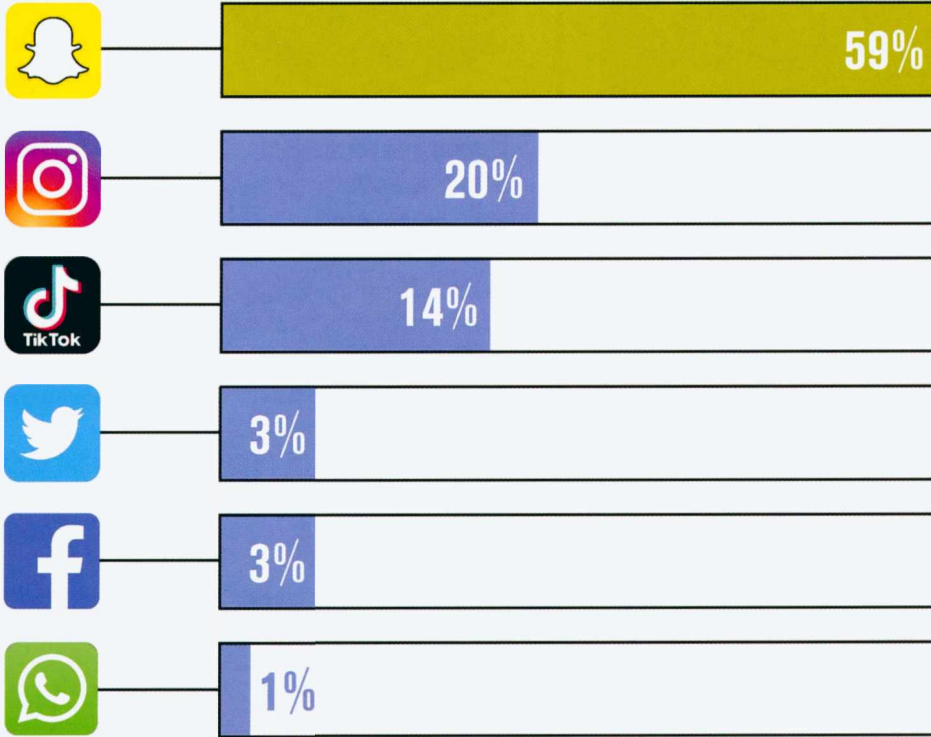


where do we  
**HANGOUT?**

**social media** keeps us connected with our friends, especially during a pandemic. With so many apps available on our phones, we wanted to find out what teens were using the most this year.



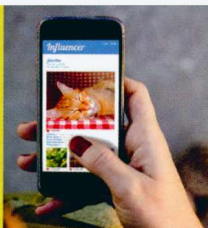
**5+**  
years

is how long most high schoolers have been using social media.

**4+**  
hours

is the average amount of time teens reported spending on social media every day.

**the good  
the bad &  
the ugly**



How beneficial is social media to society? Students gave it a 5 out of 10 rating. **GOOD?**

35% said social media has an effect on their happiness because it is adding stress to their lives. **BAD**

23% of us have been harassed or bullied on social media and 62% have witnessed it. **UGLY**