



DID YOU KNOW?

**Not including school work:
Tweens use social media an average
of 4 hours, 44 minutes per day.
Teens use social media an average of
7 hours, 22 minutes per day.**

WATCH FOR:

- Sleep Disturbance
- Aggression/Anger
- Social Anxiety/Depression
- Diminished Empathy/Compassion
for Others