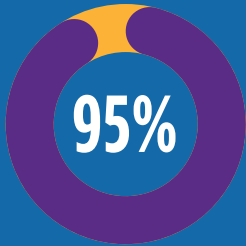




# 1 IN 10



CHILDREN AGES 5-12 COMMUNICATE  
WITH AN AI CHATBOT



95%

PERCENTAGE OF TEENS THAT REPORT  
USING SOCIAL MEDIA  
MORE THAN 33% REPORT USING  
SOCIAL MEDIA “ALMOST CONSTANTLY”



AVERAGE  
NUMBER OF  
HOURS TEENS  
SPEND ON  
SCREENS

8.5

### References

American Academy of Pediatrics. (2023, May 30). [Constantly connected: How media use can affect your child.](#) HealthyChildren.org.

American Academy of Pediatrics Center of Excellence on Social Media and Youth Mental Health. (2026, January 6). [How to build healthy digital habits: 5 tips for families.](#) HealthyChildren.org.

McClain, C., Sidoti, O., Faverio, M., & Lama, S. (2025, October 8). [How parents manage screen time for kids.](#) Pew Research Center.

Office of the Surgeon General. (2023). [Social media and youth mental health: The U.S. Surgeon General's advisory.](#) U.S. Department of Health and Human Services.

## POTENTIAL DANGERS OF TECHNOLOGY

Adolescent brains are vulnerable during this period of development and can be impacted by frequently using technology and social media:

- Youth are at-risk for **social pressure and peer comparison** due to developments in the amygdala (emotional learning and behavior) and the prefrontal cortex (impulse control, emotional regulation, and social behavior).
- Greater social media usage predicts **poor sleep quality, obesity, online harassment, poor body image, low self-esteem, and higher depressive symptom scores** with adolescent girls being particularly at-risk.
- Increased internet use exposes youth to **risky behaviors, sexually explicit content, and online predators.**

## HOW TO BUILD HEALTHY MEDIA HABITS

- Work together to create a **Family Media Plan** to set rules around technology use. Click [here](#) for a helpful tool to get started.
- Research the digital content your child wants to watch by using **age-based review platforms**, like [Common Sense Media](#).
- **Limit time on social media and encourage in-person connection and physical activity.** One study with older adolescents found limiting social media use to 30 minutes daily led to significant improvements in depression severity.
- Learn about built-in **“Do Not Disturb” features** on your child’s devices and activate them during school, family meals, and bedtime.
- Review **social media privacy features** with your child and talk about how to be safe online. Click [here](#) for tips to get started.

This resource is provided on behalf of the partnership between your child’s school and the School-Based Diversion Initiative (SBDI).

To learn more about SBDI and how it improves student outcomes, please visit [ctsbdi.org](#) or email Gianna Mendes at [gmendes@chdi.org](mailto:gmendes@chdi.org).