ABOUT 3 IN 4 "GEN Z-ERS" SAY THEY SPEND MORE TIME THAN THEY WOULD LIKE ON THEIR PHONE EACH DAY.

THE AVERAGE PERSON SPENDS ABOUT 4 TO 5 HOURS ON THEIR PHONE EACH DAY.

ONE STUDY FOUND THAT FEMALES ARE MORE LIKELY TO USE SMARTPHONES FOR LONGER THAN MALES.

OVER HALF OF AMERICAN TEENS SPEND AN AVERAGE OF MORE THAN 7 HOURS A DAY ON THEIR PHONE.

45%

OF AMERICAN TEENS SAY THEY ARE ONLINE ALMOST CONSTANTLY.

*THOSE UNDER 20 YEARS OLD* ARE THE MOST AT-RISK FOR CELL PHONE ADDICTION.

INDIVIDUALS TYPICALLY CHECK THEIR PHONE 50 - 100 TIMES PER DAY.

57% OF AMERICANS ADMIT TO BEING ADDICTED TO THEIR CELL PHONE.

PREVIEW ONLY