

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

 **LIVEWORKSHEETS**

