



## Key findings

### Index Score: 64

Young people spend an average of 4–5 hours a day online. This time is mostly spent browsing social media, chatting with others and accessing entertainment.

95% of young people are on a form of social media. Young people strongly appreciate that social media makes them feel more connected to others, and **40% believe it can be a force for good.**

However, many young people are **experiencing distressing content** on social media (particularly on X (Twitter), Reddit and TikTok) and feel it impacts their personal health and wellbeing – particularly among over-16s.

**Those in marginalised groups** – such as LGBTQ+ young people and those with disabilities – **are most likely to state that social media has a negative impact on people like them (38%).**



# WELLBEING

The Wellbeing pillar looks at young people's overall happiness. It also charts the effects that their digital lives have on their wellbeing.

### YOUNG PEOPLE SPEND MORE TIME ON THEIR DEVICES AS THEY AGE

Young people report spending a lot of time on devices.

This changes with age. This may be because of a lessening of parental controls with age, as well as a growing requirement for those of a working or further educational age to be using devices.