80% of middle school youth and 92% of high school youth use social media on an average school day.*

17% of middle school and 29% of high school youth spend 3 or more hours a day on social media. More females than males report this high level of use.

Youth report both positive and negative attitudes and experiences related to social media.†

Among social media users:
- Feel more connected with peers because of social media
  - Middle School: 63%
  - High School: 66%
- Have gotten support on social media
  - Middle School: 34%
  - High School: 30%
- Feel pressured to post things that will get a lot of comments/likes
  - Middle School: 21%
  - High School: 26%
- Report social media keeps them from doing important things‡
  - Middle School: 19%
  - High School: 33%

Youth with high levels of social media use are more likely to report bullying and mental health problems.§

<table>
<thead>
<tr>
<th></th>
<th>Middle School</th>
<th>High School</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bullied at school</td>
<td>15%</td>
<td>22%</td>
</tr>
<tr>
<td>Cyberbullied</td>
<td></td>
<td>16%</td>
</tr>
<tr>
<td>Depressive symptoms</td>
<td></td>
<td>15%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>26%</td>
</tr>
</tbody>
</table>

* Includes time spent on sites like Instagram, Facebook, Snapchat, Twitter, and other social media sites where messages, photos/videos, or other information can be shared online.
† Includes youth who responded agree/strongly agree
‡ Such as homework or family responsibilities
§ In the past 12 months; data presented is for high school youth
**Does not include youth who do not use social media

The MetroWest Adolescent Health Survey (MWHAS) is conducted by Education Development Center, Inc. with funding from the MetroWest Health Foundation. The MWAHS is an anonymous survey of youth in 25 communities. One of the largest student surveys in the nation, its goal is to inform local policies and programs. In 2016, 40,772 students took surveys, representing over 90% of students in the region.