

87 Percent of Teens Sleep with Their Cell Phones and Other Alarming Statistics

Today, the Pew Internet and American Life Project releases a new cell-phone usage study gathered by calling 800 teenagers age 12 to 17 between June and September of last year.

Some of the data is mind-blowing — unless you're the parent of a teenager. In such a case, the study will likely confirm what you already suspect: that your child is way more addicted to his or her cell phone than even you, and that he or she is sending out more texts every day than almost seems possible in a 24-hour period. (According to the study, most teens sleep with their phones so they can respond to incoming texts around the clock.)

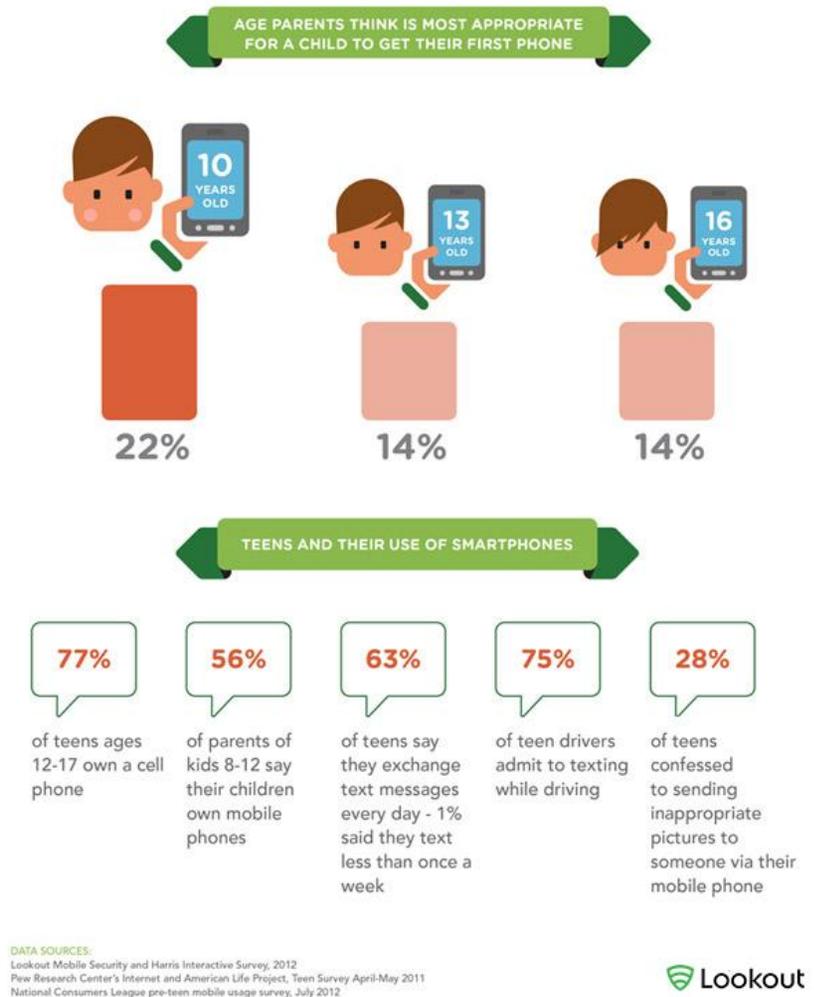
Pew's study also offers interesting insights into teen culture, per its authors, who say that girls tend to use smiley faces, for example, because they perceive that ending a sentence simply with a period will convey that they're mad.

Rather than picking and choosing from the survey's many interesting data points, we're listing all of them.

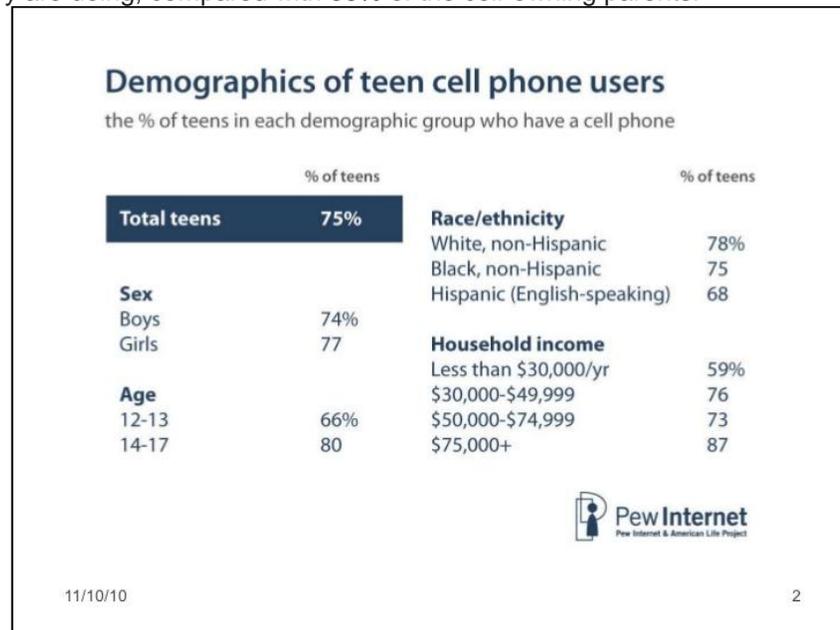
- Daily text messaging by teens to friends has increased rapidly since early 2008. Some 38% of teens were daily texters in February 2008, and that has risen to 54% of teens who use text daily in September 2009.
- Of the 75% of teens who own cell phones, 87% use text messaging at least occasionally.
- Regarding texting, half of teens send 50 or more text messages a day, or 1,500 texts a month, and one in three send more than 100 texts a day, or more than 3,000 texts a month.
- 15% of teens who are texters send more than 200 texts a day, or more than 6,000 texts a month.
- Boys typically send and receive 30 texts a day; girls typically send and receive 80 messages per day.
- Teen texters ages 12-13 typically send and receive 20 texts a day.
- 14-17 year-old texters typically send and receive 60 text messages a day.

Statistics from Pew Research Internet Project (2010): <https://www.pehub.com/2010/04/87-percent-of-teens-sleep-with-their-cell-phones-and-other-alarming-statistics/>

Graphic from Lookout (internet security company): <https://www.lookout.com/resources/reports/smartphone-family-guide>



- 86% of girls text message friends several times a day; 64% of boys do the same.
- 59% of girls call friends on their cell phone every day; 42% of boys call friends daily on their cell phone.
- Girls are also more likely than boys to text for social reasons, to text privately, and to text about school work.
- 59% of girls text several times a day to “just say hello and chat”; 42% of boys do so.
- 84% of girls have long text exchanges on personal matters; 67% of boys have similar exchanges.
- 76% of girls text about school work, while 64% of boys text about school.
- 64% of parents look at the contents of their child’s cell phone and 62% have taken away that phone as punishment.
- 46% of parents limit the number of minutes their children may talk and 52% limit the times of day they may use the phone.
- 48% of parents use the phone to monitor their child’s location.
- 12% of all students say they can have their phone at school at any time.
- 62% of all students say they can have their phone in school, just not in class.
- 24% of teens attend schools that ban all cell phones from school grounds.
- Still, 65% of cell-owning teens at schools that completely ban phones bring their phones to school every day.
- 58% of cell-owning teens at schools that ban phones have sent a text message during class.
- 43% of all teens who take their phones to school say they text in class at least once a day or more.
- 64% of teens with cell phones have texted in class; 25% have made or received a call during class time.
- 48% of cell-owning teens get irritated when a call or a text message interrupts what they are doing, compared with 38% of the cell-owning parents.
- 69% of cell-owning teens say their phone helps them entertain themselves when they are bored.
- 26% have been bullied or harassed through text messages and phone calls.
- 83% use their phones to take pictures.
- 64% share pictures with others.
- 60% play music on their phones.
- 46% play games on their phones.
- 32% exchange videos on their phones.
- 31% exchange instant messages on their phones.
- 27% go online for general purposes on their phones.
- 23% access social network sites on their phones.
- 21% use email on their phones.
- 11% purchase things via their phones.



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