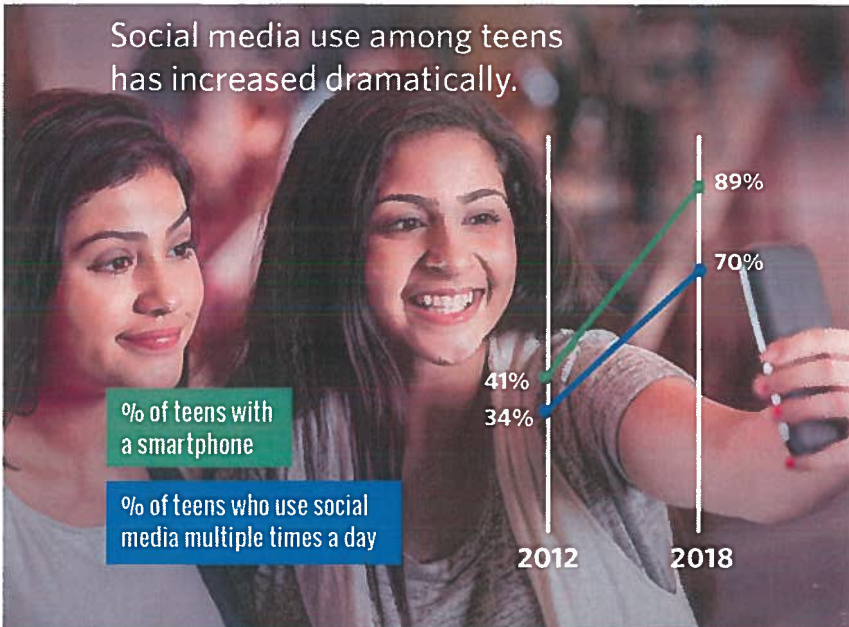
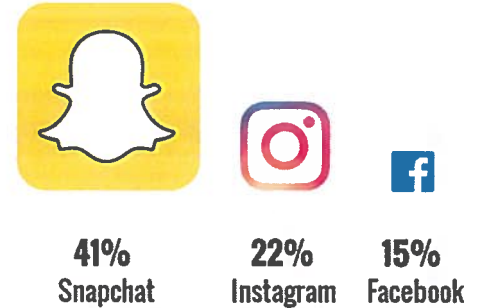


Social media use among teens has increased dramatically.



Teens overwhelmingly choose Snapchat as their main social media site.

Percent of teens who say they use each social media site the most:



They're being distracted from other important things and their friends.



57%

of all teens agree that using social media often distracts them when they should be doing homework.



54%

of teen social media users agree that it often distracts them when they should be paying attention to the people they're with, compared to 44% in 2012.



29%

of teen smartphone owners say they've been woken up by their phones during the night by a call, text, or notification.

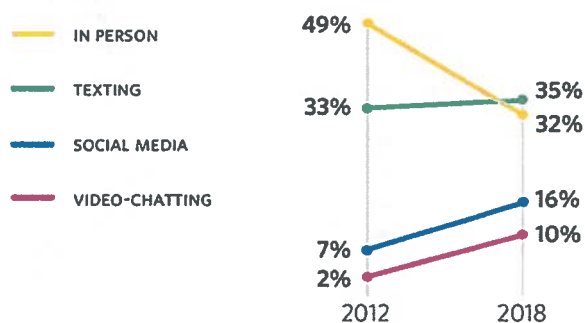


42%

of teens agree that social media has taken away from time they could spend with friends in person, compared to 34% in 2012.

Teens don't value face-to-face communication with friends as much as they used to.

Teens favorite way of communicating, 2012 vs. 2018



What happens online stays online.

When asked to pick which comes closer to the truth, teens say:

54%

If parents knew what actually happens on social media, they'd be a lot more worried about it.

46%

Parents worry too much about teens' use of social media.

Courtesy of [Humane Tech](#)

Most Happy

App	% of Users Happy	Daily Usage (Minutes)
1. Calm	99%	10
2. Google Calendar	99%	3
3. Headspace	99%	4
4. Insight Timer	99%	20
5. The Weather	97%	3
6. MyFitnessPal	97%	8
7. Audible	97%	8
8. Waze	96%	19
9. Amazon Music	96%	7
10. Podcasts	96%	8
11. Kindle	96%	26
12. Evernote	96%	10
13. Spotify	95%	9
14. Weather	95%	2
15. Canvas	95%	5

Courtesy of [Humane Tech](#)

Most Unhappy

App	% of Users Unhappy	Daily Usage (Minutes)
1. Grindr	77%	61
2. Candy Crush Saga	71%	46
3. Facebook	64%	59
4. WeChat	62%	97
5. Candy Crush	59%	47
6. Reddit	58%	56
7. Tweetbot	58%	78
8. Weibo	57%	73
9. Tinder	56%	22
10. Subway Surf	56%	32
11. Two Dots	53%	34
12. Instagram	51%	54
13. Snapchat	50%	61
14. 1010!	45%	35
15. Clash Royale	42%	58

