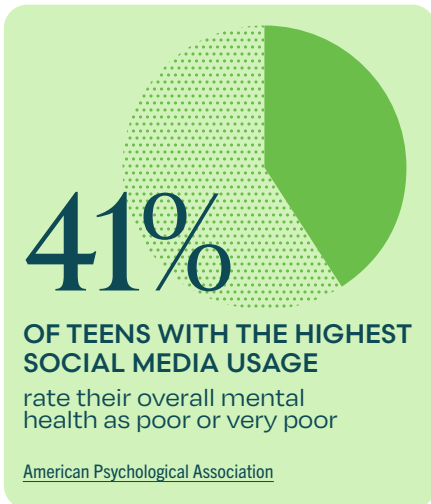


SINCE 2010

134% ↑
Increase in anxiety

106% ↑
Increase in depression

[The Anxious Generation](#)



Adolescents who experienced cyberbullying were more than

FOUR TIMES
as likely to report thoughts of

SUICIDE AND ATTEMPTS
as those who didn't

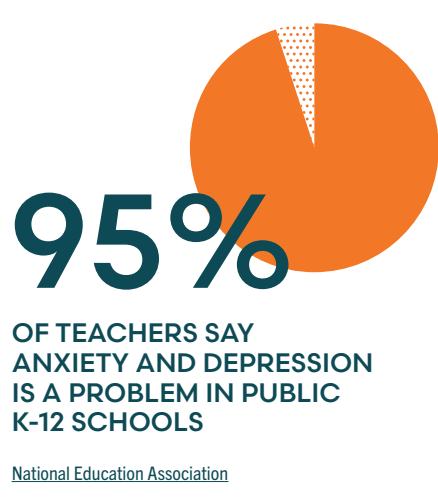
[National Institutes of Health](#)

Youth reporting **LONELINESS** are also more likely to **drop out of school at the age of 16**

[Loneliness During the School Years](#)

Each additional hour of total screen time increases the odds of suicidal behaviors

[Science Direct](#)



35%
of teens admit to using their cellphone to **CHEAT**

[Common Sense Media](#)

STEEP DROP IN BULLYING

46% of girls & 43% of boys experienced a reduction of bullying after smartphone bans were enacted.

[Smartphone Bans, Student Outcomes and Mental Health](#)

87%
of teachers said bullying is a problem in Public K-12 schools

34%
of middle school teachers call bullying a major problem

[National Education Association](#)

22%
of high school students have **SERIOUSLY CONSIDERED SUICIDE IN THE PAST YEAR**

10%
HAVE ATTEMPTED SUICIDE IN THE PAST YEAR

[CDC, 2023](#)

PORNOGRAPHY EXPOSURE

1/3 OF ALL TEENS reported that they have been exposed to pornography during the school day

[Common Sense Media](#)

“BRAIN DRAIN”
The mere presence of one's own smartphone reduces available cognitive capacity

[Brain Drain](#)

