

# SOCIAL MEDIA & ADDICTION



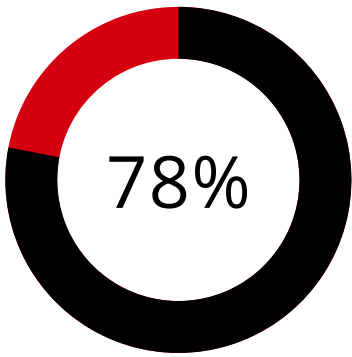
*It's estimated that 210 million people worldwide are addicted to social media.*

**9 OUT OF 10 TEENS**  
use Social Media daily

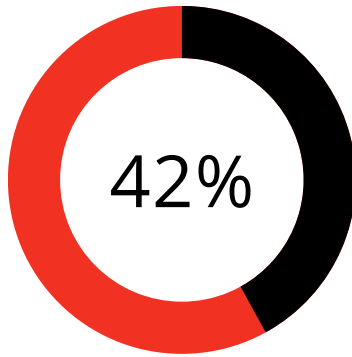


**SOCIAL MEDIA IS MORE ADDICTIVE THAN ALCOHOL AND CIGARETTES.**

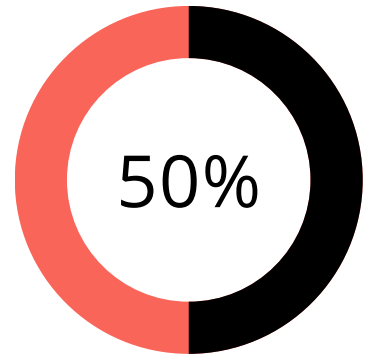
## STATISTICS



of Teenagers check their phone at least once an hour.



of Teenagers admit that social media keeps them from connecting with friends in person

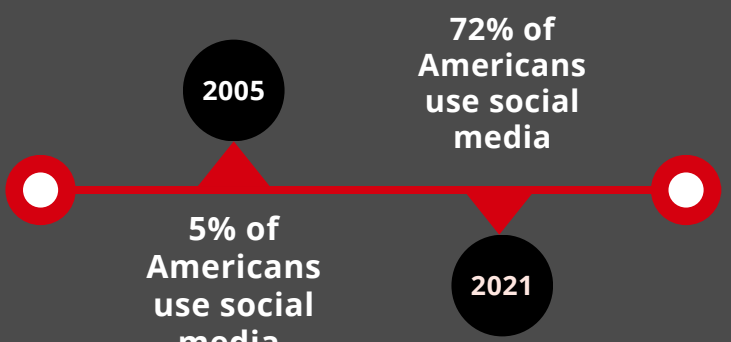


More than 50% of drivers admit to checking social media behind the wheel

**MORE THAN**

**90%**

**OF TEENS USE SOCIAL MEDIA FOR OVER 4 HOURS EACH DAY.**



## HOW TO STOP THIS?

Set time limits on specific apps.

Do a digital detox.

Turn off all social media notifications.

Consider seeking support.