

Blue Ribbon Task Force on Screen Time



September 12, 2024

Kansas leads the world in the success of each student.

Social Media Impacts: Girls vs. Boys

Social Media Super-Users (40+ Hours per Week)

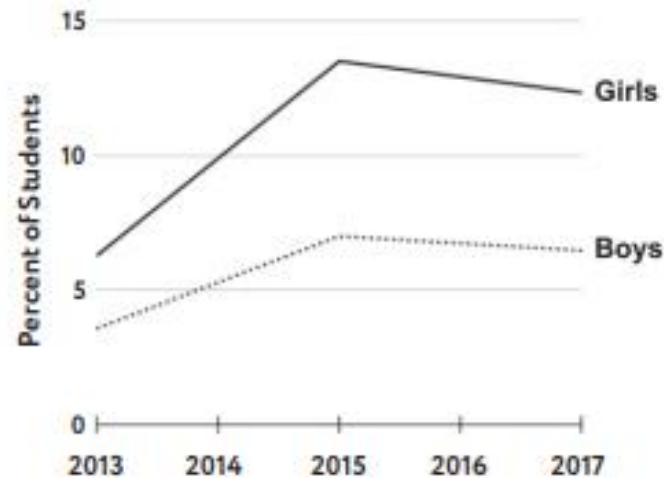


Figure 6.3. Percent of U.S. students (8th, 10th, and 12th grade) who reported spending 40 or more hours a week on social media. (Source: Monitoring the Future.)²⁸

Depression by Level of Social Media Use, U.K.

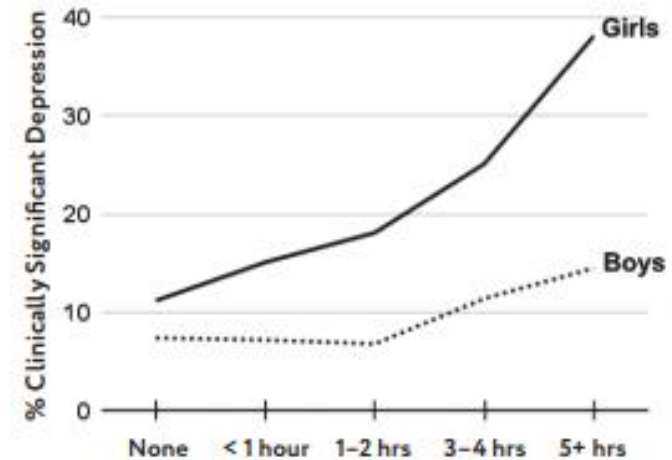


Figure 6.2. Percent of U.K. teens depressed as a function of hours per weekday on social media. Teens who are heavy users of social media are more depressed than light users and nonusers, and this is especially true for girls. (Source: Millennium Cohort Study.)¹¹

The Anxious Generation, Jonathan Haidt



Social Media Impacts: Girls

- Body image and disordered eating behaviors
 - 32% of teenage girls said that, when they felt bad about their bodies, Instagram made them feel worse
- Cyberbullying
 - 12% of 15-year-old girls reported having been cyberbullied, compared to 8% of boys.

[New UNESCO report warns social media affects girls' well-being, learning and career choices | Global Education Monitoring Report](#)



Social Media Impacts: Boys

- About 7% of boys are problematic or addicted video game users
- Social media contributes to increasing social isolation
 - Loneliness
 - Depression and suicide
 - increased susceptibility to radicalization and belief in conspiracies

Daily Porn Users, Swedish 12th Graders

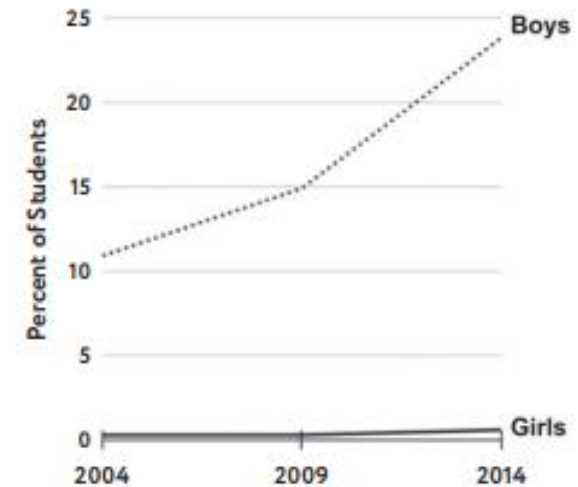


Figure 7.5. Percent of Swedish 12th graders who watch pornography "more or less daily." (Source: Donevan et al., 2022.)³⁶

The Anxious Generation, Jonathan Haidt
[Misdirects. Narratives surrounding the attempt on... | by Scott Galloway | Jul, 2024 | Medium](#)



Explicit Content

- 25% of teens have been sent unsolicited explicit messages
- 81% of teens who have seen pornographic materials have been exposed unintentionally
- 1 in 7 children between ages 9 and 12 shared a nude photo of themselves in 2020
- 1 in 3 children have seen nude photos of others that have been re-shared without consent

[This Is Your Mind Online: What Unlimited Screen Time Does To Kids - Canopy](#)

