

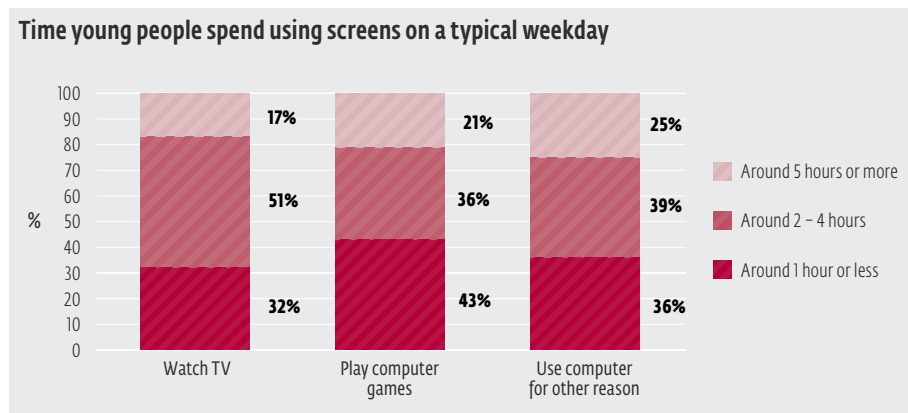
YOUNG PEOPLE'S SCREEN TIME AND SOCIAL MEDIA USE IN SCOTLAND

HEALTH BEHAVIOUR IN SCHOOL-AGED CHILDREN 2018 SURVEY



Technology and social media play an increasingly important role in young people's lives. It is interesting to understand how young people use technology and how it may impact on their health and wellbeing.

How much time do young people spend using screens on a typical weekday?



15-year olds are **most likely** to use a computer for other reasons for **5 or more** hours on a weekday

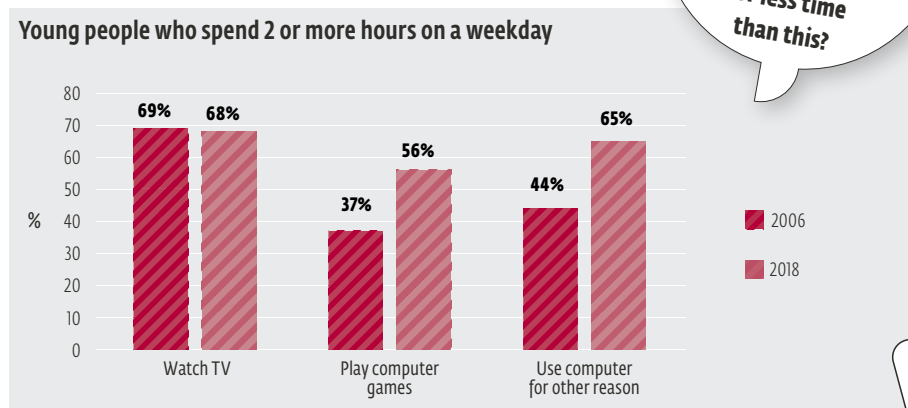
32% of **15** YEAR OLDS
26% of **13** YEAR OLDS
18% of **11** YEAR OLDS

Girls are **more likely** than boys to watch TV for 5 or more hours on a weekday (**20%** versus **14%**)

Boys are **more likely** than girls to play computer games for 5 or more hours on a weekday (**26%** versus **15%**)

How has screen time changed since 2006?

While time spent watching TV has not changed since 2006, there have been increases in computer use, both for gaming and for other purposes.



Are you surprised by the amount of time young people spend on different screen activities? Do you spend more or less time than this?

Access to screens in the bedroom

There is evidence of an association between having access to screens in the bedroom and sleep difficulties. Overall, young people who have a computer, television or smartphone in their bedroom at night are slightly **more likely** to report sleep difficulties than those who do not have this but this varies by age.

57% of adolescents have a computer* in their bedroom
* internet connected

73% of adolescents have a television in their bedroom

95% of adolescents have a smartphone

82% of them keep their smartphone in their bedroom at night

Problematic social media use

9%

of adolescents report **problematic social media use**

@#*+!?



In what ways do you think social media use might cause a problem for someone?



How does social media use impact low mood?

While regular online contact with friends can be positive, problematic social media use is linked to poorer mental wellbeing.

Problematic use is when social media use interferes with everyday activities and relationships. Girls and boys do not tend to differ, except at age 13, **girls are more likely** to report this than boys (**11% versus 7%**).

Online contact

33%



What are the positive and negative aspects of using technology today for young people?



6%

of young people have online contact **almost all the time** throughout the day with friends they have only met online.

of adolescents report online contact with close friends **almost all the time** throughout the day. **Girls are more likely** to report this than boys (**37% versus 29%**)

This proportion **increases** with age: **3% of 11-year-olds, 6% of 13-year-olds and 8% of 15-year-olds.**

About the Health Behaviour in School-Aged Children (HBSC) survey

HBSC is a school-based survey that is run every four years in Scotland. It asks young people aged 11-, 13- and 15-years old questions about their health and health behaviours. In 2018, 5,286 young people from 208 schools took part in the survey.

The study has been running since 1990 in Scotland and is also run internationally. We are therefore able to compare the experiences of young people today with young people over the past 30 years and to other young people in different countries. For more information, visit: gla.ac.uk/hbscscotland

This is the third in a series of "At a Glance" research briefings to summarise findings from the 2018 HBSC Scotland survey. It was written by Judith Mabelis, Dorothy Currie, Malachi Willis and Jo Inchley. The HBSC Scotland team is based at the Universities of Glasgow and St Andrews.

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