



ARE SMART PHONES PUTTING AMERICAN YOUTH AT RISK?

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NYCDSA
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“Mom, when can I have my own phone?”

— *My 8yo son*

Today's teens are the first generation to spend their entire adolescence with smartphones — and they're getting a lot less sleep because of it

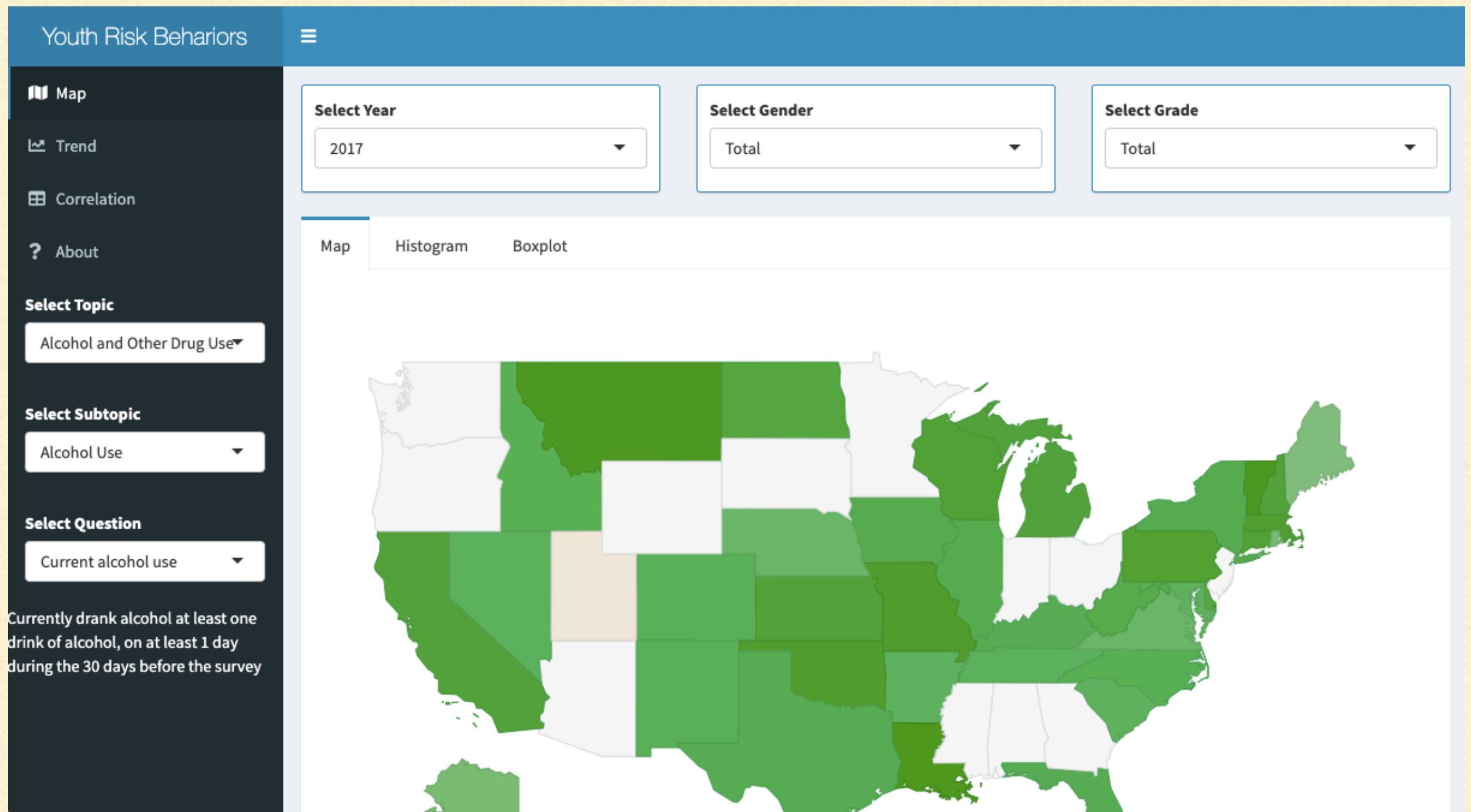
Anxiety, loneliness and Fear of Missing Out: The impact of social media on young people's mental health

Does Social Media Cause Depression?

YOUTH RISK BEHAVIOR SURVEILLANCE SYSTEM (YRBSS)

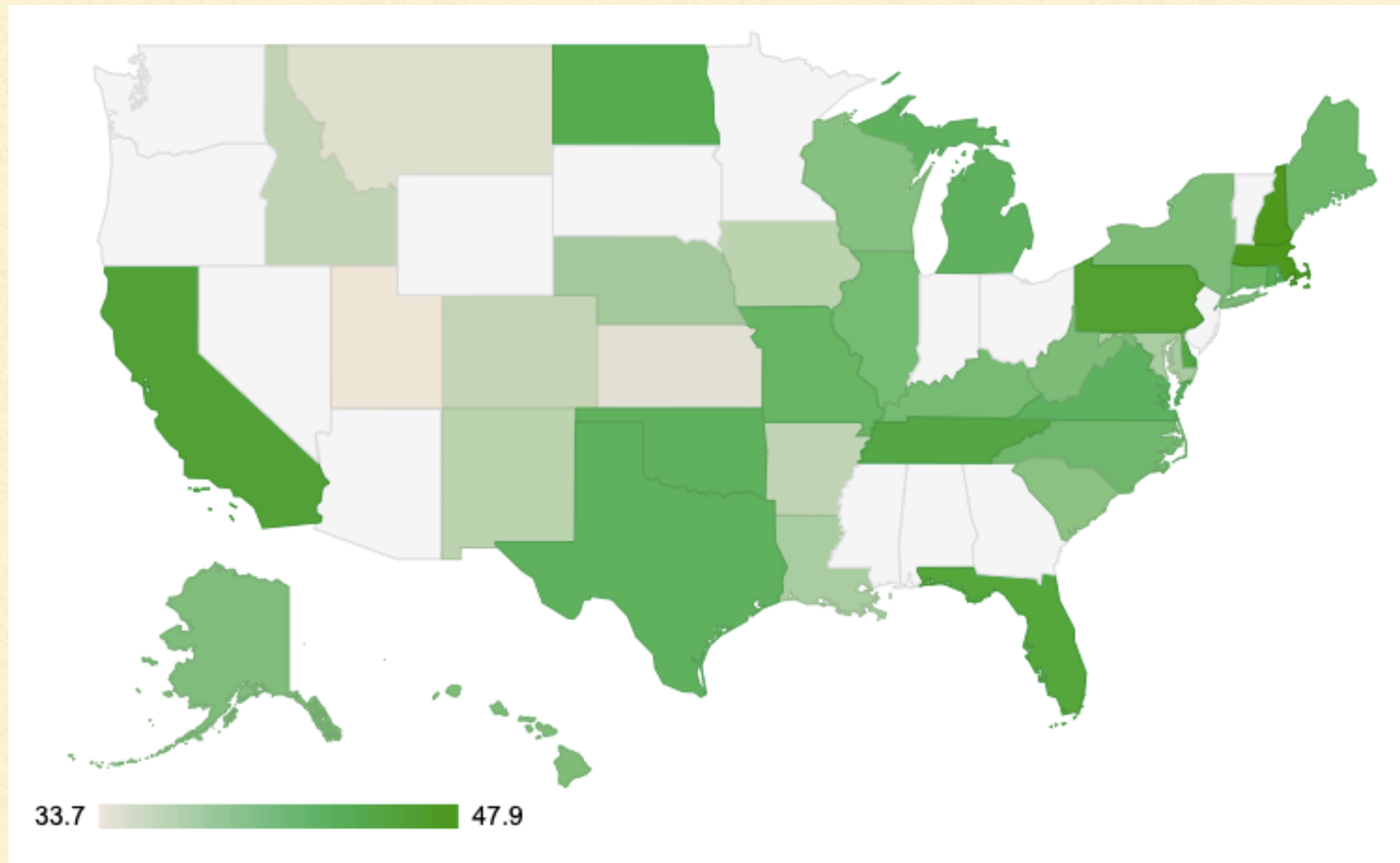


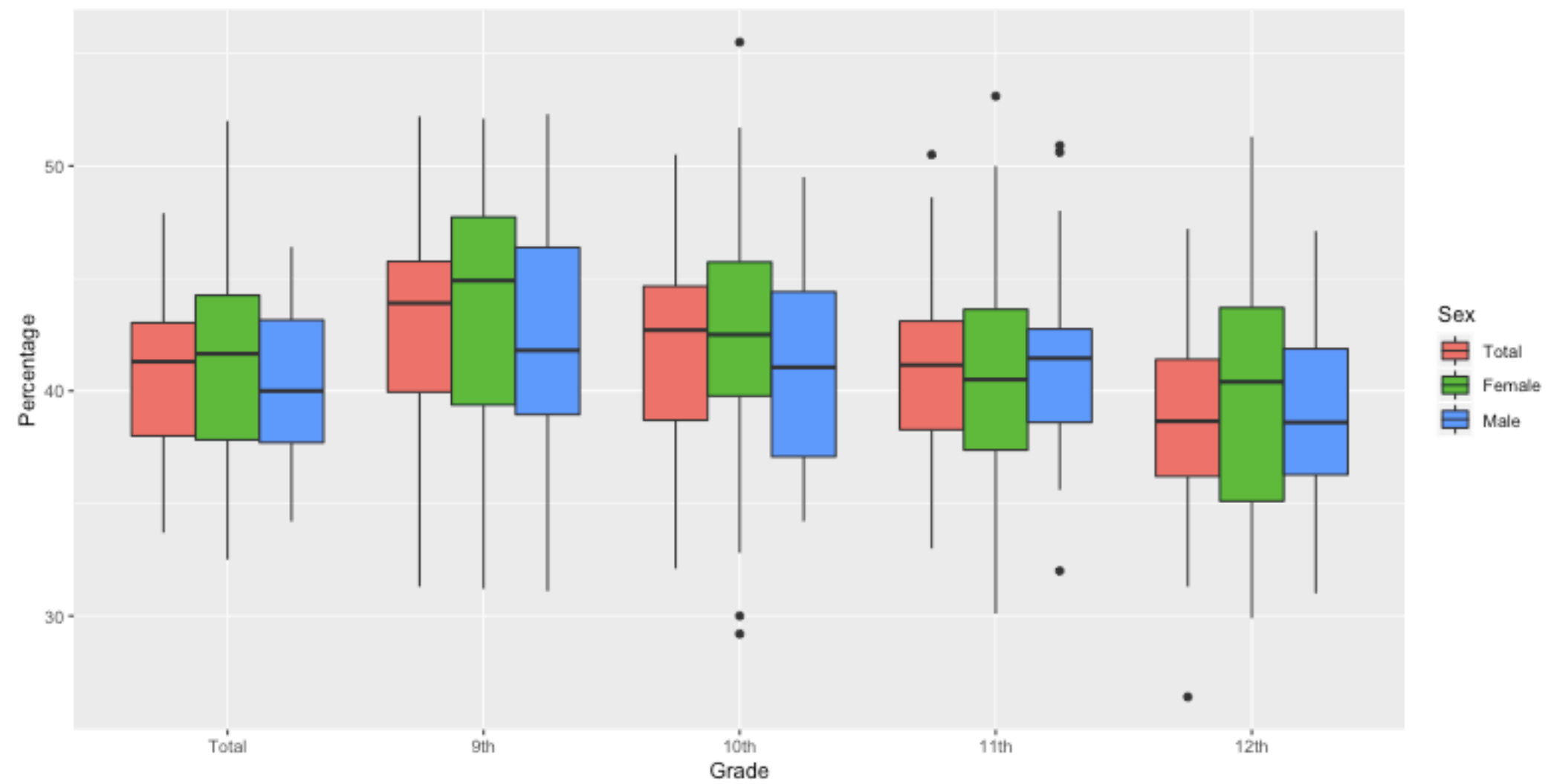
- Conducted by Centers for Disease Control and Prevention
- Nation wide
- Since 1991
- Tracks
 1. Computer use
 2. Mental health
 3. Sleep time

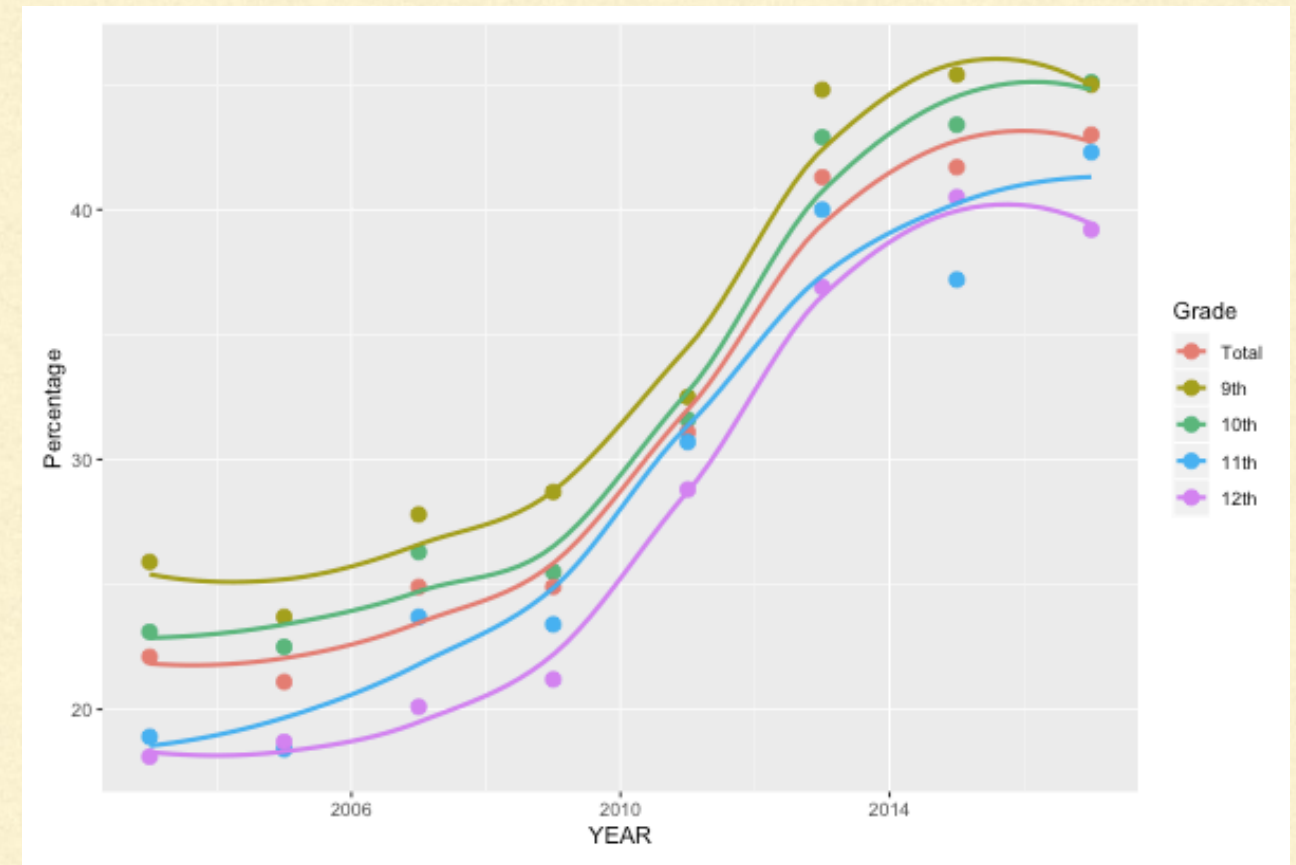
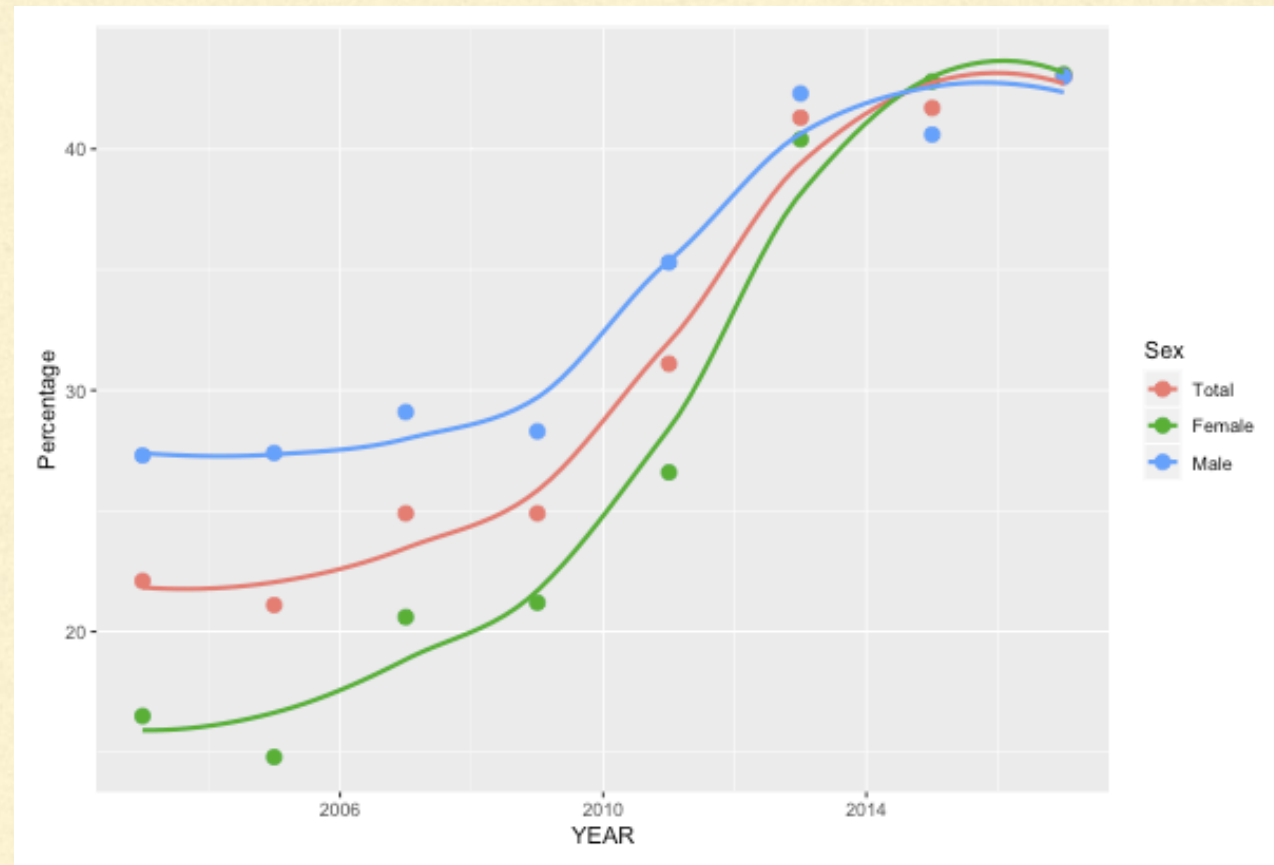


Webpage

CASE STUDY: COMPUTER USE

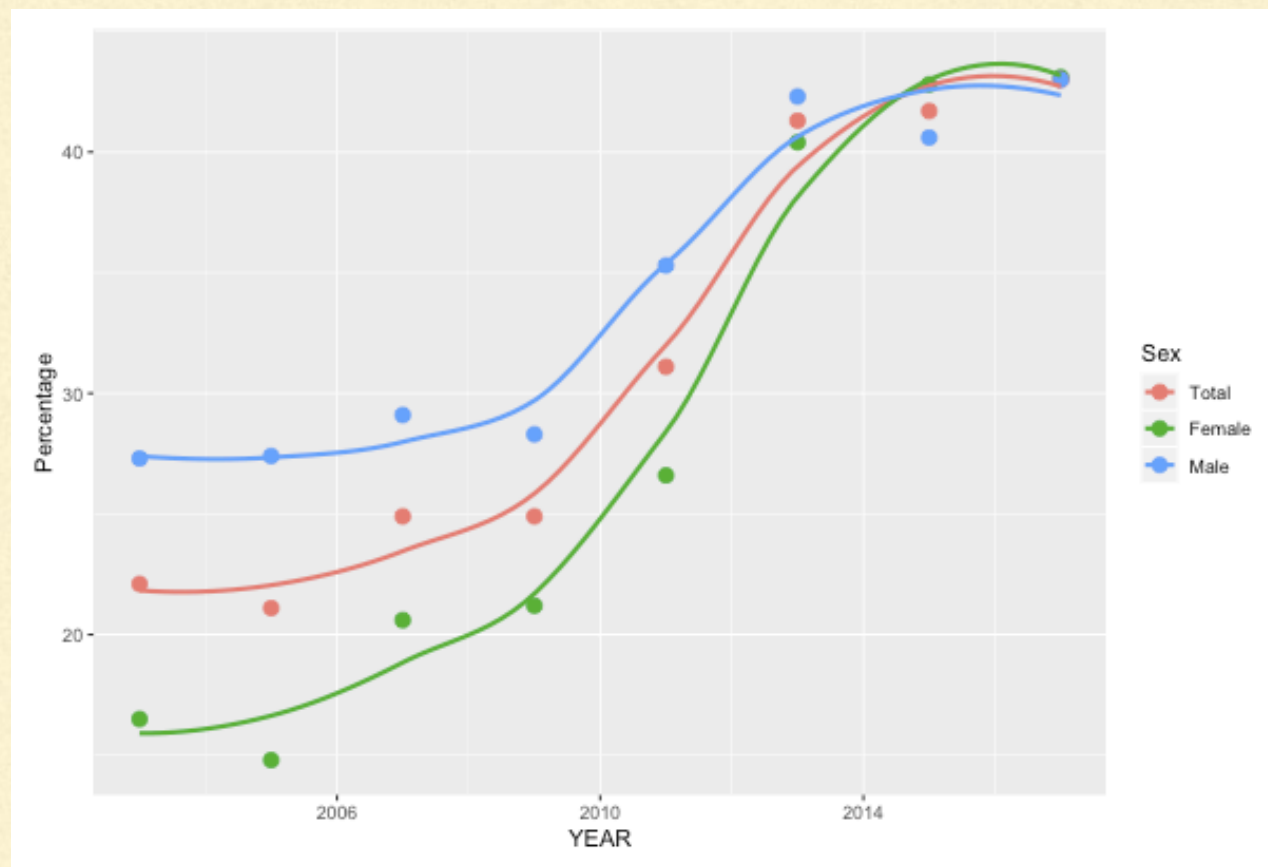




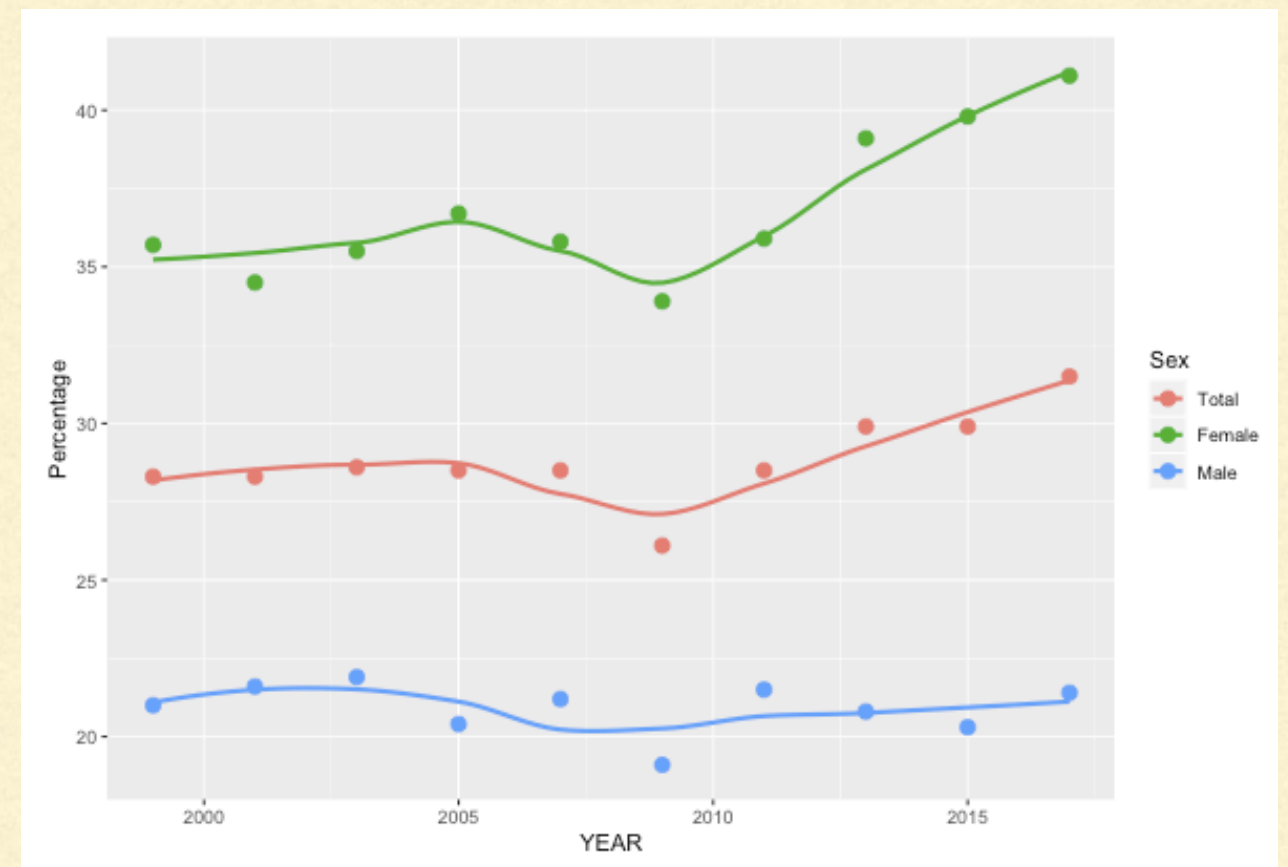


Rapid increase from 2009 to 2013, the time when smartphones became popular.

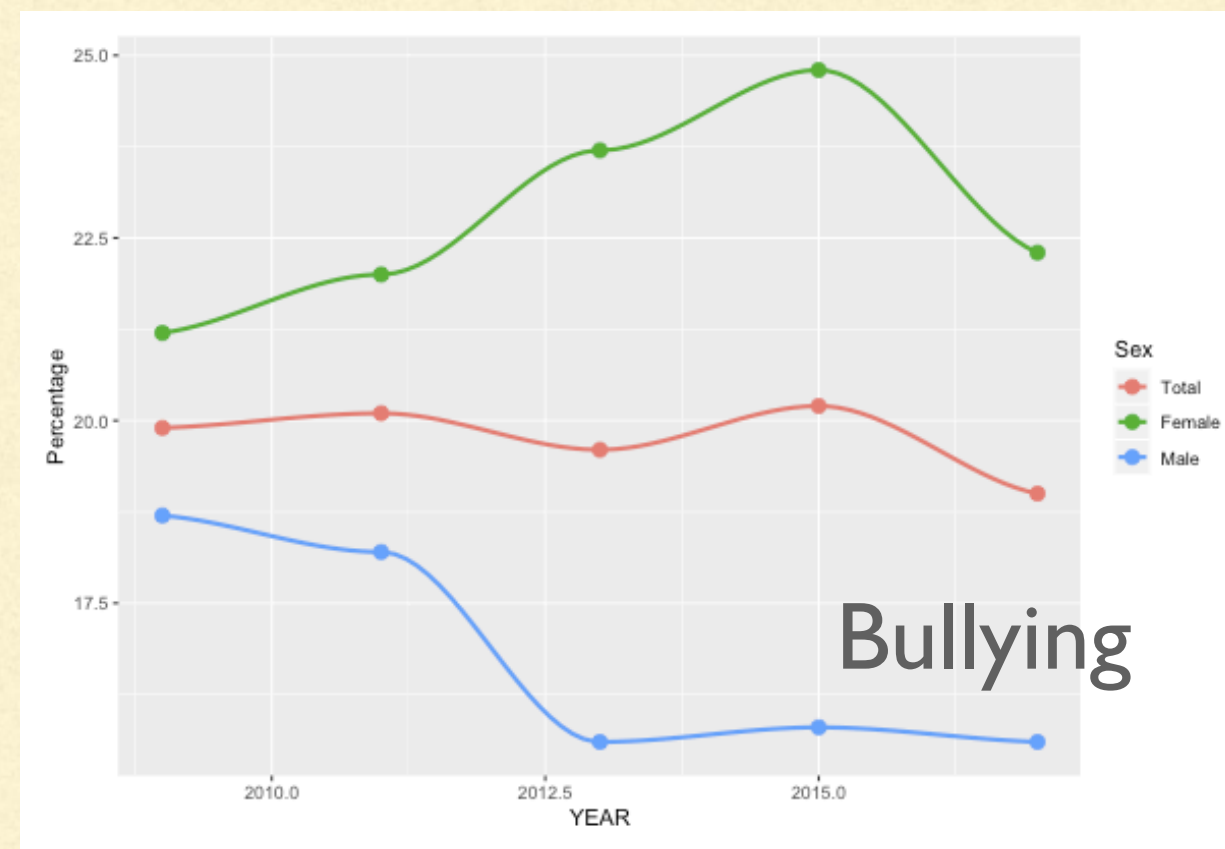
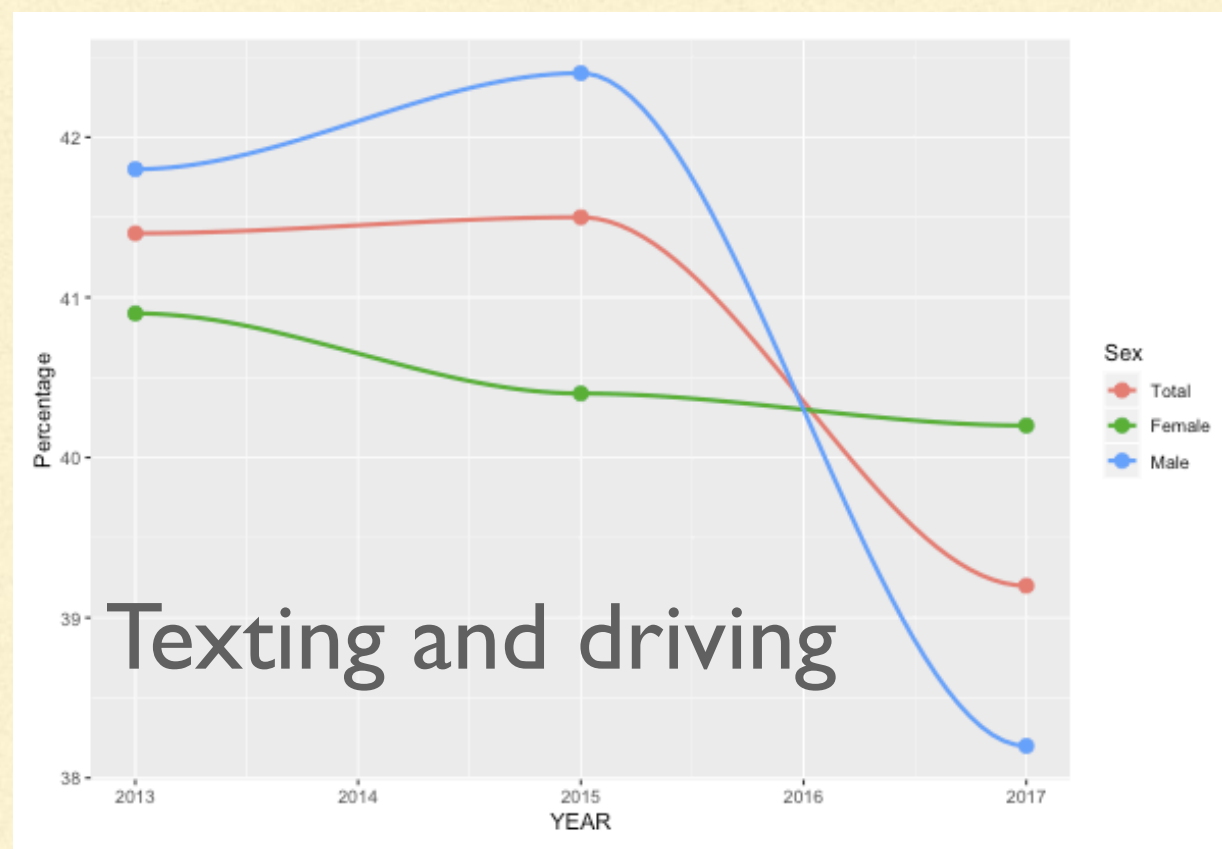
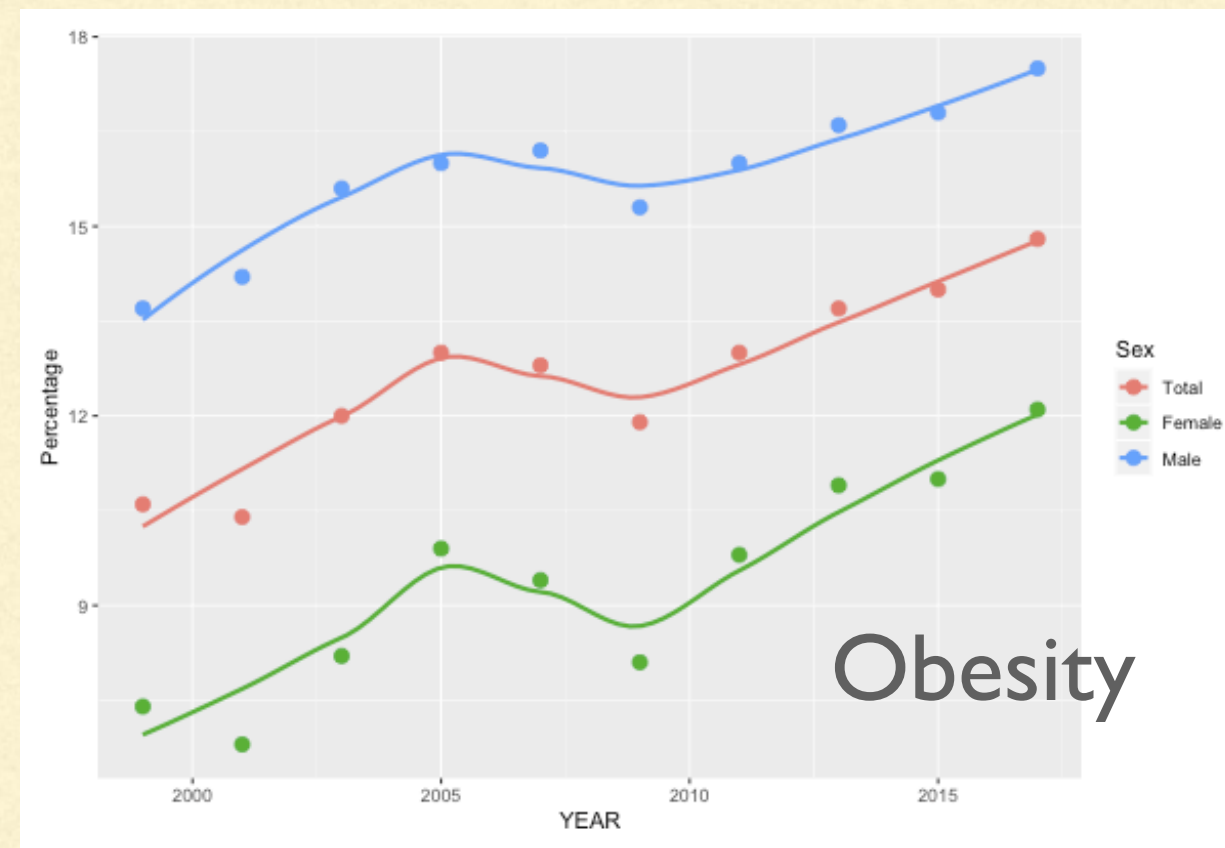
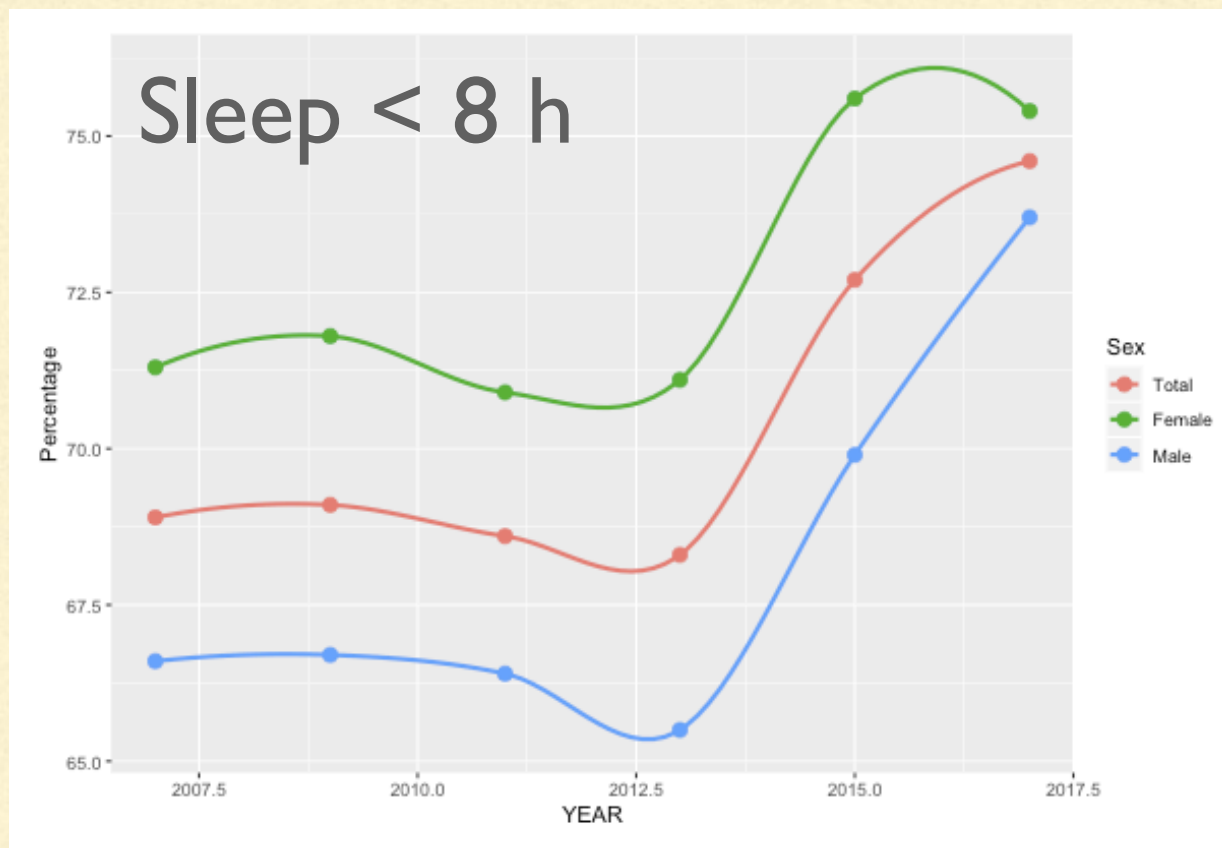
Computer use



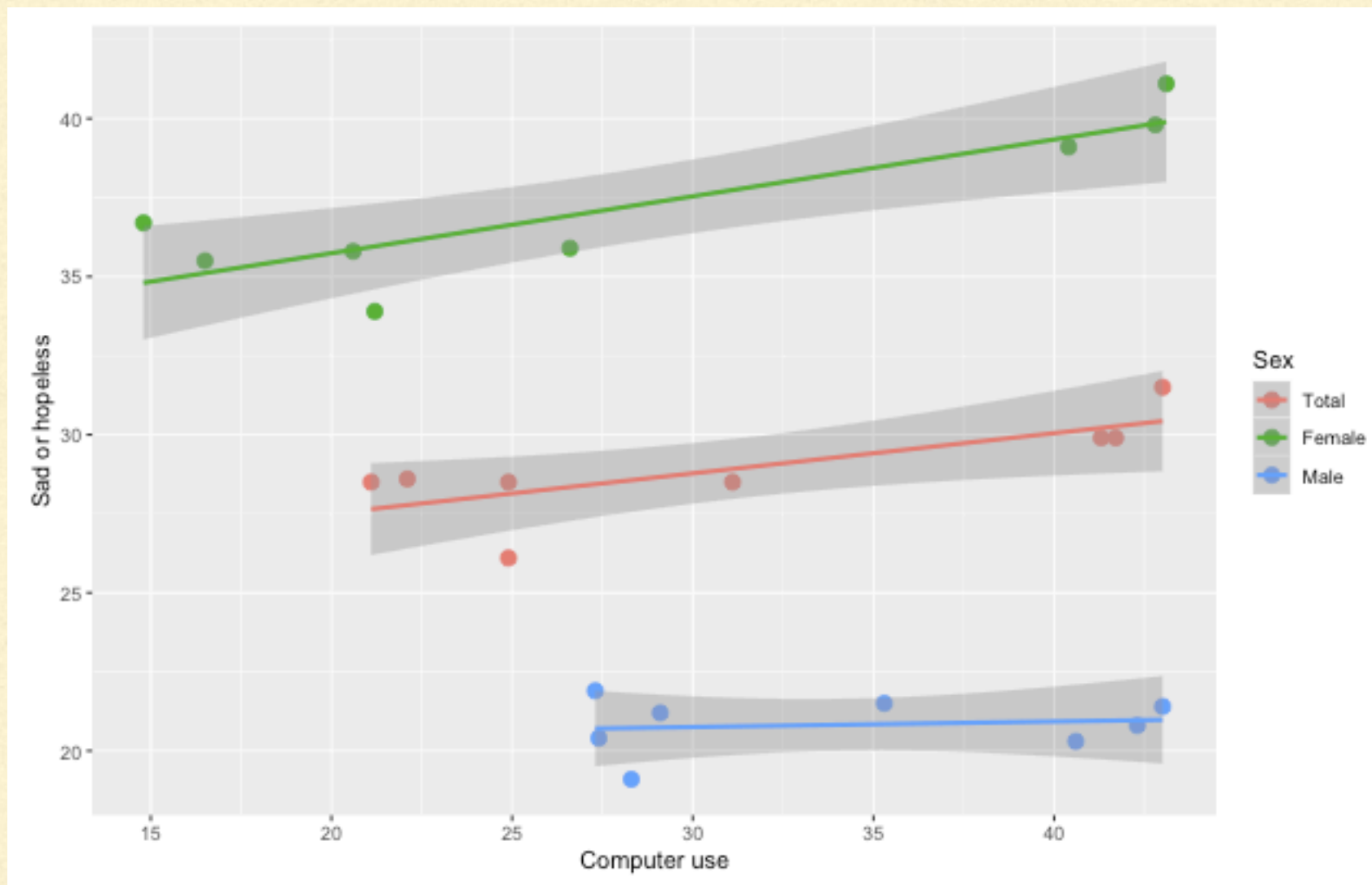
Unhappiness



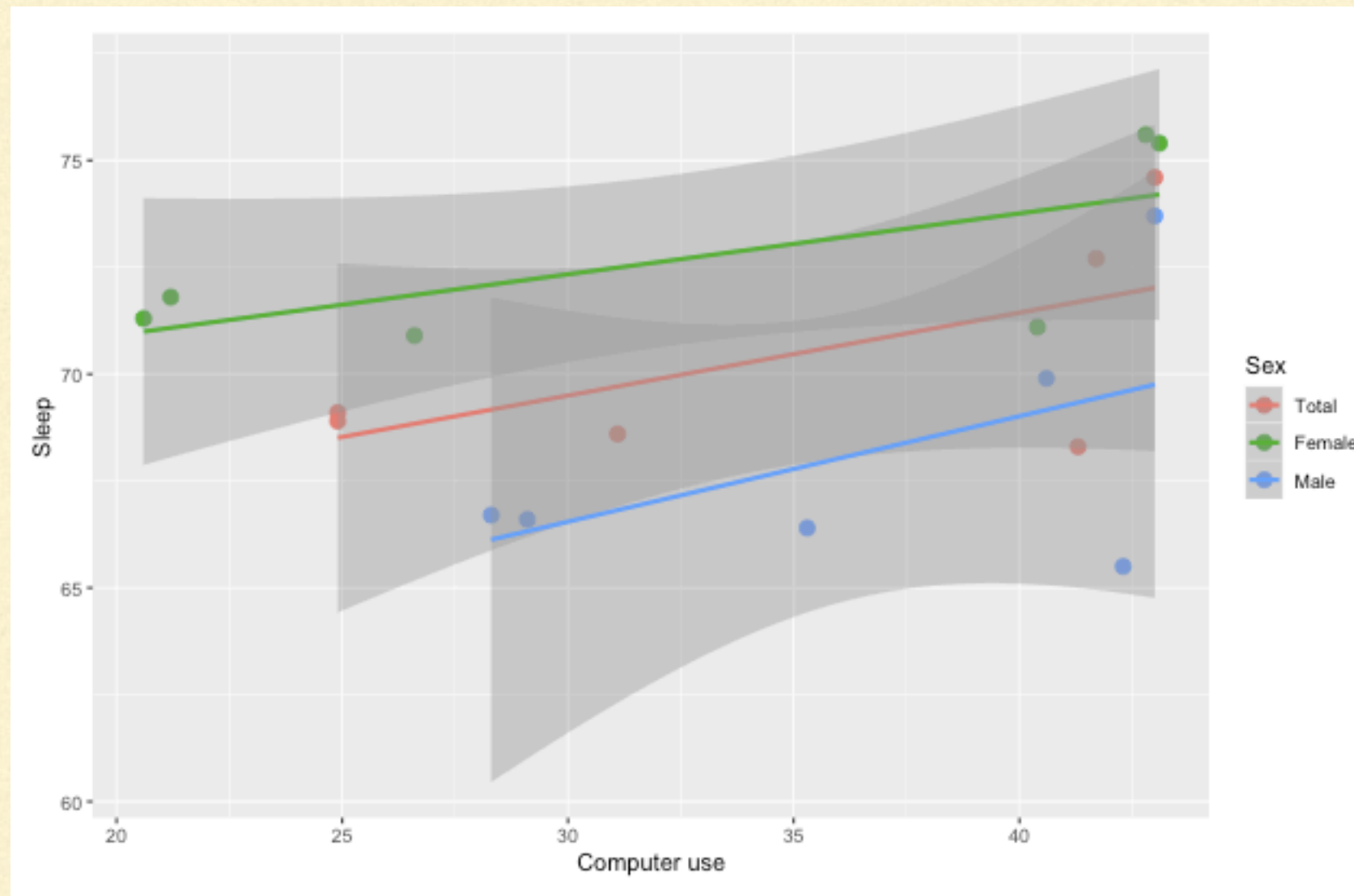
And girls were starting to feel more unhappy around the same time!



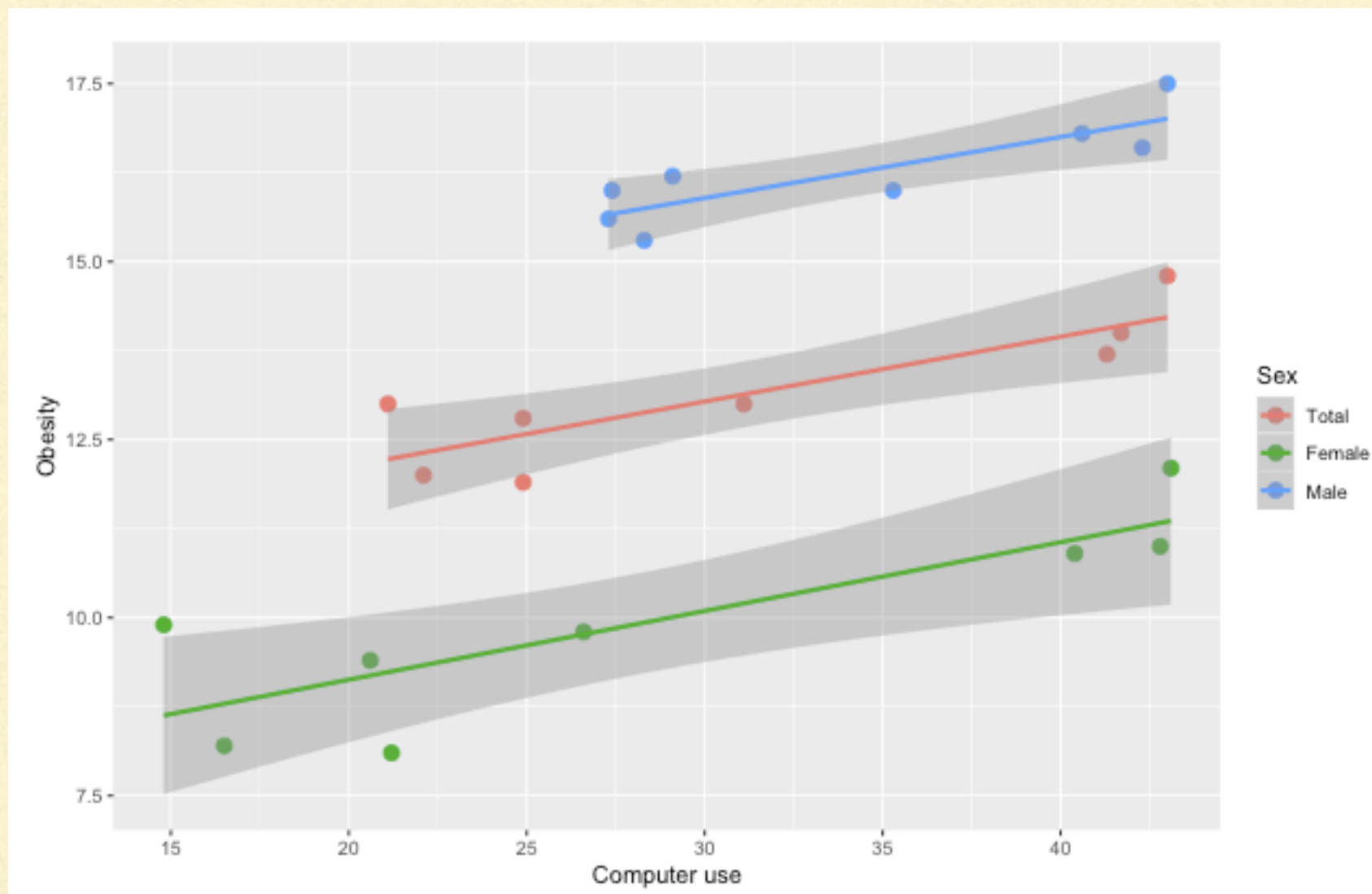
Computer use vs. Unhappiness



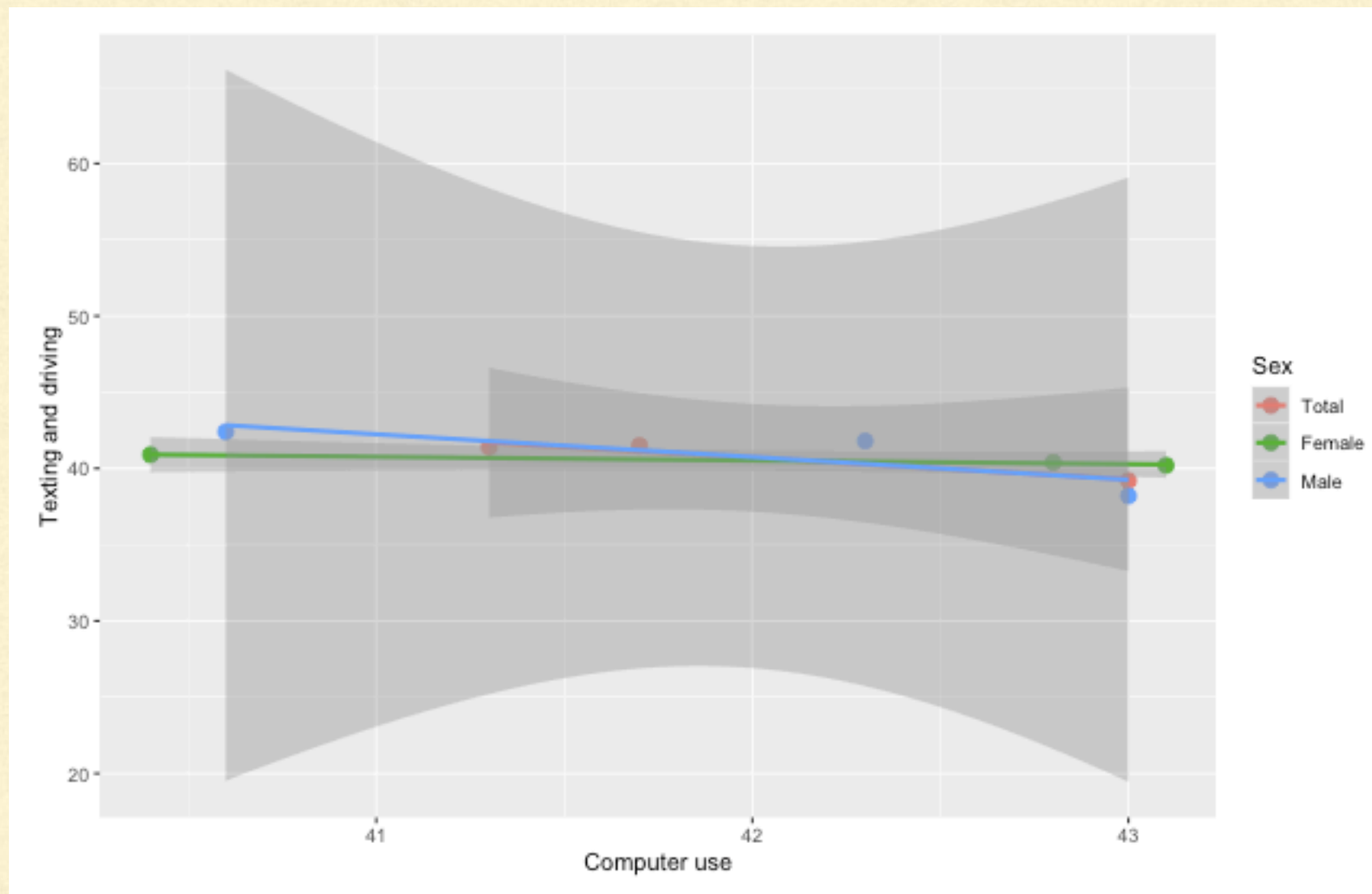
Computer use vs. Sleep



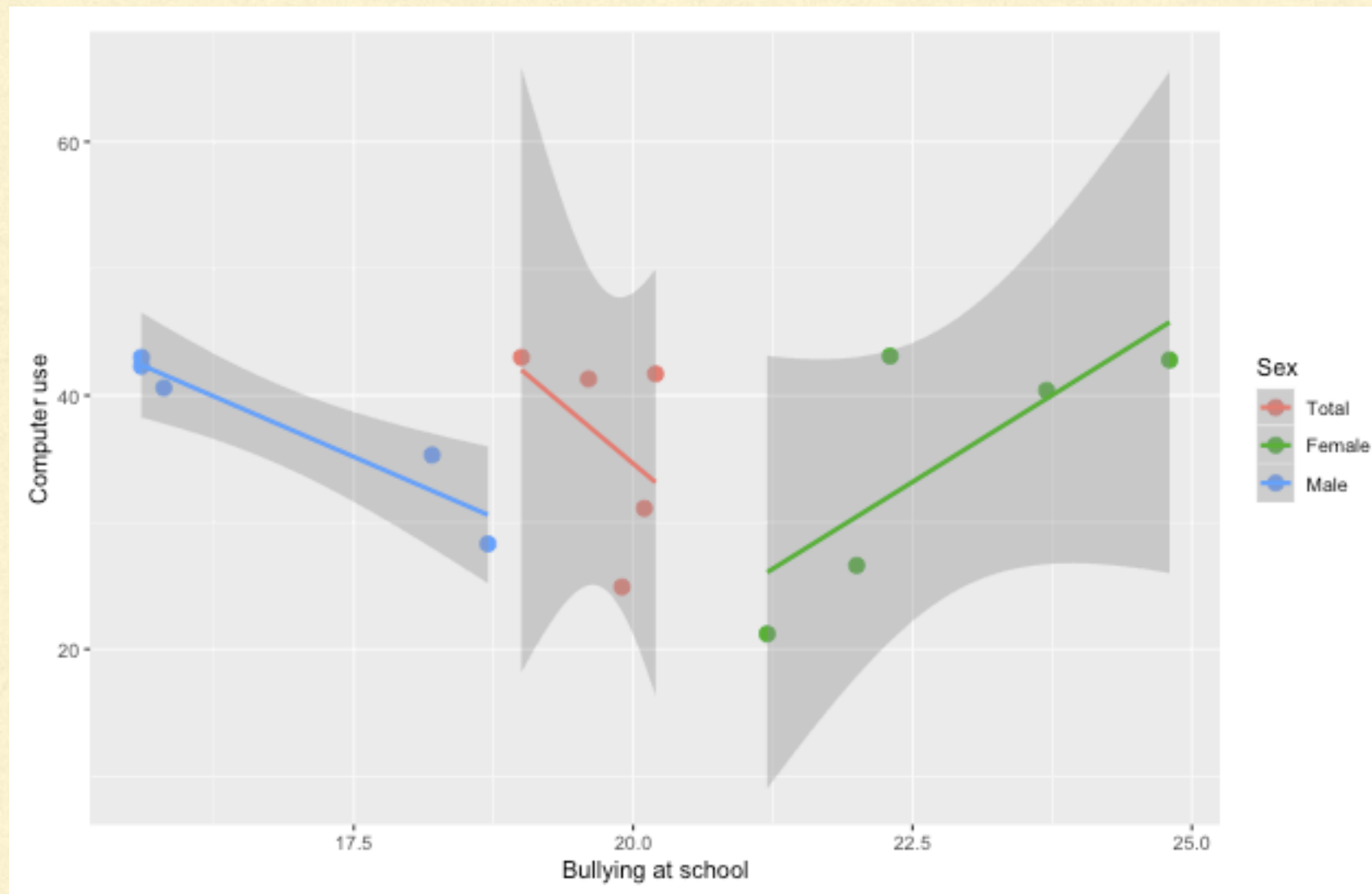
Computer use vs. Obesity



Computer use vs. Texting and Driving



Computer use vs. Bullying



Correlation Or Coincidence?

