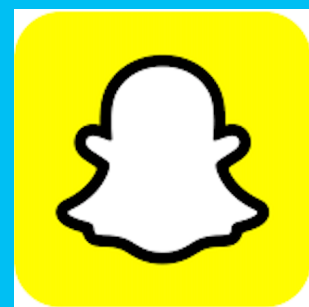


SPENCER DAVIS

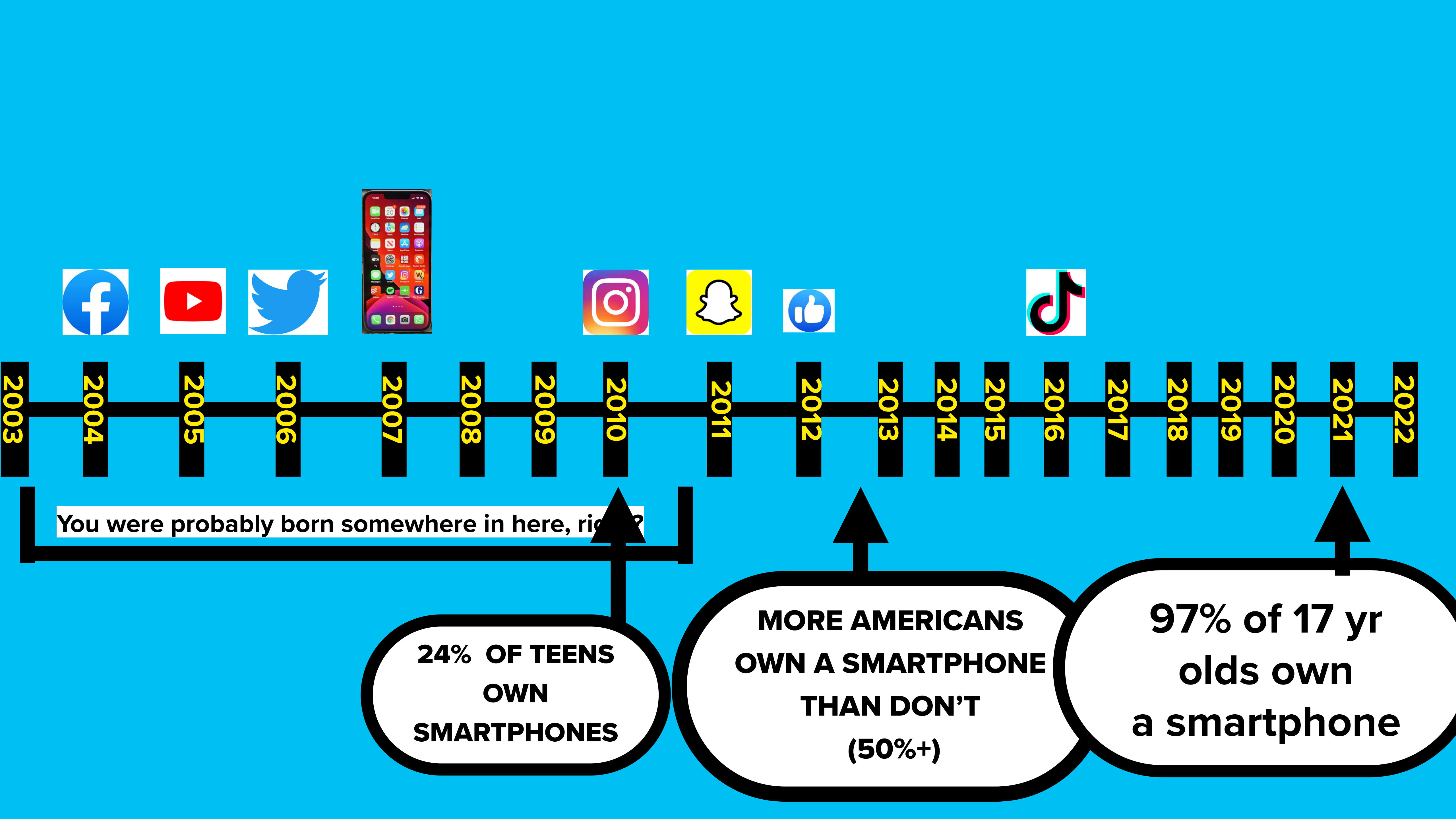
SOCIAL MEDIA

Snowbird Wilderness Outfitters

2003 2004 2005 2006 2007 2008 2009 2010 2011 2012 2013 2014 2015 2016 2017 2018 2019 2020 2021 2022



You were probably born somewhere in here, right?



U.S. SMARTPHONE OWNERSHIP 2011-2021

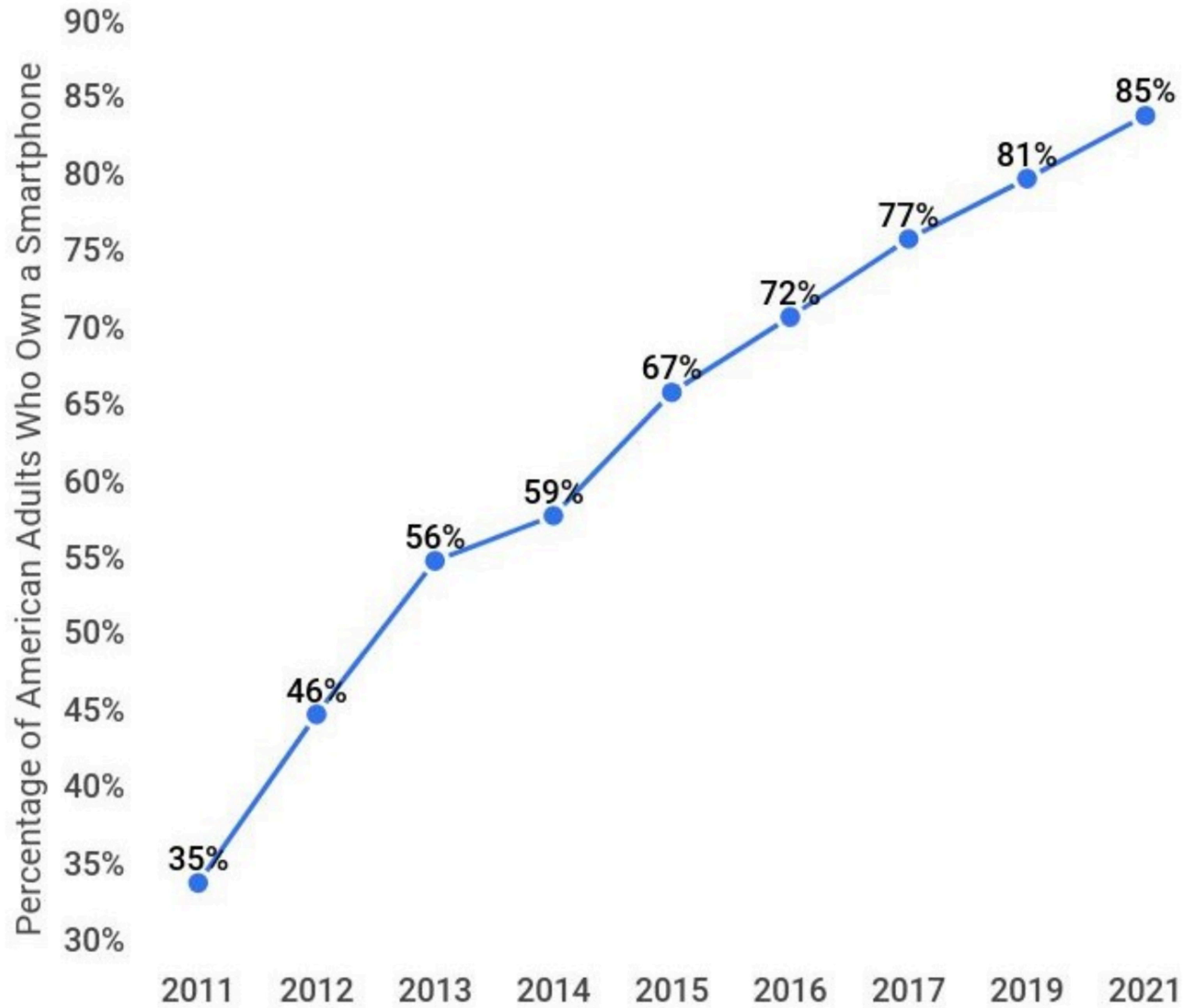
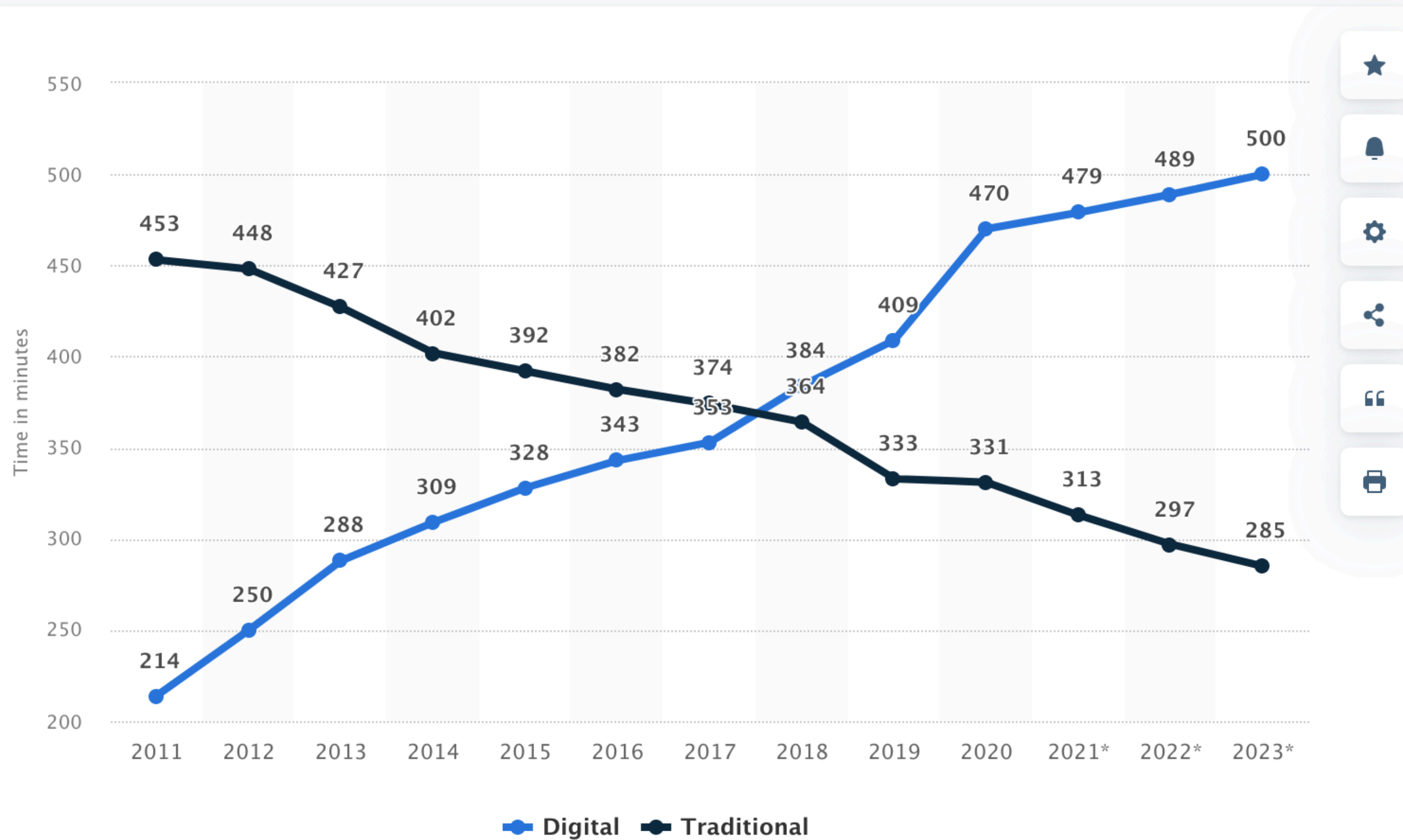


TABLE 6. Technology in the home, 2019 vs. 2021

| Percent of 8- to 18-year-olds with a ... in the home | 2019 | 2021 |
|---|------------------|------------------|
| Smartphone | 91% ^a | 94% ^b |
| TV set | 87% | 89% |
| Computer (laptop or desktop) | 89% | 87% |
| Subscription streaming service* | 72% ^a | 84% ^b |
| Video game player | 78% | 79% |
| Tablet | 75% | 74% |
| Cable TV* | 41% ^a | 32% ^b |
| Satellite TV* | 21% ^a | 13% ^b |

Time spent per day with digital versus traditional media in the United States from 2011 to 2023

(in minutes)



DOWNLOAD



Source

- [Show sources information](#)
- [Show publisher information](#)
- [Use Ask Statista Research Service](#)

Release date

June 2021

Region

United States

Survey time period

2011 to 2020

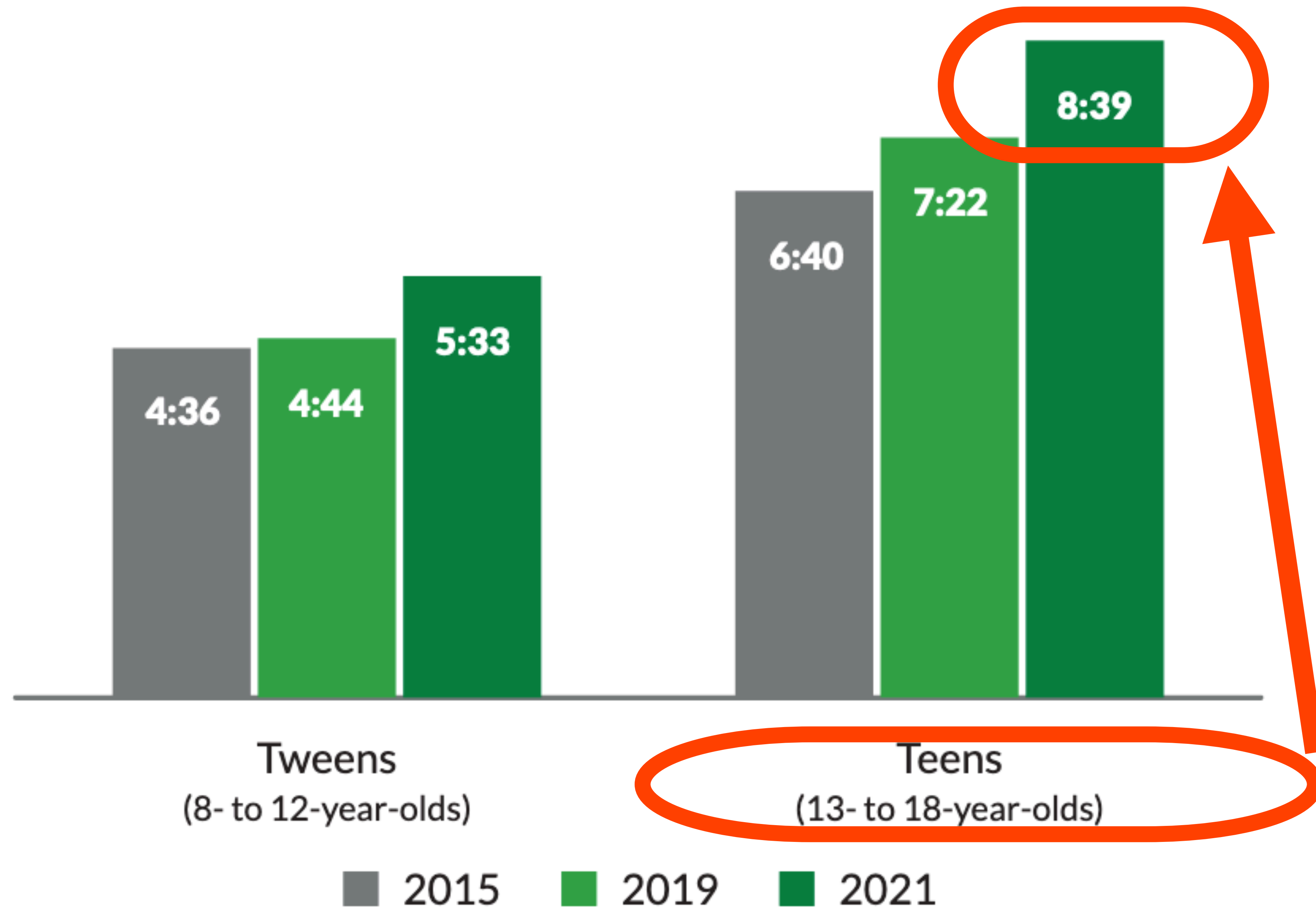
Age group

18 years and older

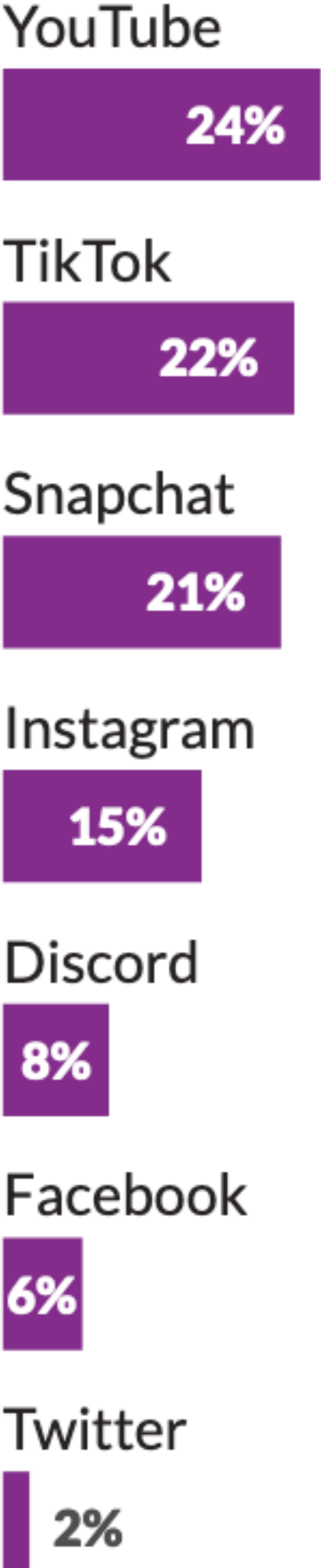
Supplementary notes

* Forecast.

FIGURE A. Total entertainment screen use among tweens and teens, per day, 2015 to 2021

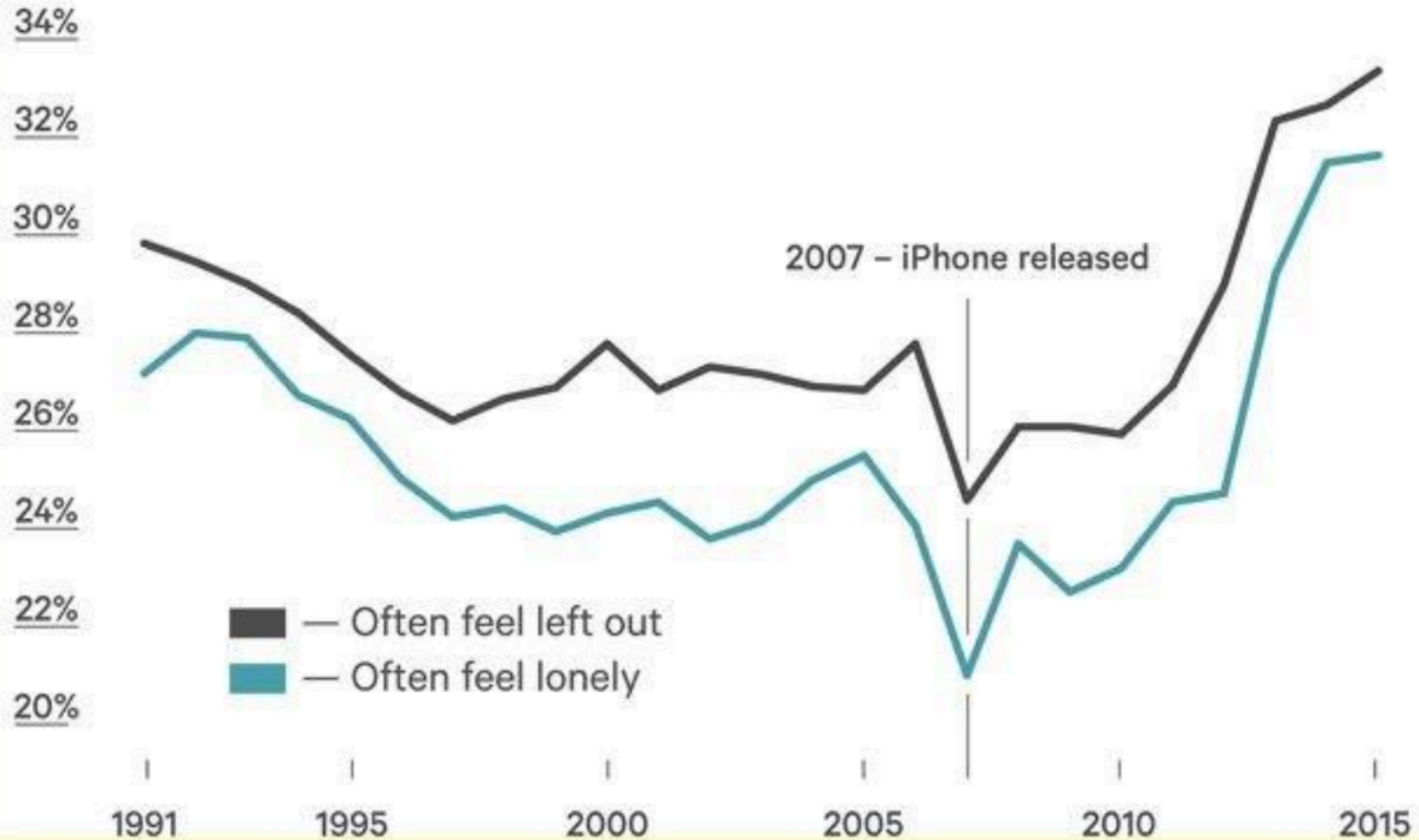


Social/Video sites teens say they use most:



More Likely to Feel Lonely

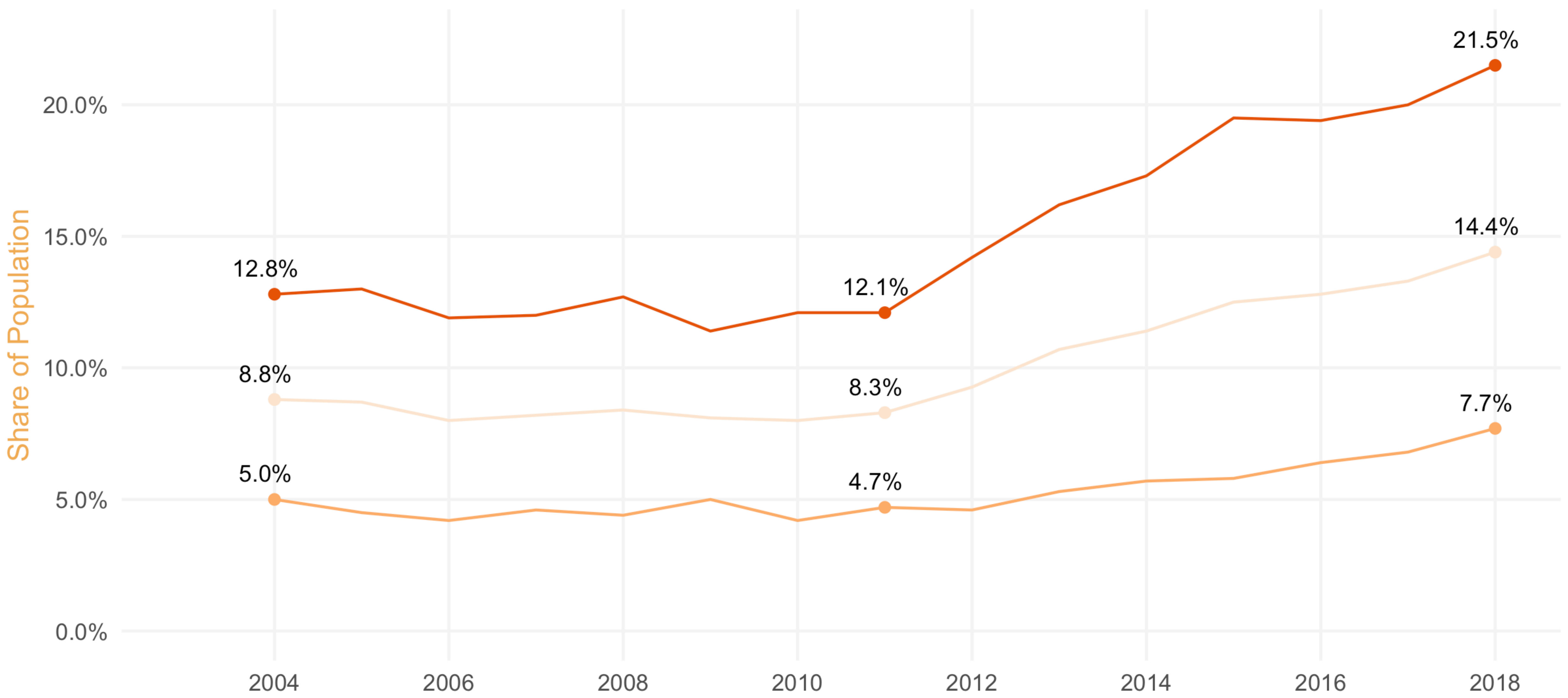
Percentage of 8th-, 10th-, and 12th-graders who agree or mostly agree with the statement "I often feel left out of things" or "A lot of times I feel lonely"



The Rise of Teen Depression

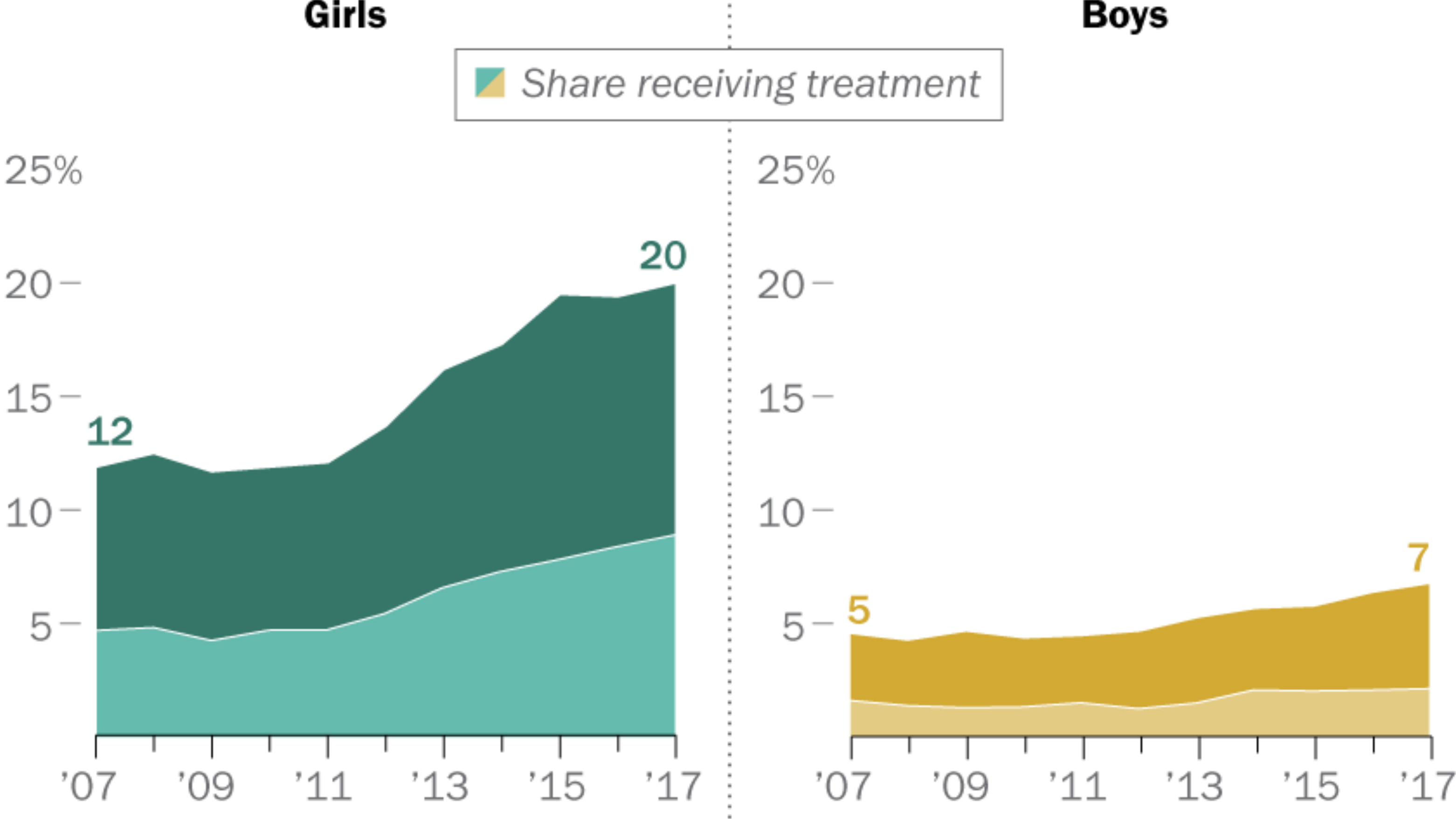
12 to 17 y/o's reporting past-year major depression

Gender —●— Total —●— Male —●— Female

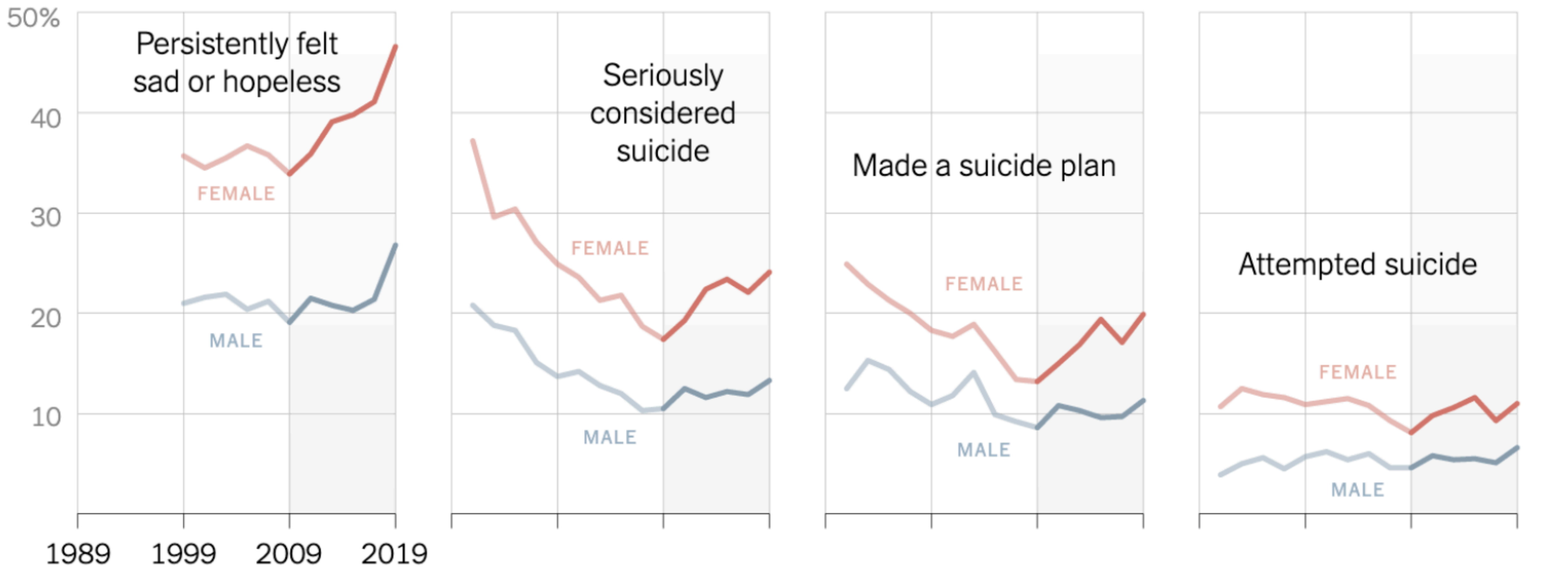


U.S. teen girls are more likely than boys to face depression, receive treatment

% of teens ages 12-17 who have had at least one major depressive episode in the past year, 2007-2017



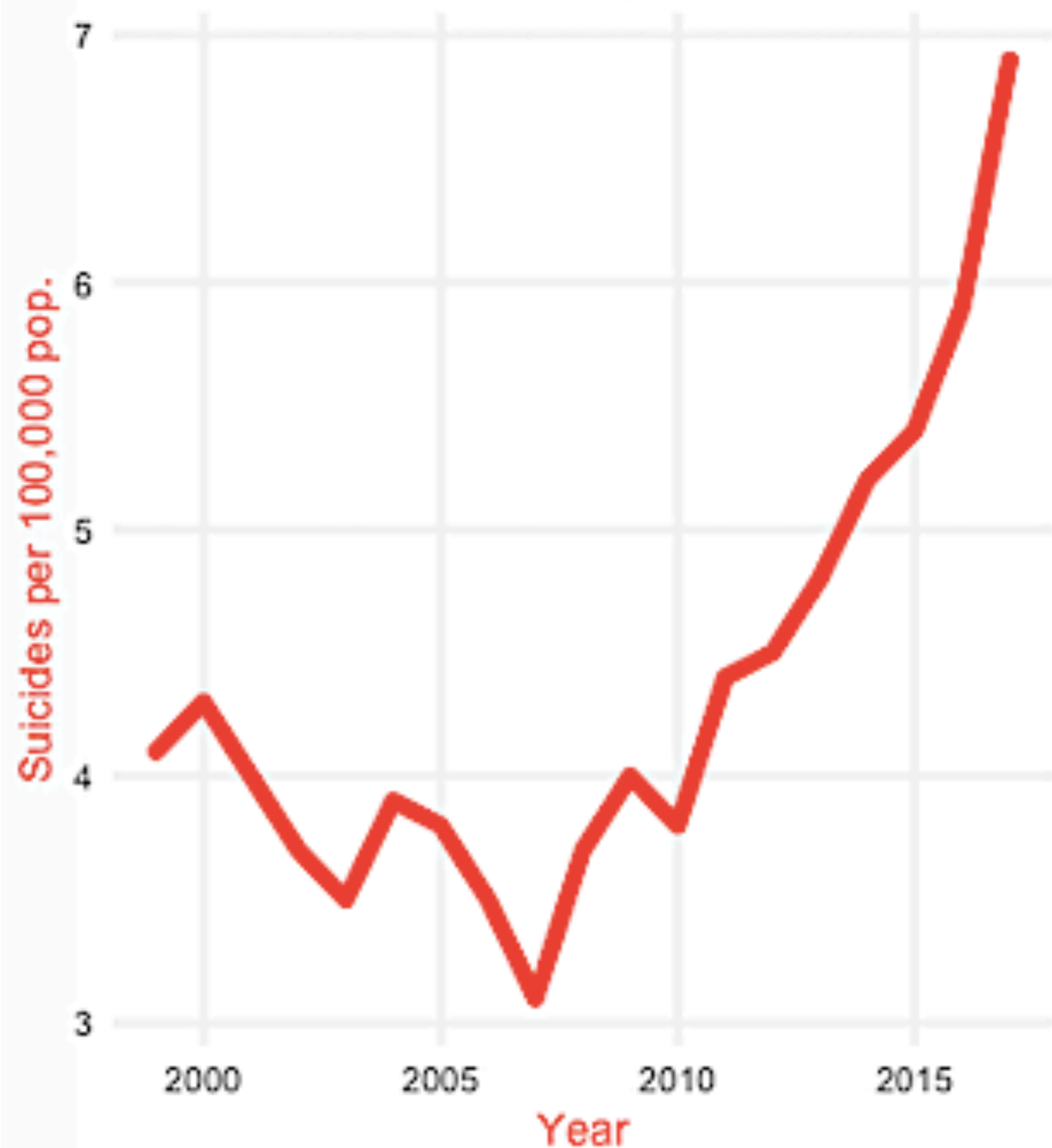
Note: "Major depressive episode" as defined in the fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-5).



By The New York Times | Source: Centers for Disease Control and Prevention High School Youth Risk Behavior Survey

The Teen Suicide Spike

Suicides among 12- to 17-year-olds



Source: CDC WONDER

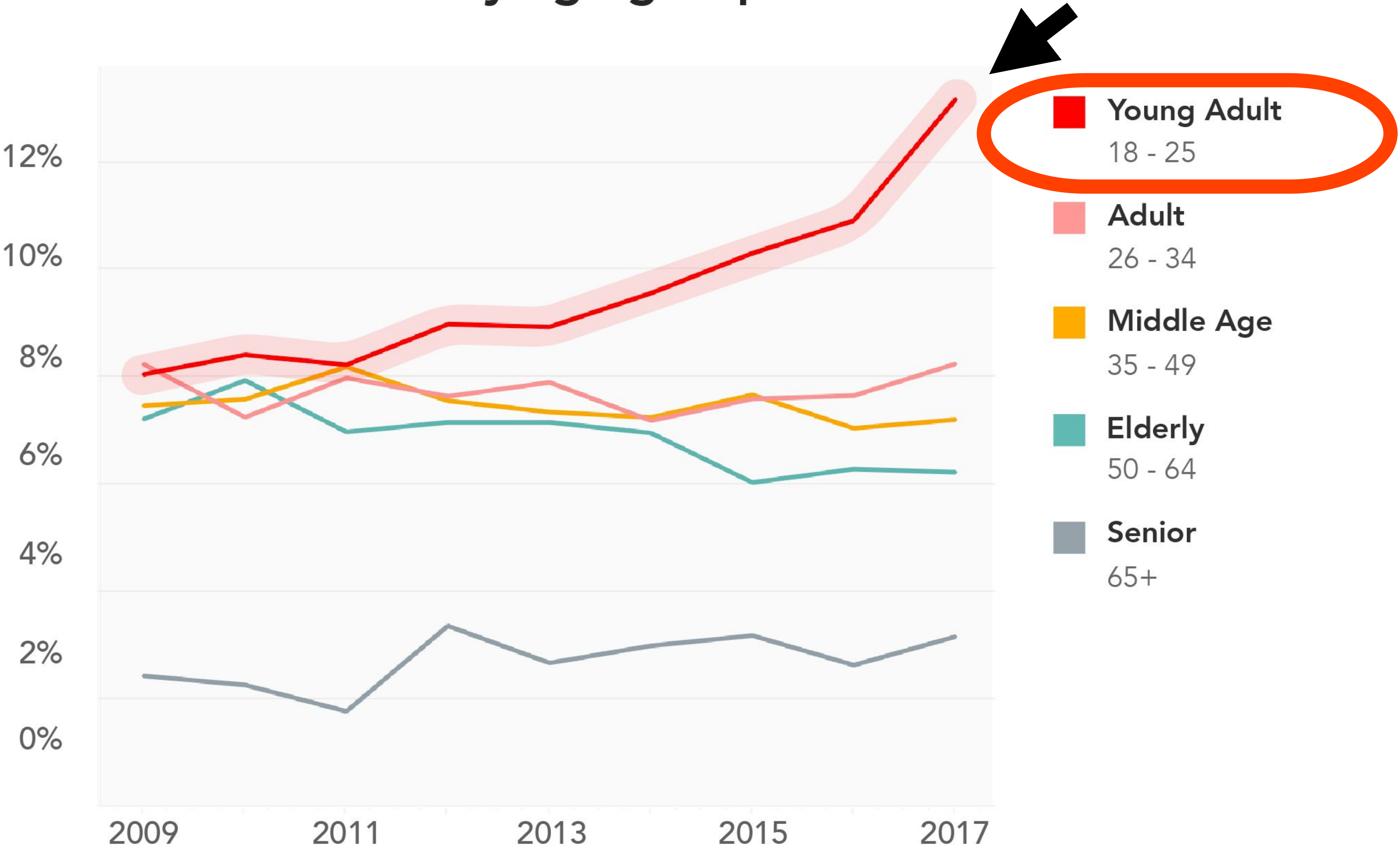
Teens are More Depressed

Major Depressive Episodes among 12- to 17-year-olds

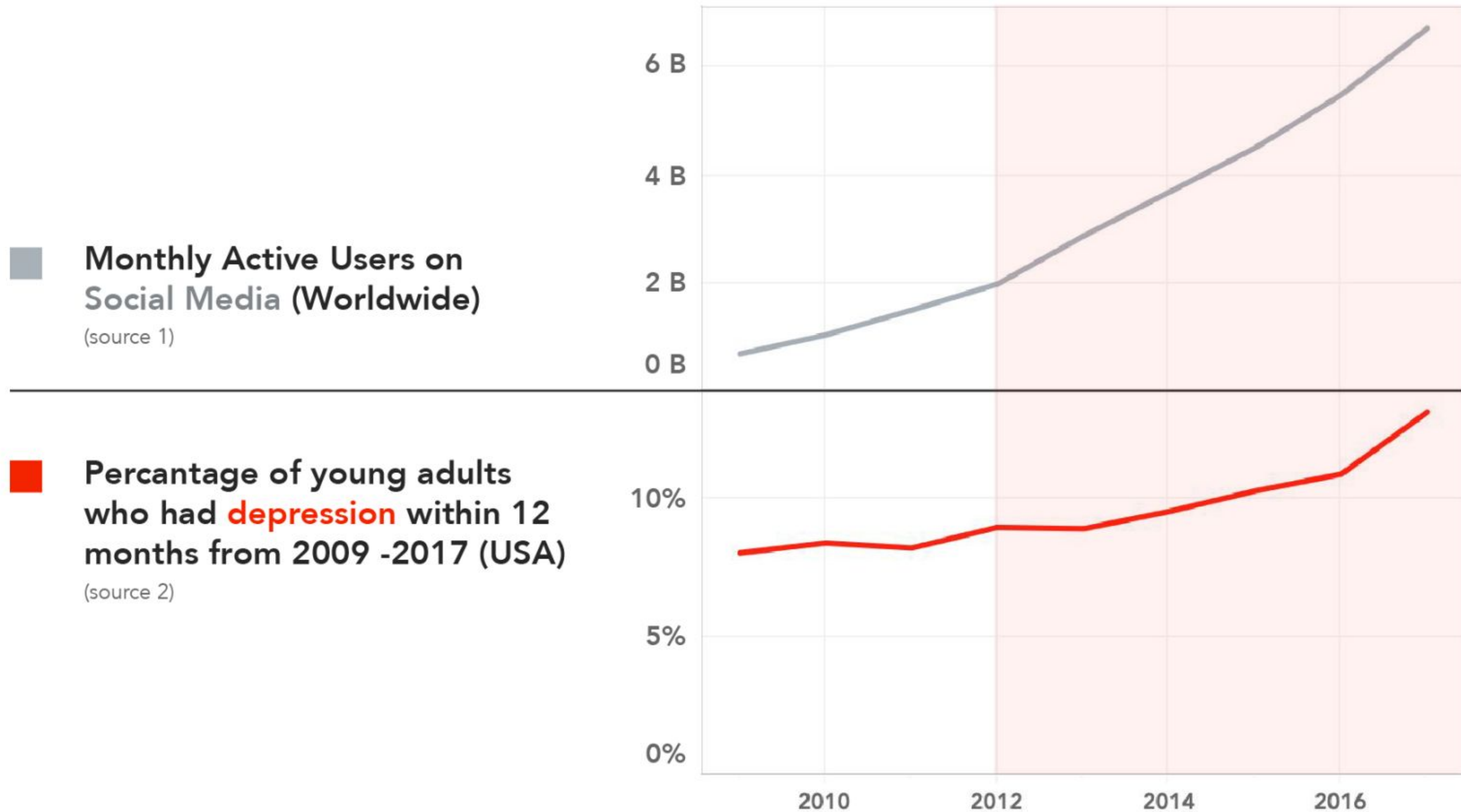


Source: NSDUH (trend using LOESS)

Percentage of people who had depression in the last 12 months by age group in the US



Relationship of the social network growth and depression rates in young adults (age 18-25 years)



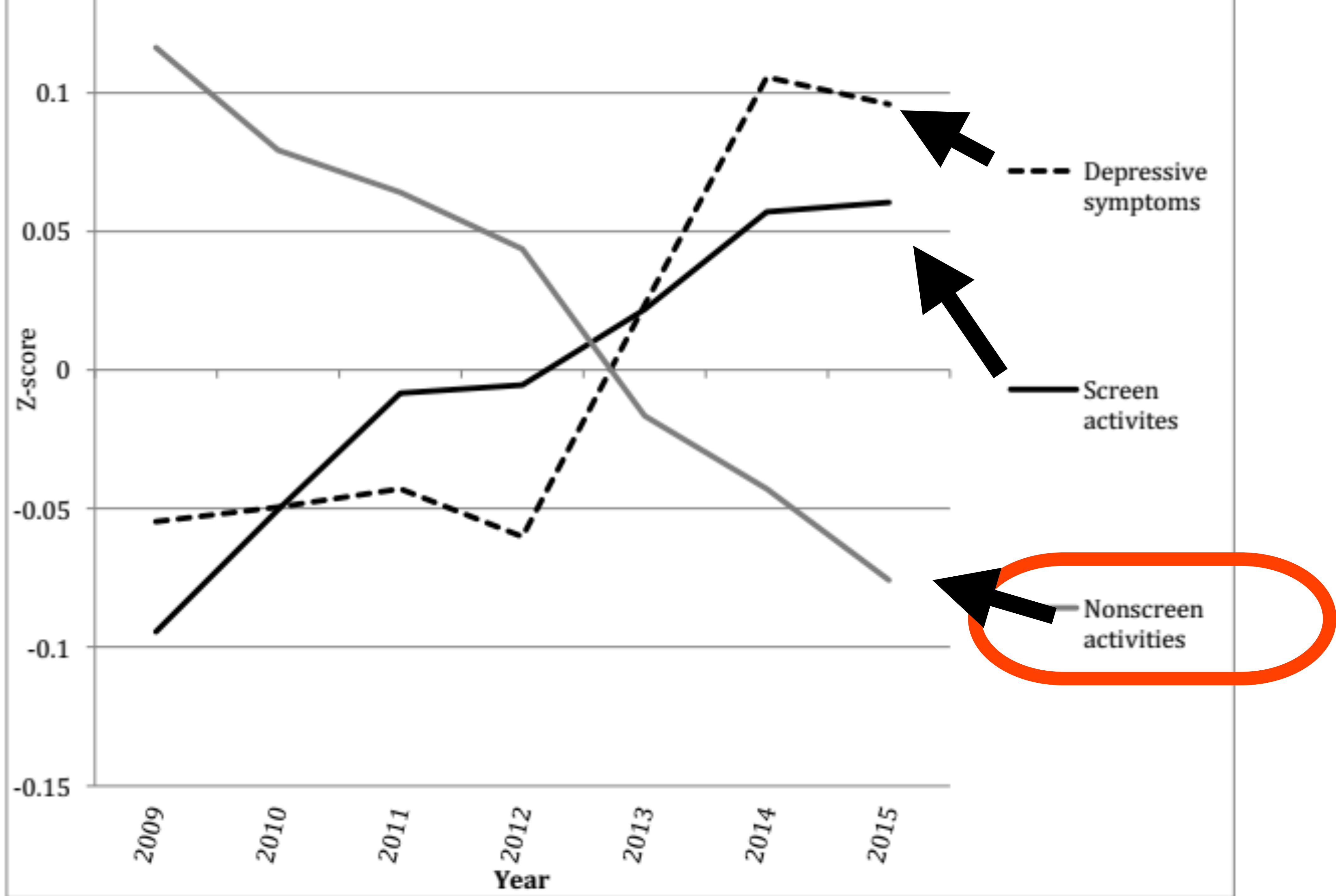
“Thirty-two percent of teen girls said that when they felt bad about their bodies, Instagram made them feel worse,.... Comparisons on Instagram can change how young women view and describe themselves.”

- Facebook internal message board - reviewed by the WSJ

“We make body image issues worse for one in three teen girls,” said one slide from 2019, summarizing research about teen girls who experience the issues.

“Teens blame Instagram for increases in the rate of anxiety and depression,” said another slide. “This reaction was unprompted and consistent across all groups.”

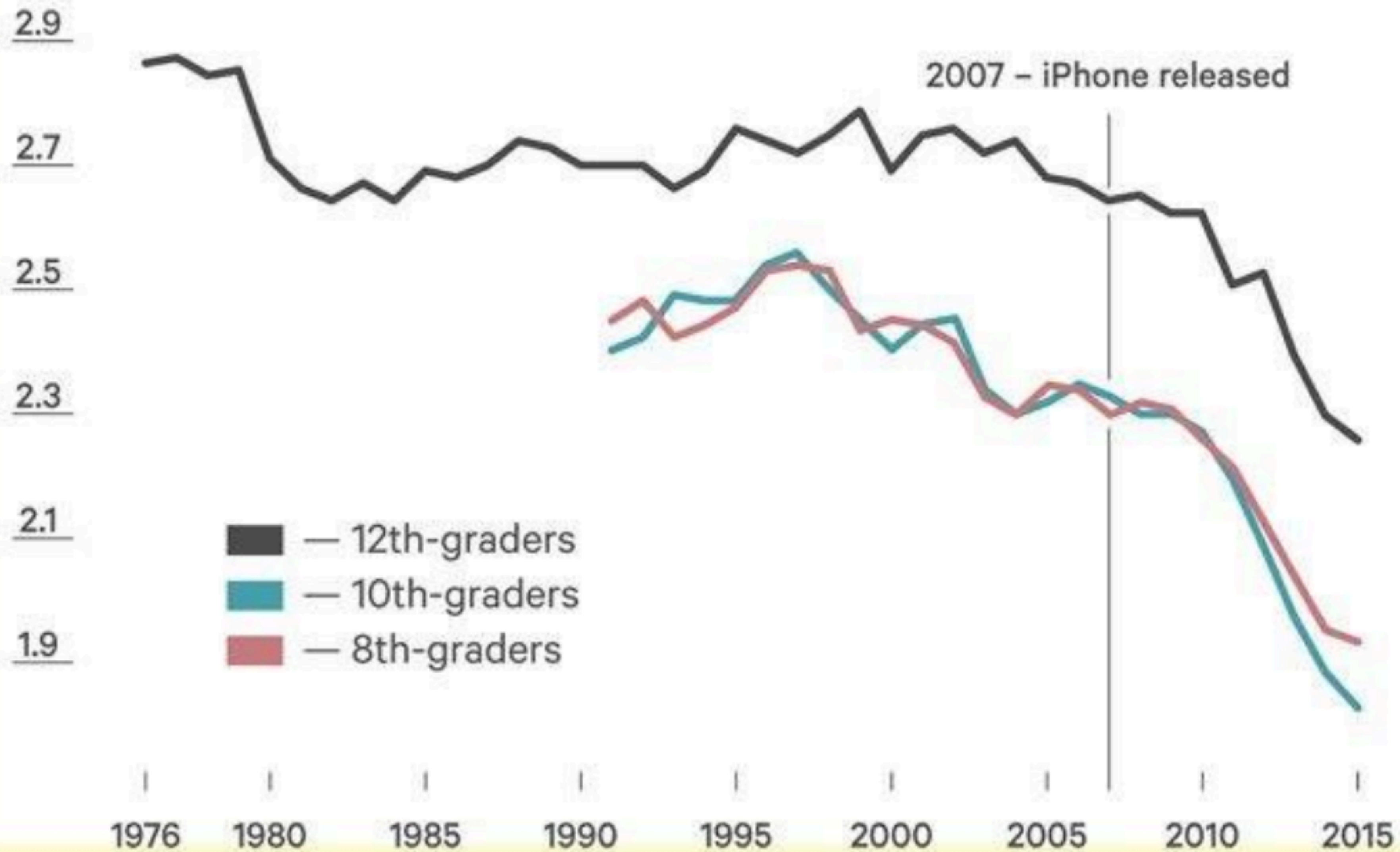
Among teens who reported suicidal thoughts, 13% of British users and 6% of American users traced the desire to kill themselves to Instagram, one presentation showed.



1

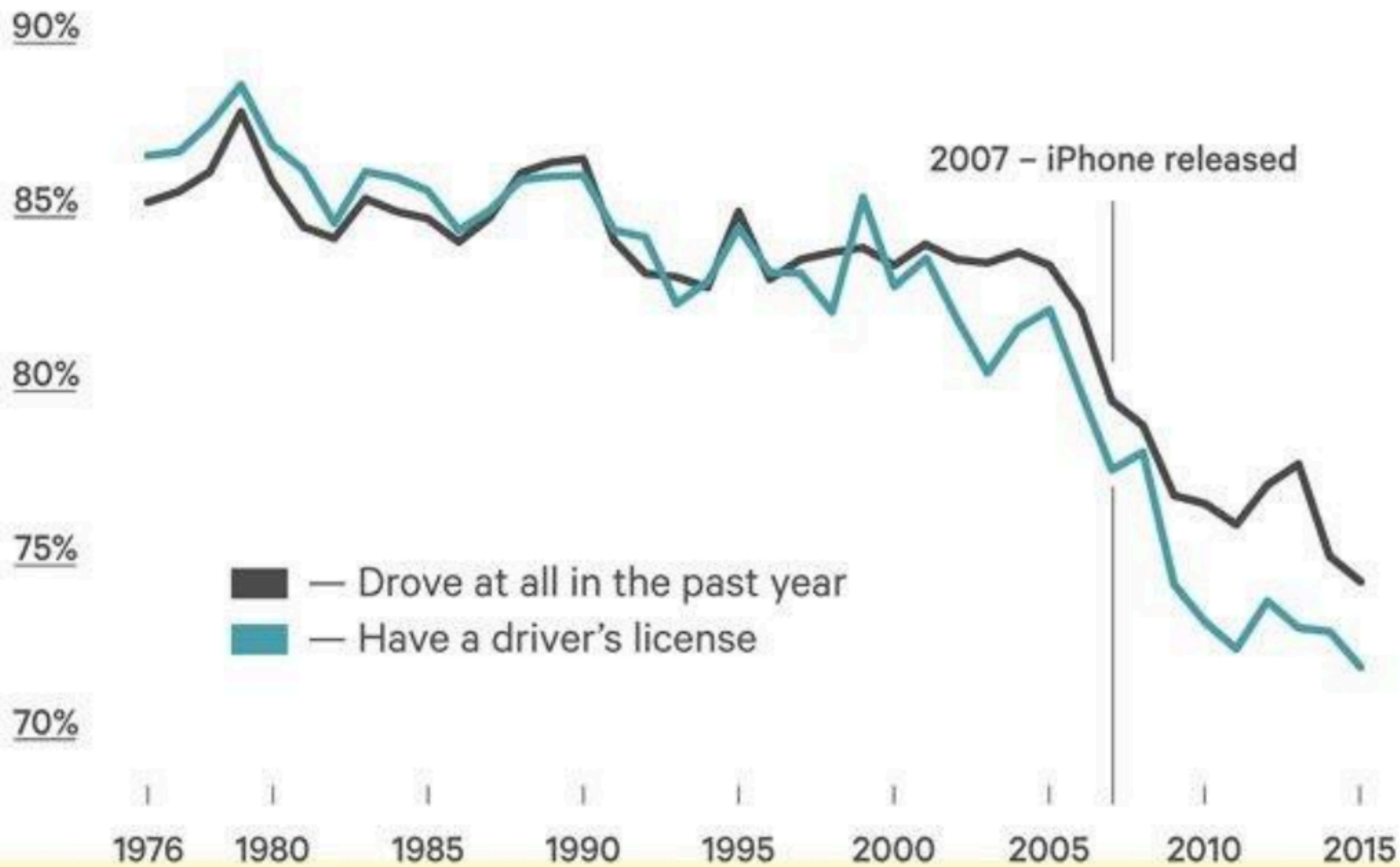
Not Hanging Out With Friends

Times per week teenagers go out without their parents



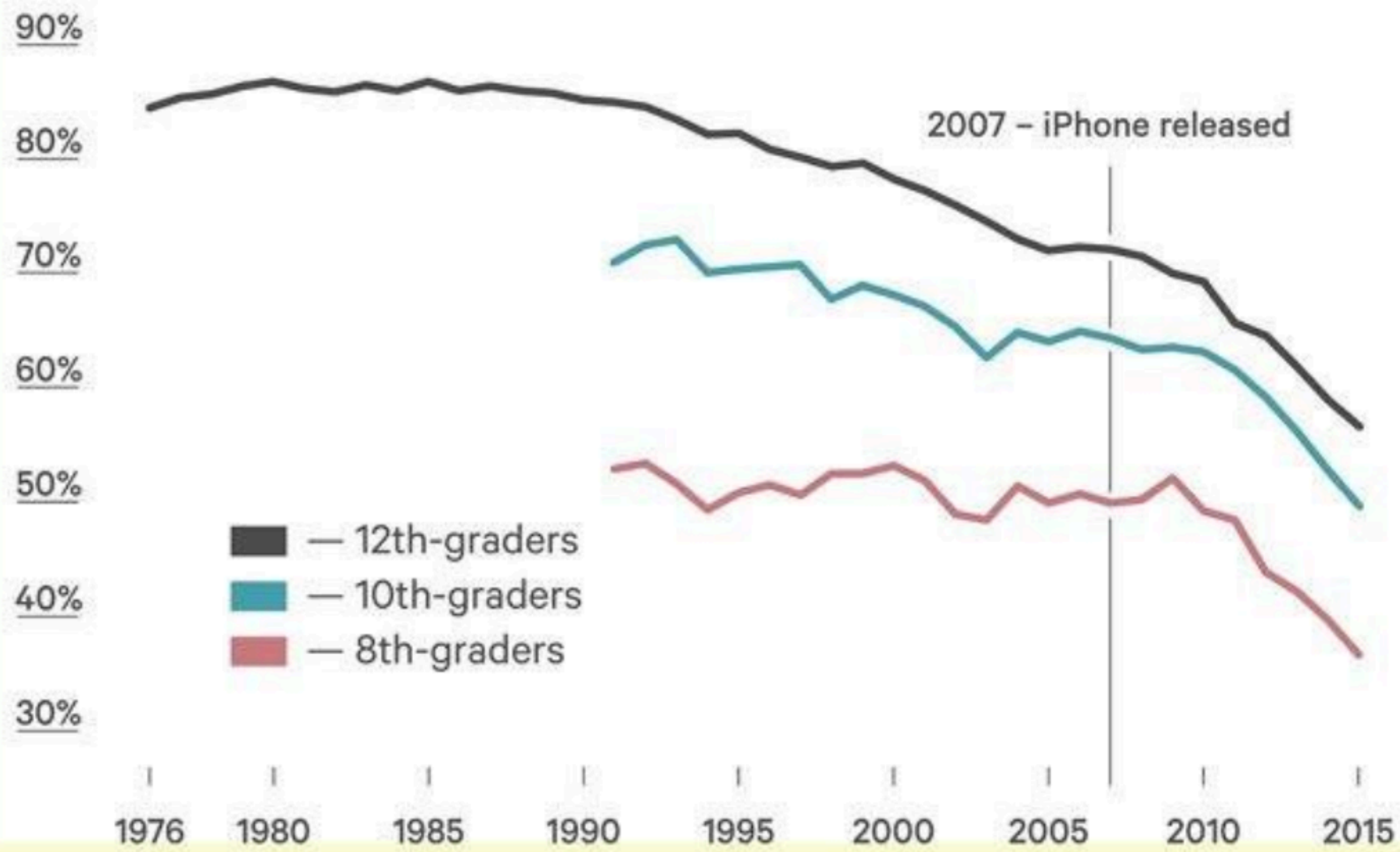
In No Rush to Drive

Percentage of 12th-graders who drive



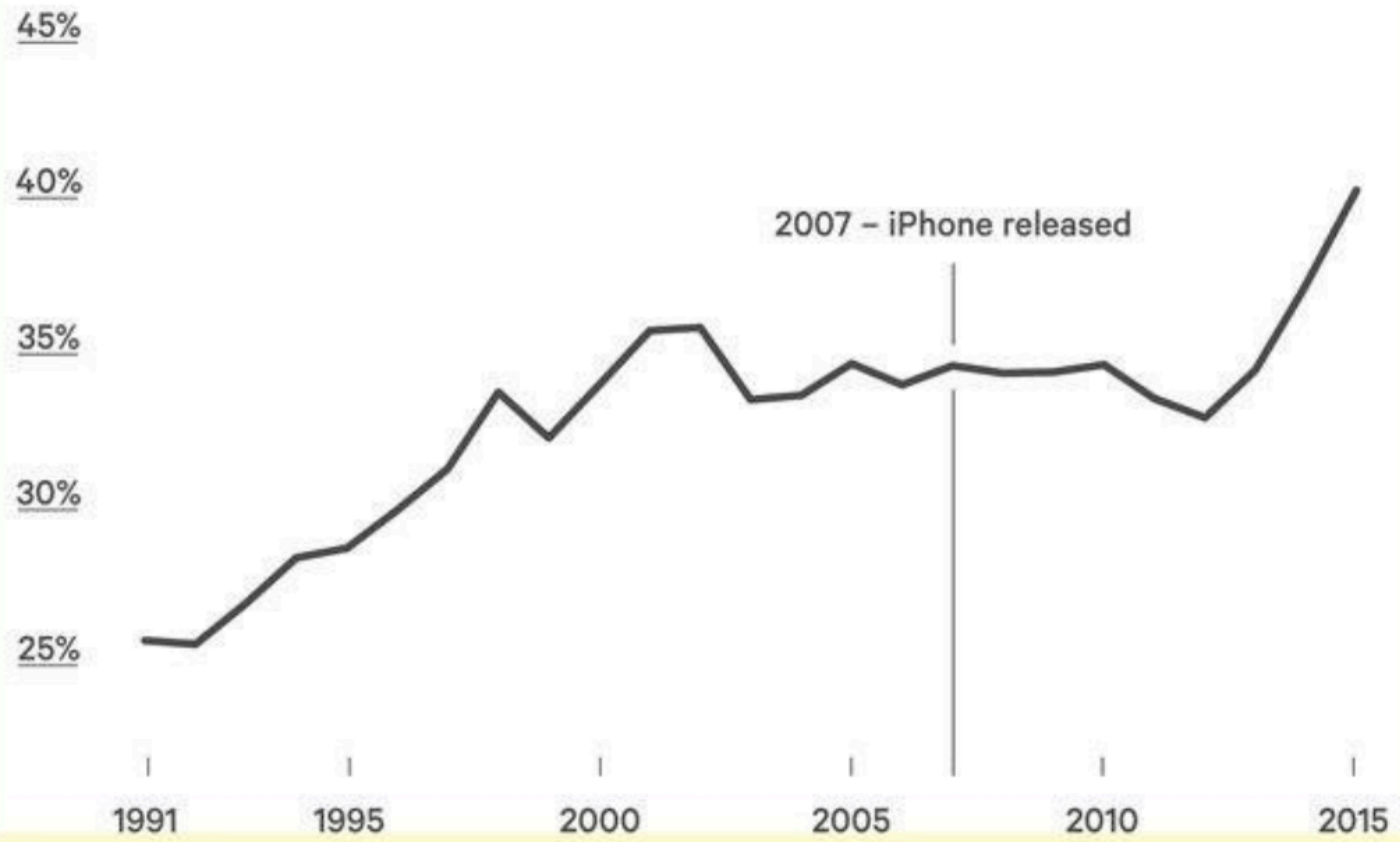
Less Dating ...

Percentage of teenagers who ever go out on dates



Less Likely to Get Enough Sleep

Percentage of 8th-, 10th-, and 12th-graders who get less than seven hours of sleep most nights



WARNINGS FOR BELIEVERS ON SOCIAL MEDIA / SCREENS

- Watch out for sinful images**
- Watch out for sinful ideas**

WHAT IDEAS ARE YOU POURING IN?

— THE WORLD SAYS:

- Follow your heart
- Believe in yourself
- Discover yourself
- Be true to you

- JESUS Says

- Follow me
- Believe in me
- Deny yourself
- Be true to me

REMEMBER:

- **1 Peter 5:8** - “Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.”
- **John 8:44** - “...He was a murderer from the beginning, and does not stand in the truth, because there is no truth in him. When he lies, he speaks out of his own character, for he is a liar and the father of lies.”
- **John 10:10** - “The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.”

WARNINGS FOR BELIEVERS ON SOCIAL MEDIA / SCREENS

- Watch out for sinful images**
- Watch out for sinful ideas**
- Watch what you're trading off**

A CHALLENGE

— 1. Establish your goal

- What is it your heart REALLY wants?
- 1 Cor. 10:23 - “All things are lawful,’ but not all things are helpful. ‘All things are lawful,’ but not all things build up.”
- 1 Cor. 10:31 - “So, whether you eat or drink, or whatever you do, do all to the glory of God.”
- Does this:
 - Build up or tear down?
 - Bring glory to God?
 - Bring me closer to Christ?

A CHALLENGE

— 2. Make a PROS and CONS list.

- How is screen time moving you towards or away from what your heart really wants?
- How does this fit with you walking with JESUS? That's our goal and priority.

— 3. HAPPINESS EXPERIMENT

- Put down your phone for 3 weeks
- Pick up the Word for 3 weeks
- Gauge your happiness at the end.