



Key findings

Index score: 65

53% of young people say online life has a positive impact on their relationships with friends, but **865,000** young people (**6%**) – say it has a negative impact (**41% no impact**).

One in four young people would like to spend less time on their digital devices.

Nearly three-fifths (58%) of parents with children under 16 limit the hours their children spend using their digital devices.

The internet and digital devices negatively impact the sleep of **three in ten** young people.

DIGITAL WELLBEING



There is widespread concern about the potential negative impacts of spending too much time online, especially for young people. Governments in the US, Canada and Australia have advised parents to limit their children's screen time. However, young people feel the internet supports their relationships, health and wellbeing in many ways. More than half of young people (53%) say online life has a positive impact on their relationships with friends (whereas 6% say online life has a negative impact and 41% say there is no impact) – though this has dropped from 58% last year. A balancing act is needed to glean the benefits of accessing services or connecting with others online, while mitigating the negative impact and risks of spending too much time doing so.

To understand these tensions around wellbeing, we explore the idea of how young people perceive their balance of life offline and screentime. We then look at how happy young people are in general, before exploring some of the risks and negative impacts of the internet which can affect wellbeing. We also discuss the ways in which young people are using digital to improve their wellbeing.