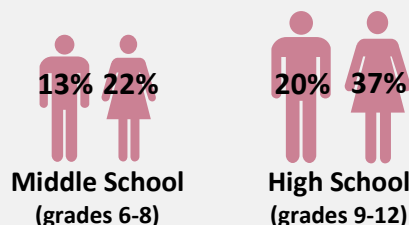


# Social Media Use among MetroWest Region Youth

Highlights from the 2016 MetroWest Adolescent Health Survey

**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.†**



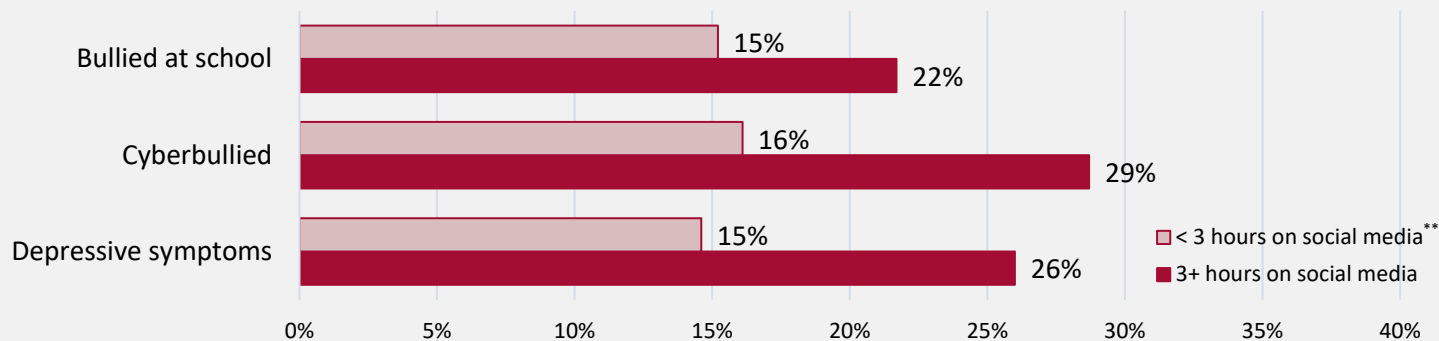
**Among social media users:**

	<u>Middle School</u>	<u>High School</u>
Feel more connected with peers because of social media	63%	66%
Have gotten support on social media	34%	30%



Feel pressured to post things that will get a lot of comments/likes	21%	26%
Report social media keeps them from doing important things‡	19%	33%

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



\* 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