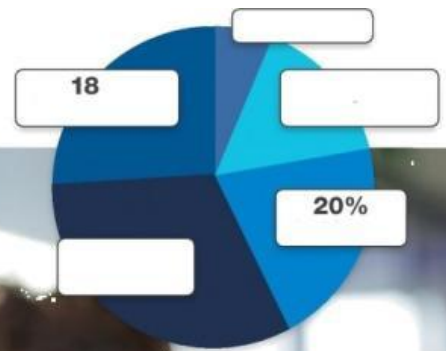


# Teens & Screens: **TRUTH** or **MYTH?**



- 1 TRUE: Teens are often in front of a screen.**  
18% of teens spend over 10 hours online every day!
- 2 MYTH: Teens never read.** Teens read books and magazines for half an hour a day, both online and in print.
- 3 TRUE: Boys and girls are usually interested in different digital activities.** Boys usually play video games: 25% say it is their favourite digital activity. Girls usually look at social media.
- 4 MYTH: Teens hardly ever listen to music any more.**  
Music is always a favourite for teens. They usually listen to music on mobile devices, but about one third sometimes listen to the radio too.
- 5 MYTH: Teens always watch TV on mobile devices.**  
57% of teens have got a TV set in their bedroom.
- 6 TRUE: Teens usually communicate digitally.** In the UK, 90% of teens send messages to friends and family at least once a day. 51% of teens prefer messages to conversations.
- 7 MYTH: Teens never do exercise because of technology.**  
Teens are usually active for an hour a day, but gamers\* usually spend only 47 minutes being active.
- 8 TRUE: Teens are sometimes tired at school because of technology.** Screen time every evening stimulates teens' minds, so they often fall asleep late!

\* gamers = people who love video games