

Harms of Social Media

Mixed-mode Survey Report

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Harms of Social Media Mixed-mode Survey Report

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Project Overview

The mixed-mode research project consisted of a mixed-mode telephone and online survey to gather information from general public respondents. The scope of work for the research project included the following:

- Programming of the telephone and online survey instruments
- Completion of 609 statewide surveys
- Analysis of the data, including: percentages of results, cross-tabulations, and coding of open-ended responses
- A written report describing the results of the survey including research methodology, an executive summary, and a detailed description of the results

Research Methodology

The research methods used to complete the project are outlined in detail below.

Sampling Procedures

Sample of adult residents in the state of Utah was obtained by Lighthouse Research and used for data collection. Individuals were then invited to participate by phone and/or email.

Data Collection

Lighthouse Research completed a total of 609 surveys, allowing for an overall confidence level of 95% with a margin of error of $\pm 3.91\%$.

All interviews were automatically given a numeric code upon entry into the system to assist in the data analysis. All data collection for this survey was completed between May 27 and June 19, 2023.

Pretest

Lighthouse Research conducted a pretest of the survey instrument with a small sample of respondents to determine the need for any modifications to the survey instrument. Following the pretest, minor adjustments were made to the survey before proceeding with data collection.

Telephone Interviews

All telephone data collection was conducted by an experienced team of telephone interviewers at the Lighthouse Research interviewing facility located in Riverton, Utah. All staff members were thoroughly briefed and trained on the survey before proceeding with data collection. Calling hours for the survey were between 9:00 a.m. and 9:00 p.m. on weekdays and between 9:00 a.m. and 4:00 p.m. on Saturdays. The survey was programmed in a Computer-Assisted Telephone Interviewing (CATI) format. Using the CATI system, survey responses were directly entered into the database by the interviewer as the interview was in progress.

Online Surveys

The online survey was programmed in a Computer-Assisted Web Interviewing (CAWI) format. Using the CAWI system, survey responses were entered directly into the database by the respondent as the survey was in progress.

Data Analysis

The data analysis provides the following statistics upon which the written interpretative report is based:

- The frequency and valid percent of responses to each of the survey questions
- Responses to open-ended questions, coded for all occurrences of five or more mentions
- Cross-tabular analysis to compare the significant differences in responding among various demographic groups

Organization of the Report

The remainder of the report is organized under the following areas:

- Executive Summary
- Detailed Results
- Segment Analysis
- Appendices

The Executive Summary section of this report includes an overview of the research findings and analysis from the survey.

The Detailed Results section includes charts and a written description of the results for that topic. The Detailed Results section also includes average means and medians that exclude those respondents who selected *don't know* and *wouldn't say*.

The Segment Analysis section contains the results of the cross-tabular analysis and indicates significant differences in responding among respondents.

The Appendices section of the report provides a copy of the survey questionnaire with frequencies of responses, and complete lists of all verbatim responses collected during the survey. The responses given by respondents who were placed in the “other” category when the response did not fit any of the options for that question are also reported in the Appendices.

The following report represents the deliverable for this contract and is presented respectfully to the project sponsors.

Executive Summary

The following summary represents the most pertinent findings of the survey research.

The table below summarizes parents' and children's social media use.

Social Media Usage

	Parents	Children (Oldest)
% using social media	86%	76%
Top platforms used	Facebook (77%), Instagram (63%)	YouTube (69%)
% using 7 days a week	67%	57%
% using 1 to 3 hours a day	44%	53%

Youth age 14 to 17 interact with **more platforms**, on **more days**, for **longer periods** of time each day than do younger children.






Respondents most frequently said that age **16** or **18** are appropriate ages for youth to use social media.

In your opinion, what is an appropriate age for children or youth to use social media?

11 or younger	12	13	14	15	16	17	18+
12%	9%	11%	14%	11%	22%	2%	19%

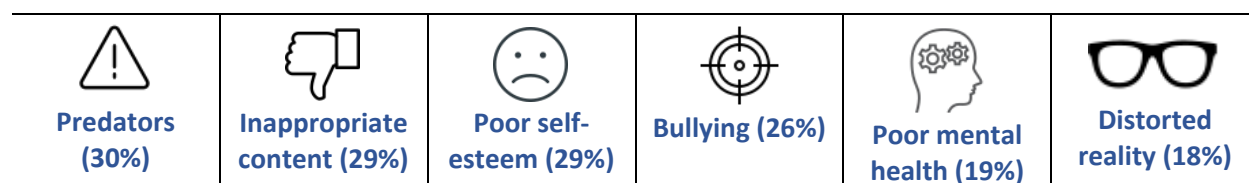
When identifying benefits of their children using social media, respondents most frequently mentioned **socialization**.

In your opinion, what are the potential benefits of children and youth using social media?

 Socializing (49%)	 Education (30%)	 Entertainment, creativity (10%)	 Staying up to date (8%)	 No benefit (18%)
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In contrast, respondents most frequently identified **predators**, **inappropriate content**, **poor self-esteem**, and **bullying** as harms of using social media.

In your opinion, what are the potential harms of children and youth using social media?



When asked to rate various concerns relating to social media, parents, on average, expressed the most concern with their children's **mental health** and **body image**.

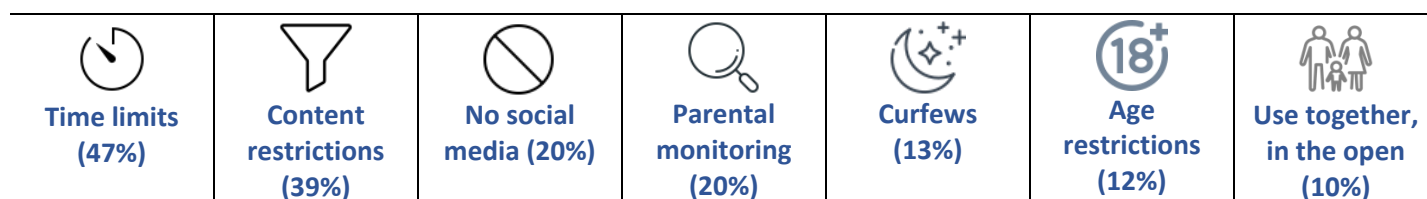
How concerned are you that social media will impact the following?

Based on a 1-to-7 scale where 1 = "not at all concerned" and 7 = "very concerned"

Your child's...	% Giving 6 or 7 Ratings	Average Mean
...mental health, such as sadness, hopelessness, loneliness, depression, suicide ideation	63%	5.56
...body image	60%	5.32
...brain development	45%	4.98
...length of sleep	43%	4.78

94% of respondents enforce boundaries with their children's social media usage. Most frequently, respondents reported enforcing **time limits** and **content restrictions**.

What social media boundaries have you set for your children?



Overall, 88% of respondents said that social media has a **detrimental** impact on children and youth.

In general, what impact do you feel social media has on the mental health and wellbeing of children and youth? Is it more beneficial or more detrimental, or does it have no impact?

Very detrimental	Somewhat detrimental	No impact	Somewhat beneficial	Very beneficial
54%	34%	5%	5%	2%

Of those whose children use social media, more than two-fifths of respondents each said they **often** or **always** encourage their children to unplug from social media and participate in other activities.

How often do you encourage your children to unplug from social media and participate in other activities?

Never	Rarely	Sometimes	Often	Always
2%	4%	11%	42%	42%

42% of respondents were **aware** that a new law will go into effect in March 2024 to limit the social media usage in children and youth in Utah.

Overall, 82% of respondent **support** the new law.

In general, do you support or oppose this law?















Strongly Oppose	Somewhat Oppose	Neutral	Somewhat Support	Strongly Support
6%	6%	5%	21%	61%

One-half of respondents said the law will **probably** be effective at protecting children and youth in Utah.

Do you feel this law will be effective at protecting children and youth in Utah?

Definitely not	Probably not	Probably	Definitely
8%	20%	51%	17%

The following table illustrates a summary of respondent demographics.

Gender	Age	Education	Income
  49% 51%	18 to 29  11% 30 to 39  32% 40 to 49  32% 50+  14%	High school  11% Some college  33% Bachelor's  36% Post-grad  20%	<\$50k  8% \$50k-\$100k  35% \$100k-\$150k  28% \$200k+  29%

Segment Analysis Summary



Trends by Gender

When compared to men, women were more likely to:

- ✓ Use social media
- ✓ Use social media on a more frequent basis
- ✓ Use Instagram, Pinterest, Snapchat, and Marco Polo
- ✓ Express concern with social media impacting their children's brain development
- ✓ Think the new social media law will "probably" be effective at protecting children

In contrast, men were more likely to:

- ✓ Use Twitter, Reddit, LinkedIn, and Twitch
- ✓ Think the new social media law will "definitely not" be effective at protecting children



Trends by Age

Respondents age 30 to 39 were more concerned than were older respondents about the effect of social media on their children's mental health and body image.

Respondents age 30 to 39 were more likely than all other respondents to say social media has a "very detrimental" impact on children and youth.



Trends by Age of Oldest Child

Respondents with older children were more likely to say their oldest child:

- ✓ Uses Facebook, Instagram, Twitter, TikTok, Snapchat, Reddit, Pinterest, YouTube, Be Real, Discord, and Twitch
- ✓ Uses social media more regularly

In general, there was a correlation between the age of respondents' children and the age they indicated as appropriate for children to use social media; respondents with older children tended to say the appropriate age for children using social media is older.



Trends by Social Media Use

Heavy social media users:

- ✓ Were more likely to use Instagram, TikTok, and Snapchat
- ✓ Indicated that their oldest child spends more time on social media than do the oldest children of light and medium social media users



Trends by Education

Respondents with higher levels of education were more likely to have heard of the upcoming social media law.

Respondents with less education were more likely to say the social media law will be effective at protecting children.



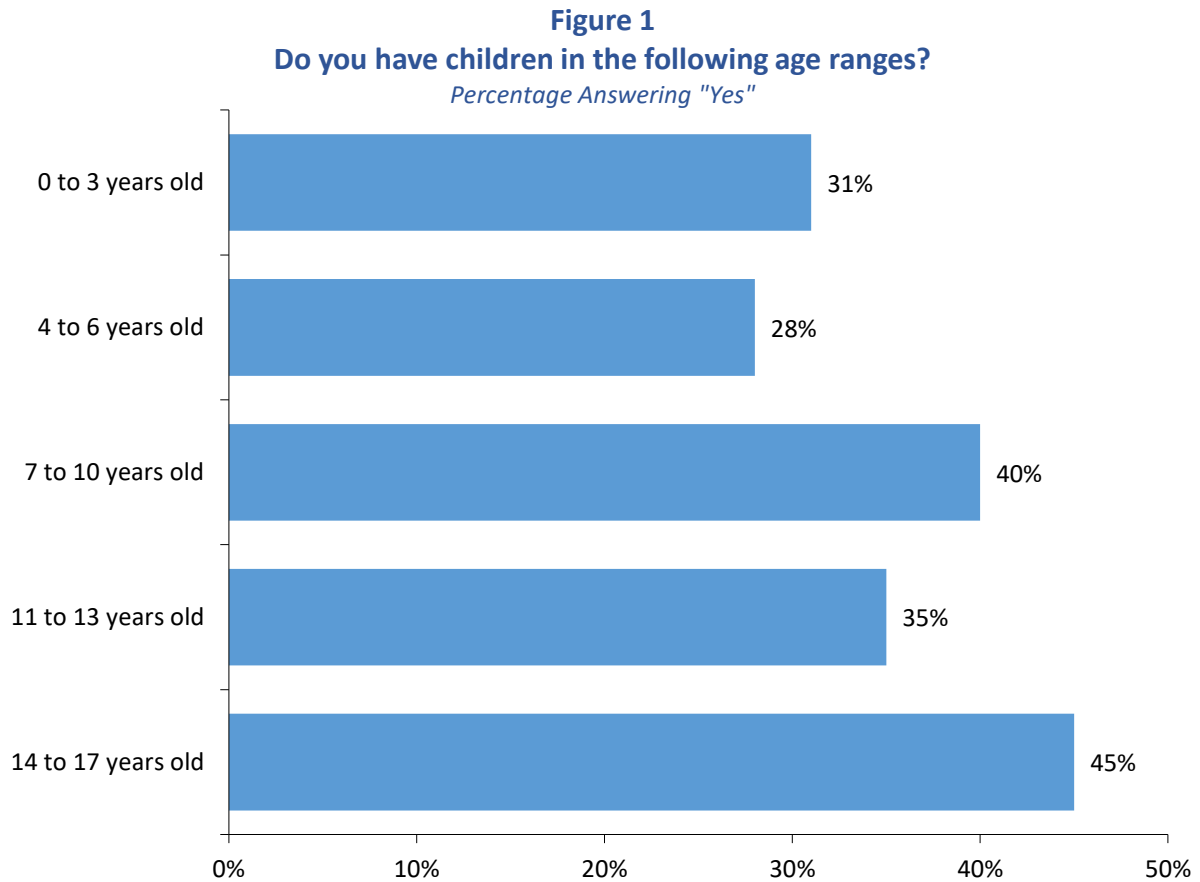
Trends by Household Income

Respondents with incomes of \$50,000 to \$99,999 were more likely to say their oldest child uses social media 4 to 5 hours daily.

Respondents with incomes of \$150,000 or more were more likely to say their oldest child uses Instagram and Snapchat.

Detailed Results

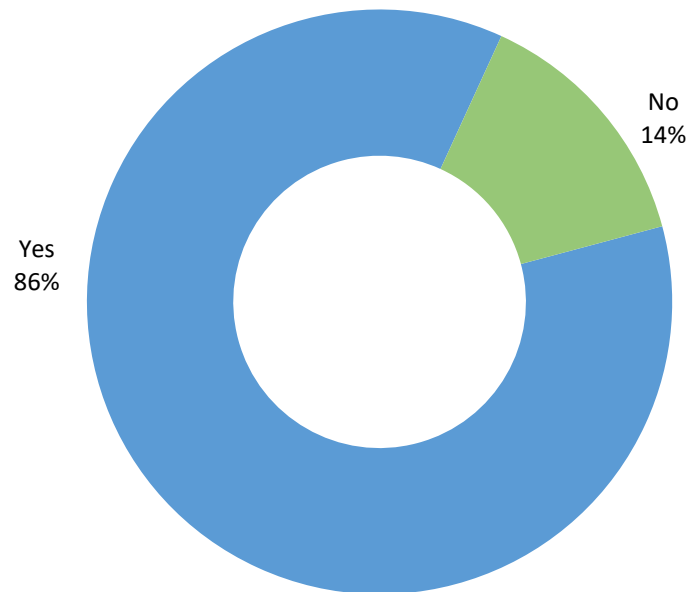
Figure 1 illustrates the percentage of parents who have children in the following age ranges.



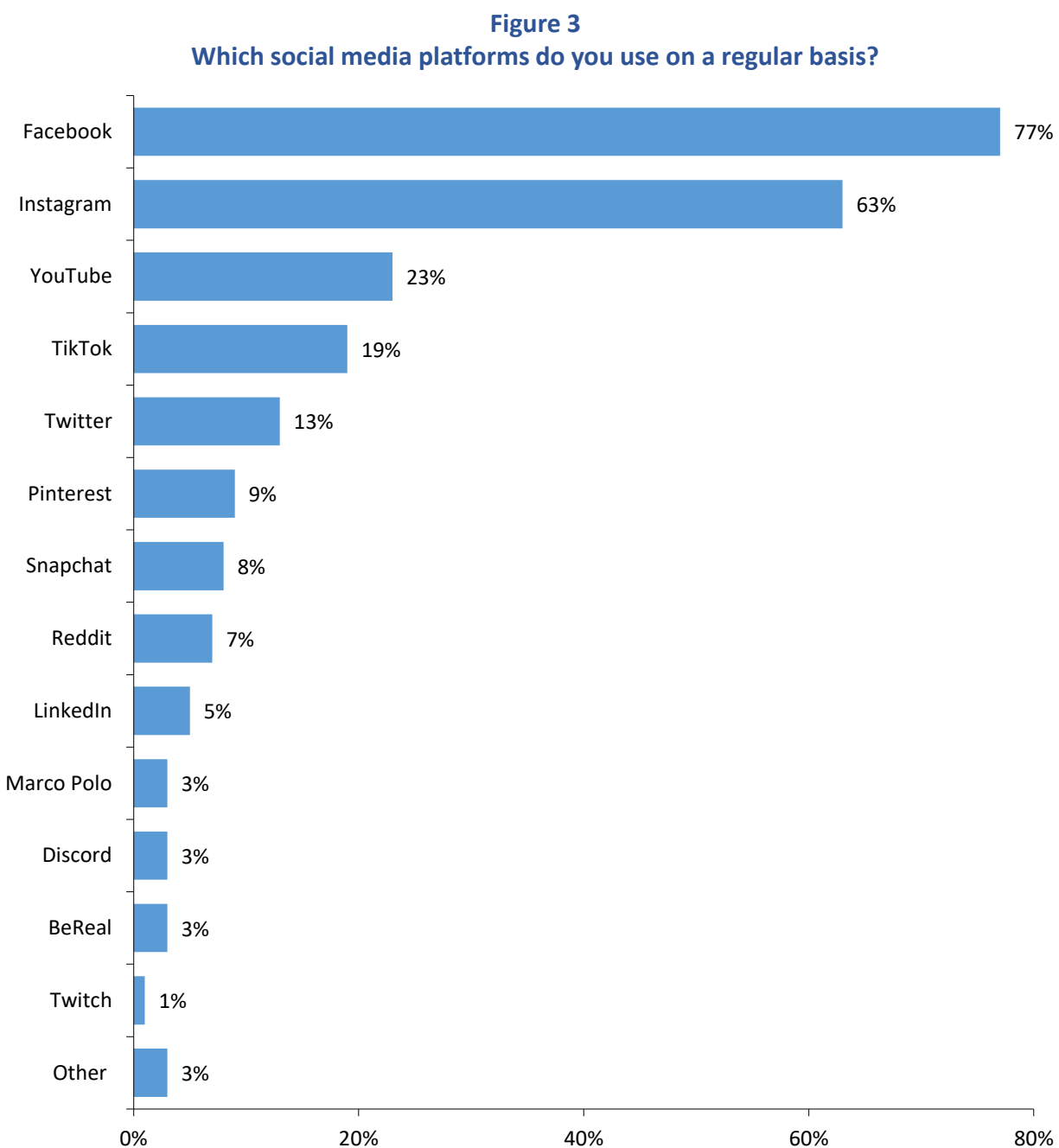
Parental Usage of Social Media

When parents were asked if they personally use social media, 86% of respondents answered “yes.” Please see Figure 2.

Figure 2
Do you personally use social media?

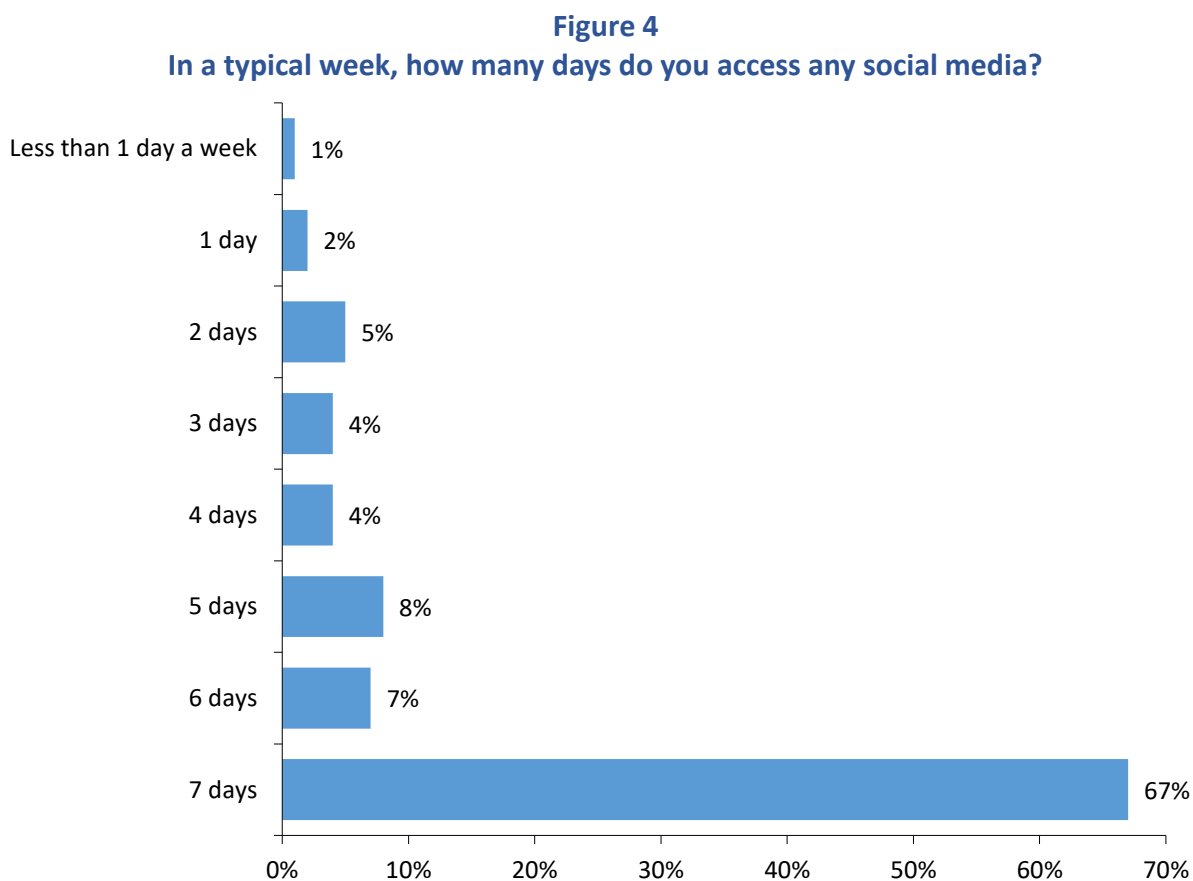


When identifying the social media platforms they personally use, respondents most frequently reported using **Facebook** and **Instagram**. Please see Figure 3 for further details.



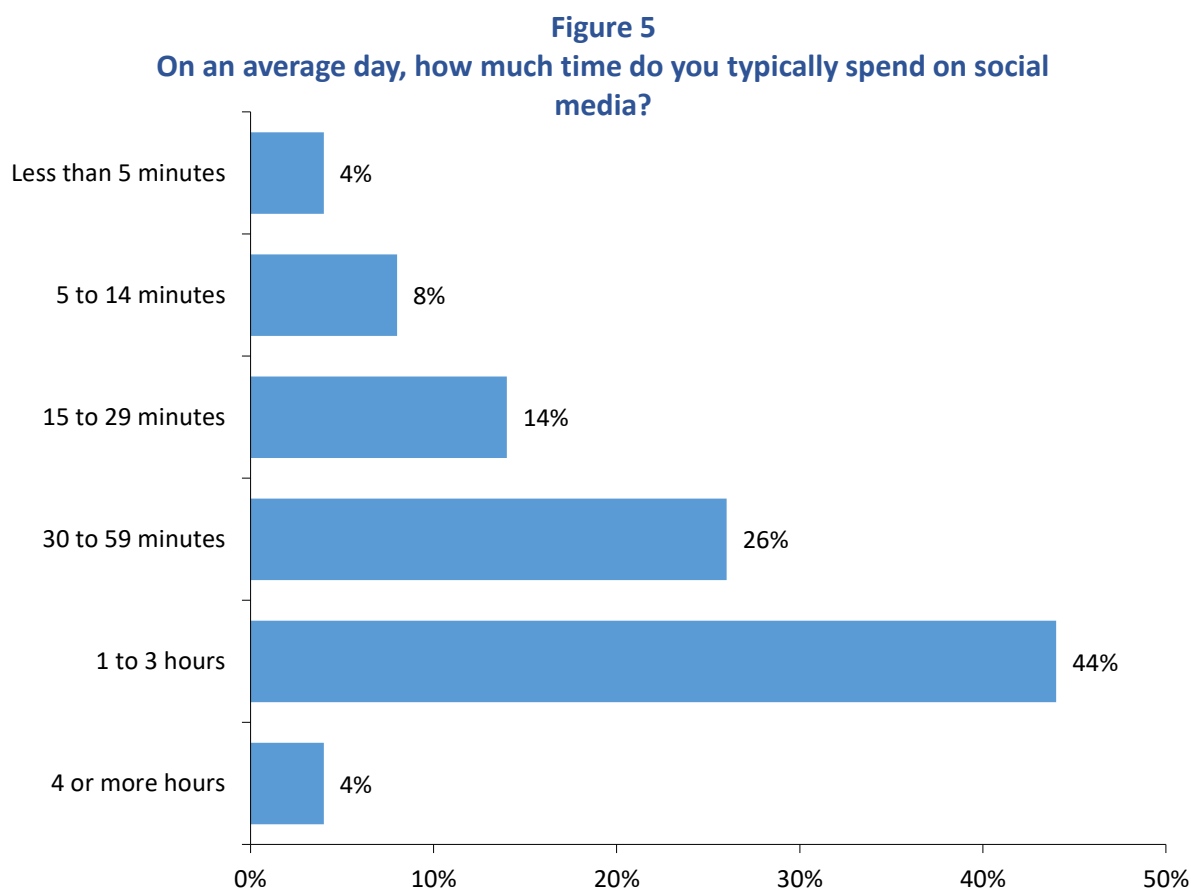
Note: Percentages in the above chart are based on respondents who reported using social media.

As Figure 4 illustrates, two-thirds of respondents (67%) reported using social media **7 days** in a typical week.



Note: Percentages in the above chart are based on respondents who reported using social media.

When asked how much time they spend on social media in a typical day, nearly one-half of respondents (44%) said they use it **1 to 3 hours a day**. Please refer to Figure 5.



Note: Percentages in the above chart are based on respondents who reported using social media.

Children and Youth Usage of Social Media

When asked to identify the social media platforms their oldest children under age 18 interact with on a regular basis, more than two-thirds of respondents (69%) mentioned **YouTube**, though 28% mentioned *Instagram*, 23% mentioned *TikTok*, and 21% mentioned *Snapchat*. One-quarter of respondents (24%) indicated that their children do not interact with any form of social media. See Figure 6 for details.

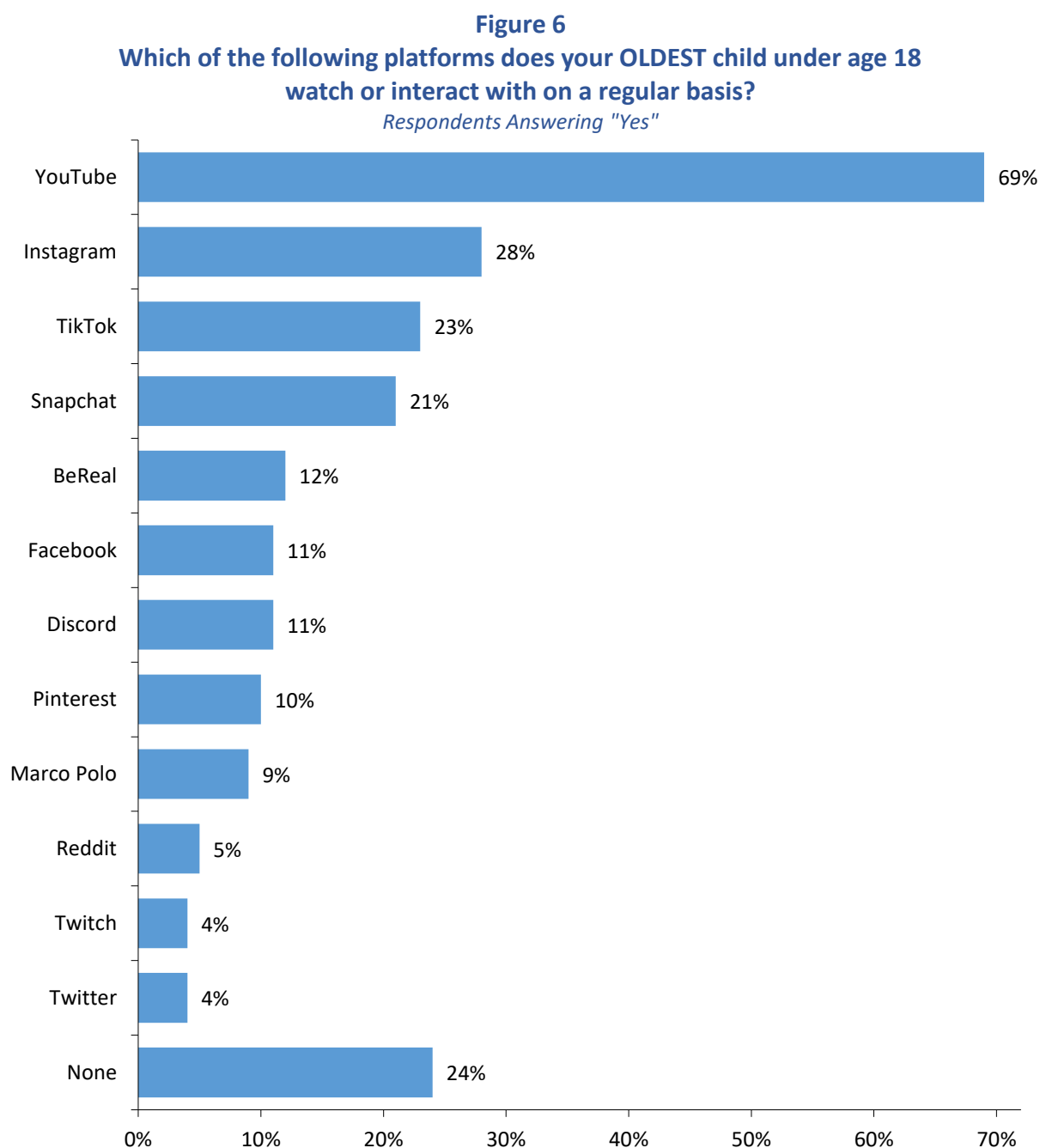
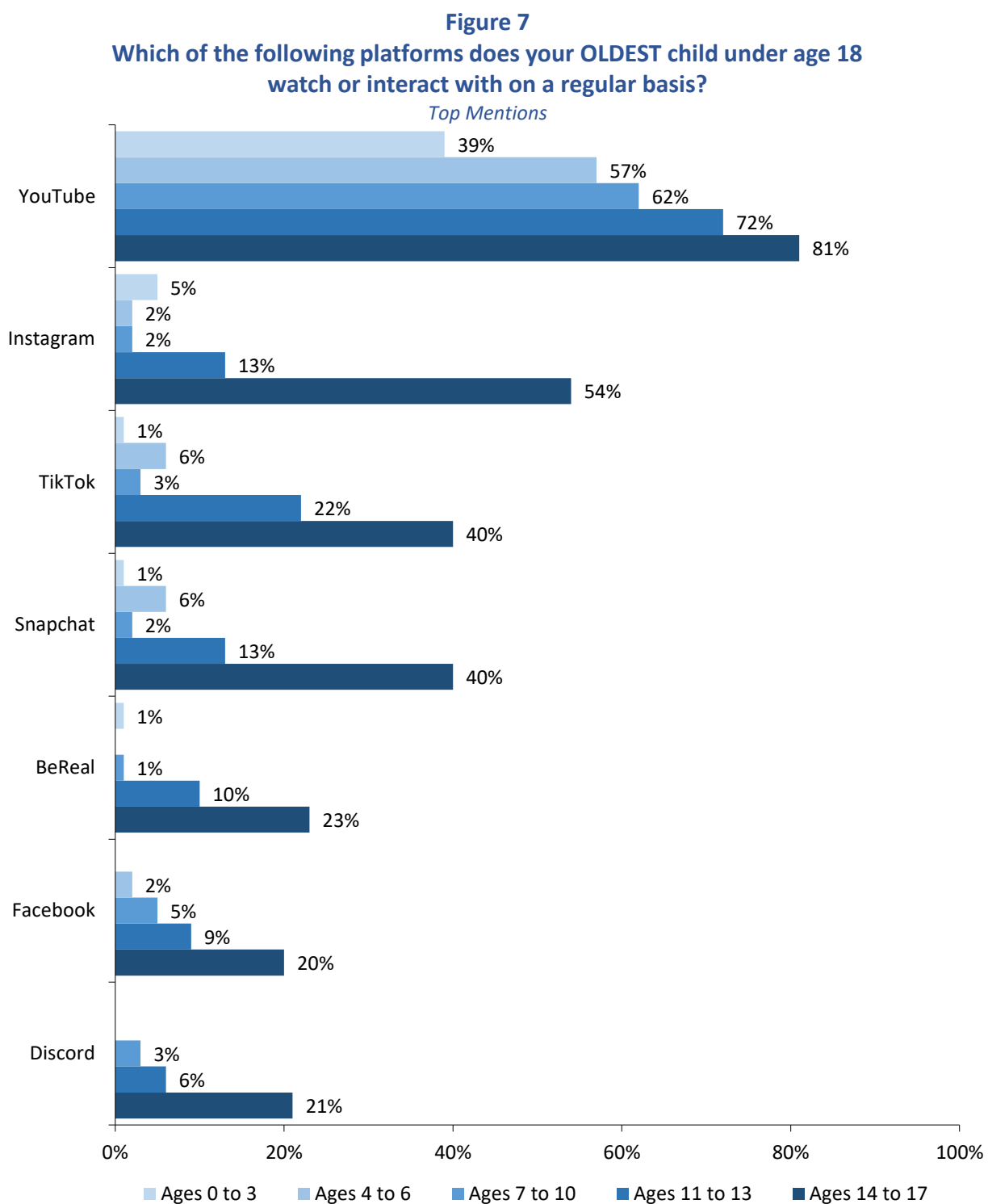
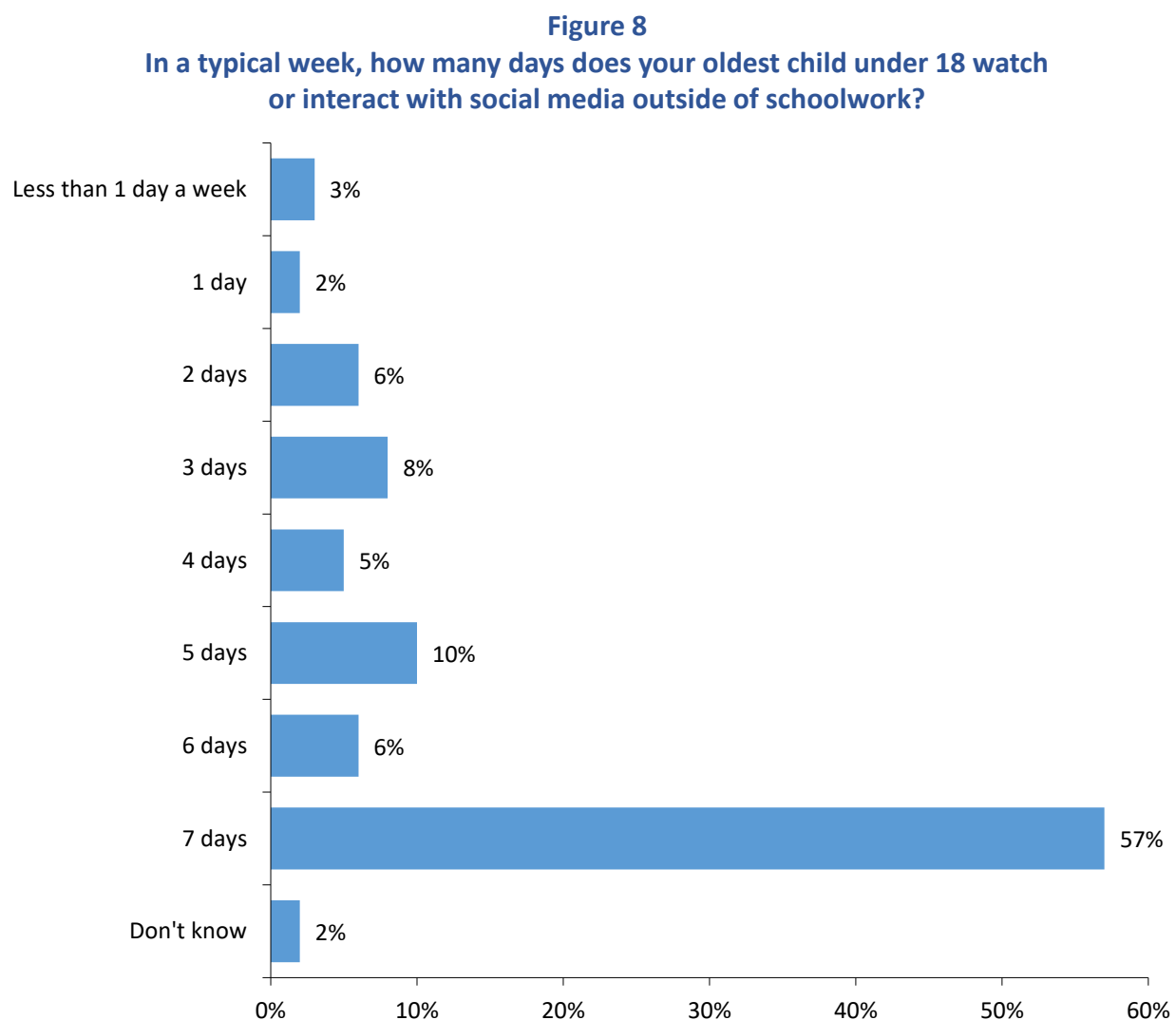


Figure 7 illustrates the social media platforms respondents' oldest child uses. Typically, the older the child, the more likely they are to use each social media platform.

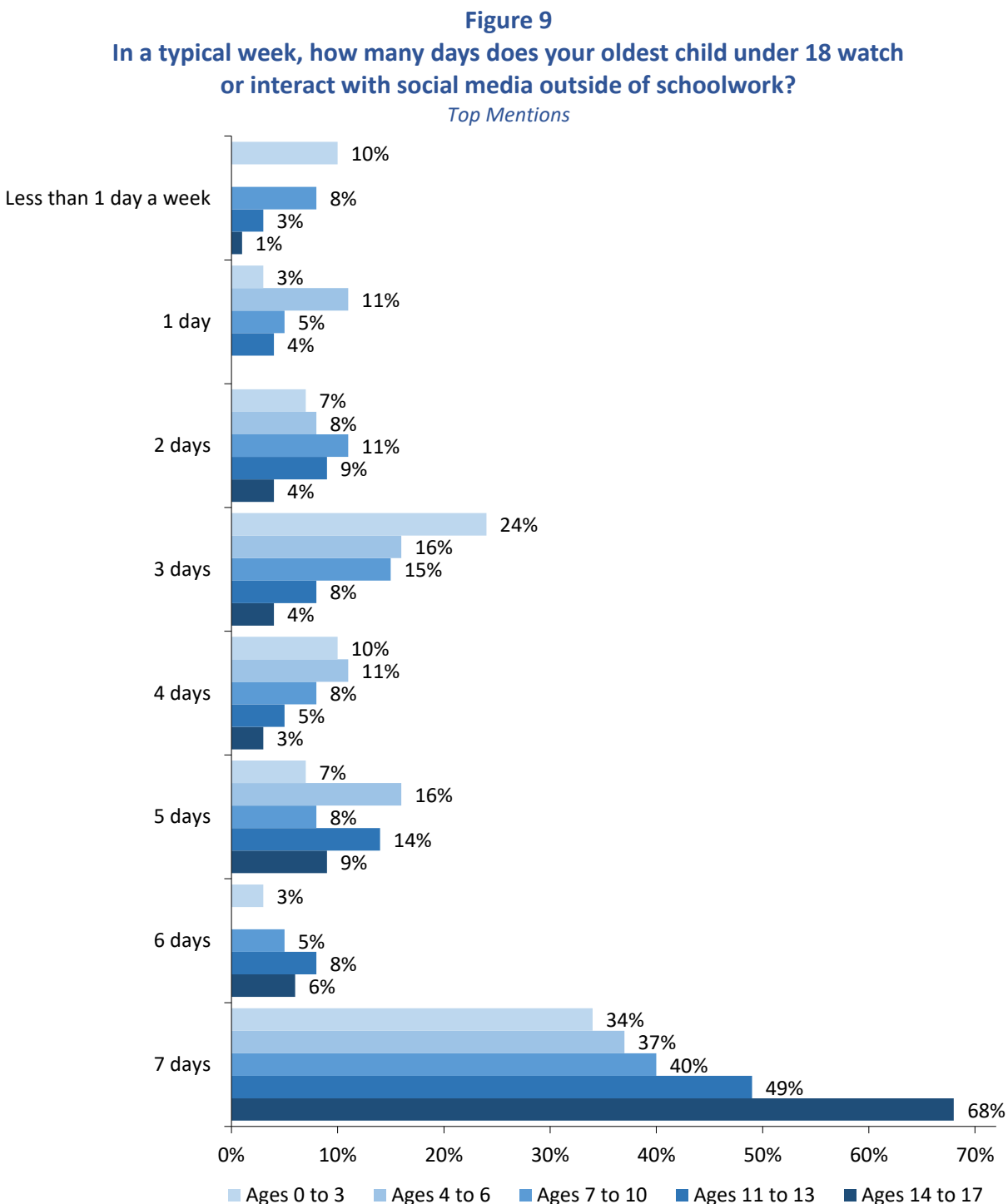


As Figure 8 illustrates, nearly three-fifths of respondents (57%) said their oldest child uses social media **7 days** a week.



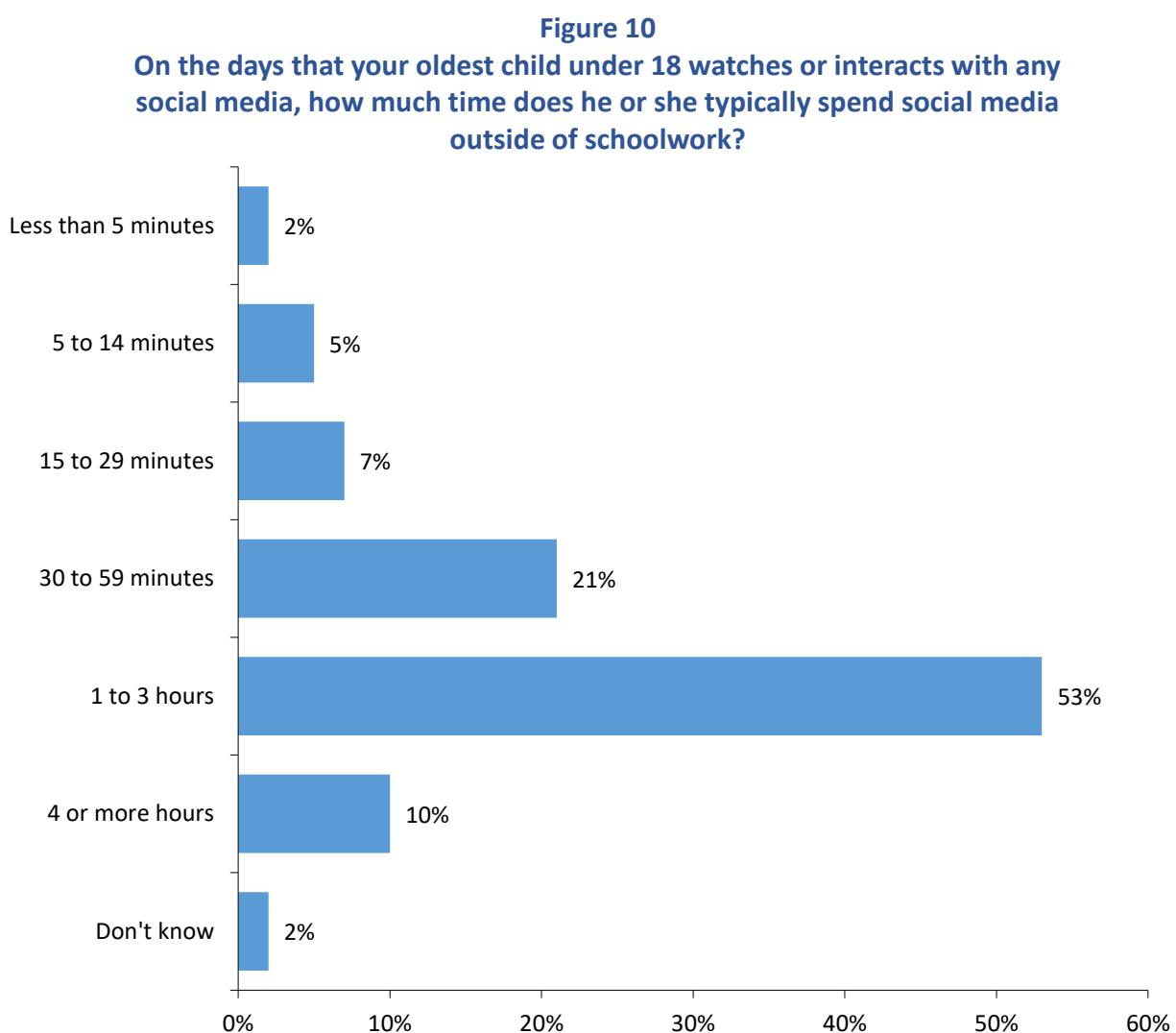
Note: Percentages in the above chart are based on respondents whose children use social media.

Figure 9 illustrates the number of days that respondents' oldest child uses social media in a typical week.



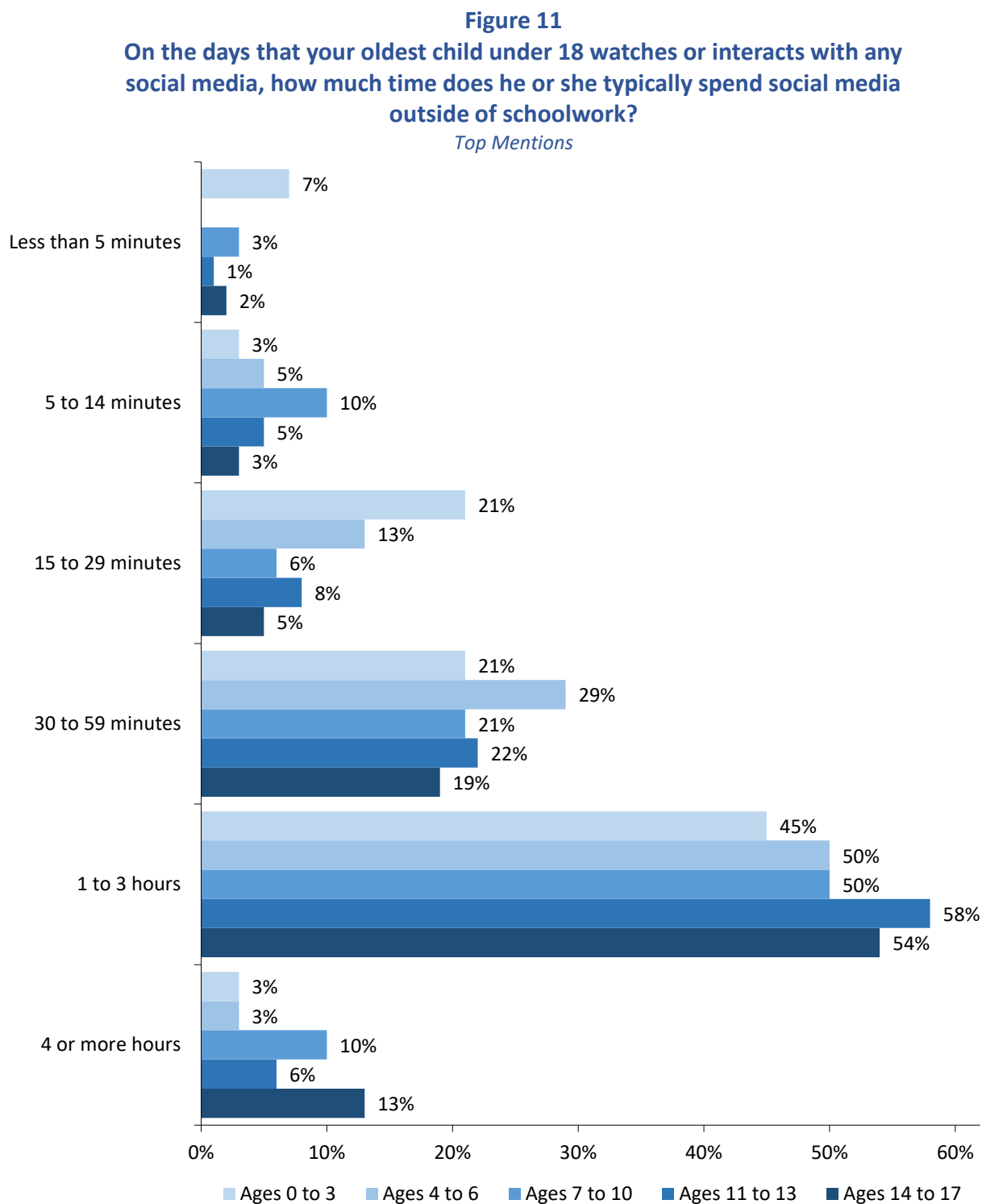
Note: Percentages in the above chart are based on respondents whose children use social media.

When asked how much time their oldest child spends on social media in a typical day, more than one-half of respondents (53%) said **1 to 3 hours**. Please refer to Figure 10 for further details.



Note: Percentages in the above chart are based on respondents whose children use social media.

Figure 11 illustrates the amount of time that respondents' oldest child spends on social media in a typical day.

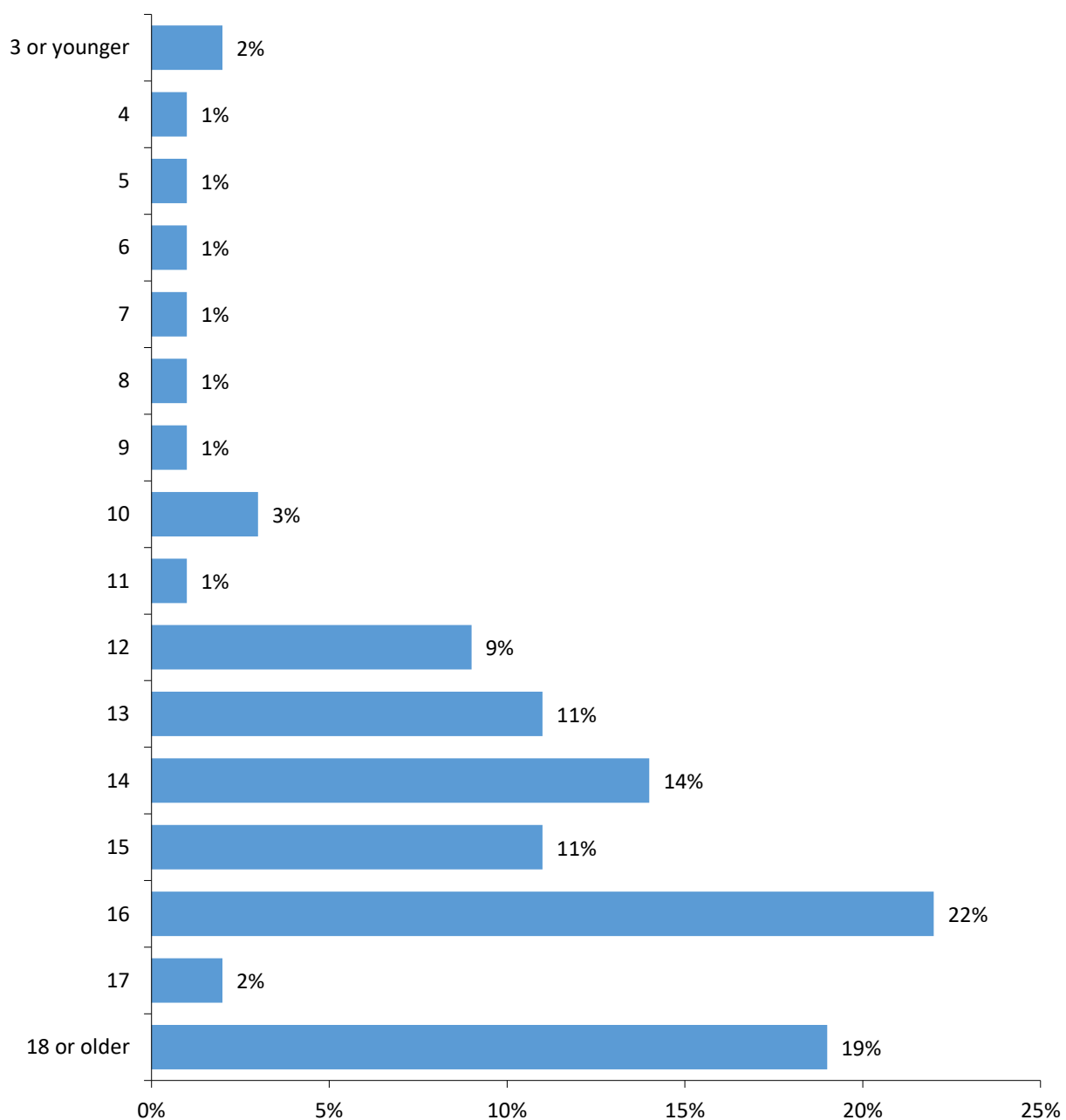


Note: Percentages in the above chart are based on respondents whose children use social media.

Perceptions of Children's and Youth's Usage of Social Media

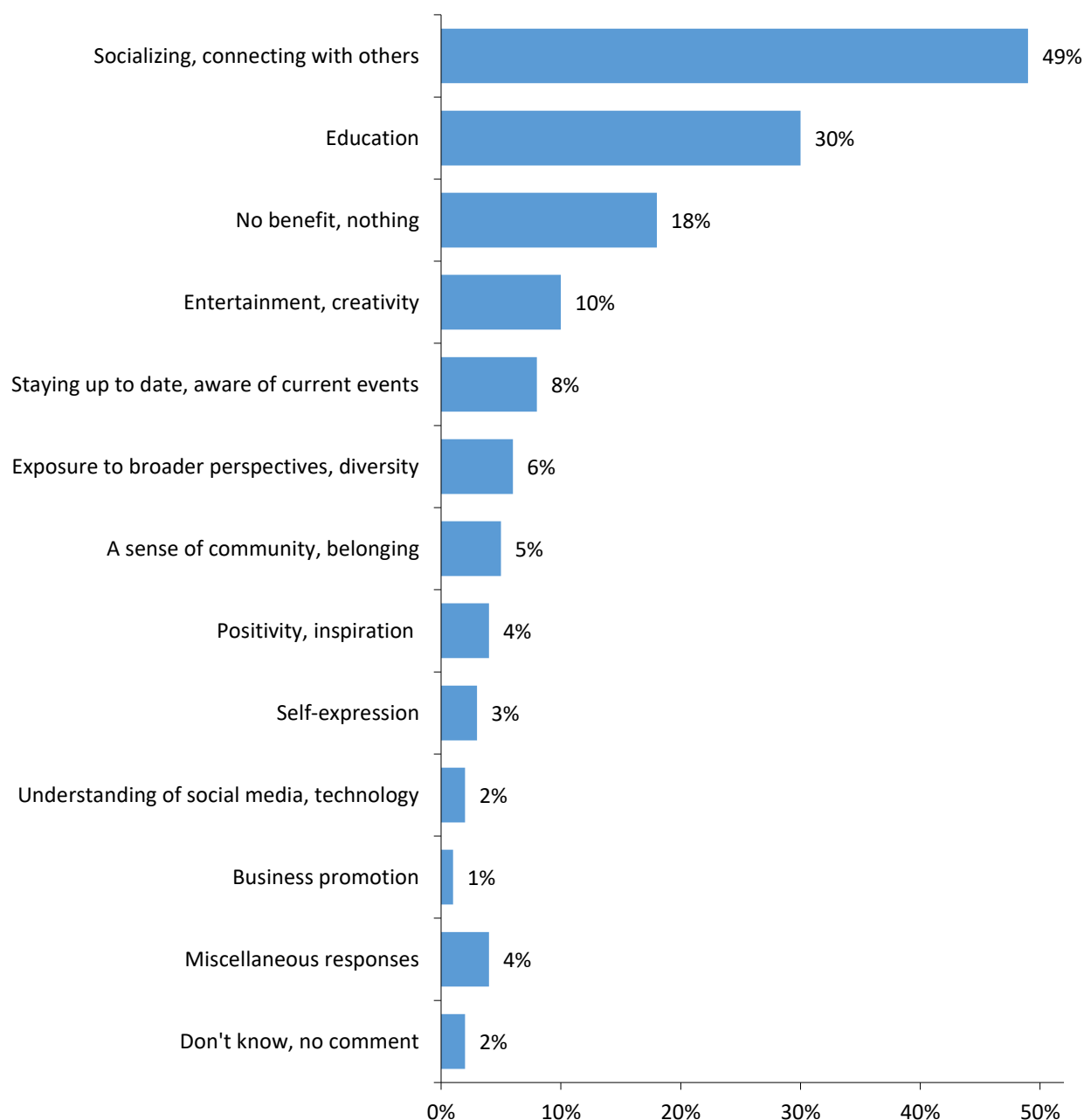
When asked to indicate the appropriate age for children or youth to begin using social media, 22% of respondents said **age 16** is an appropriate age, though 19% said **age 18** is appropriate.

Figure 12
In your opinion, what is an appropriate age for children or youth to begin using social media?

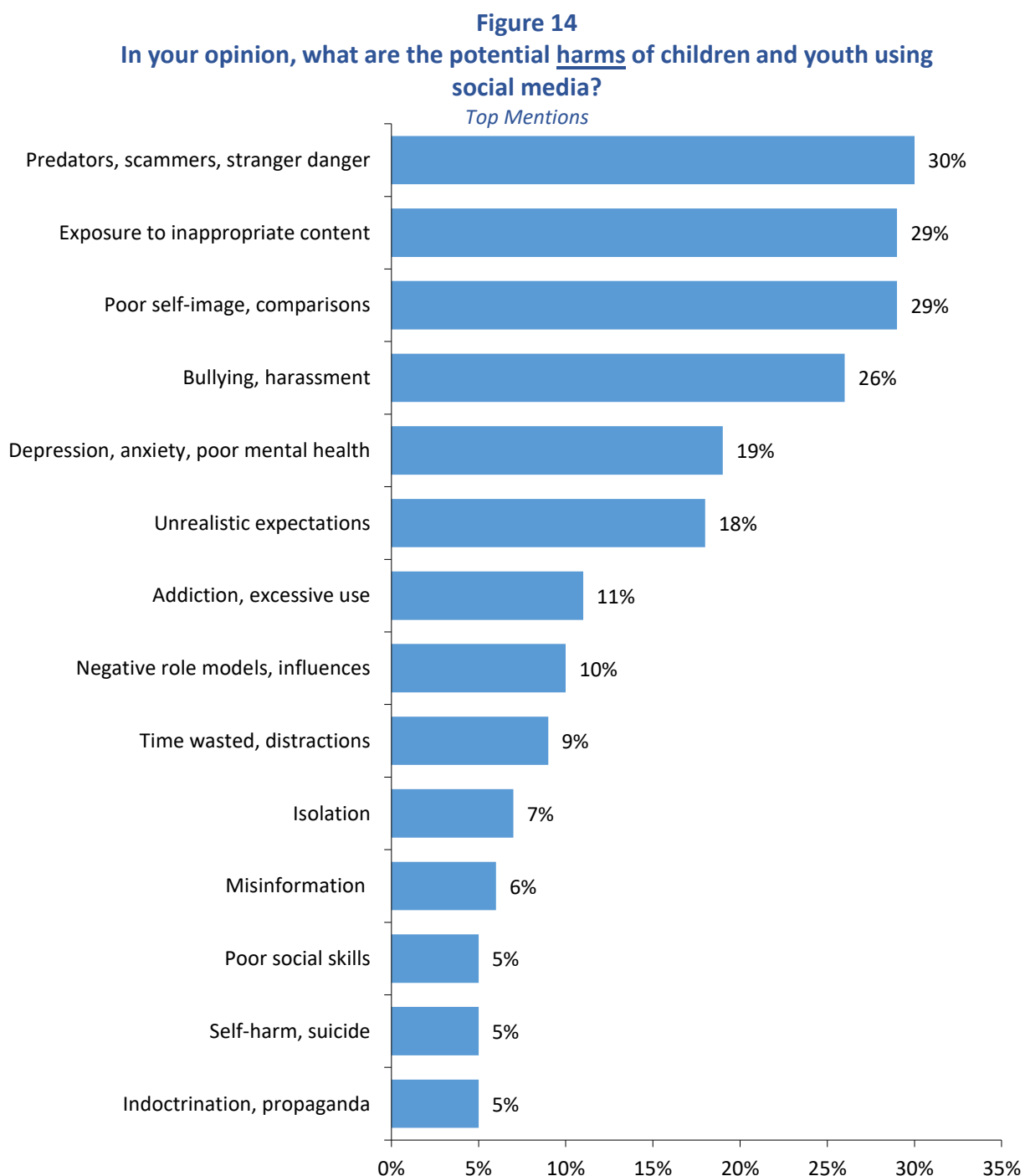


When asked to identify the benefits of social media, respondents most frequently mentioned **socializing and connecting with others** (49%), followed by **education** (30%). For details, please see Figure 13. For a categorized list of verbatim responses to this open-ended question, please see Appendix B.

Figure 13
In your opinion, what are the potential benefits of children and youth using social media?

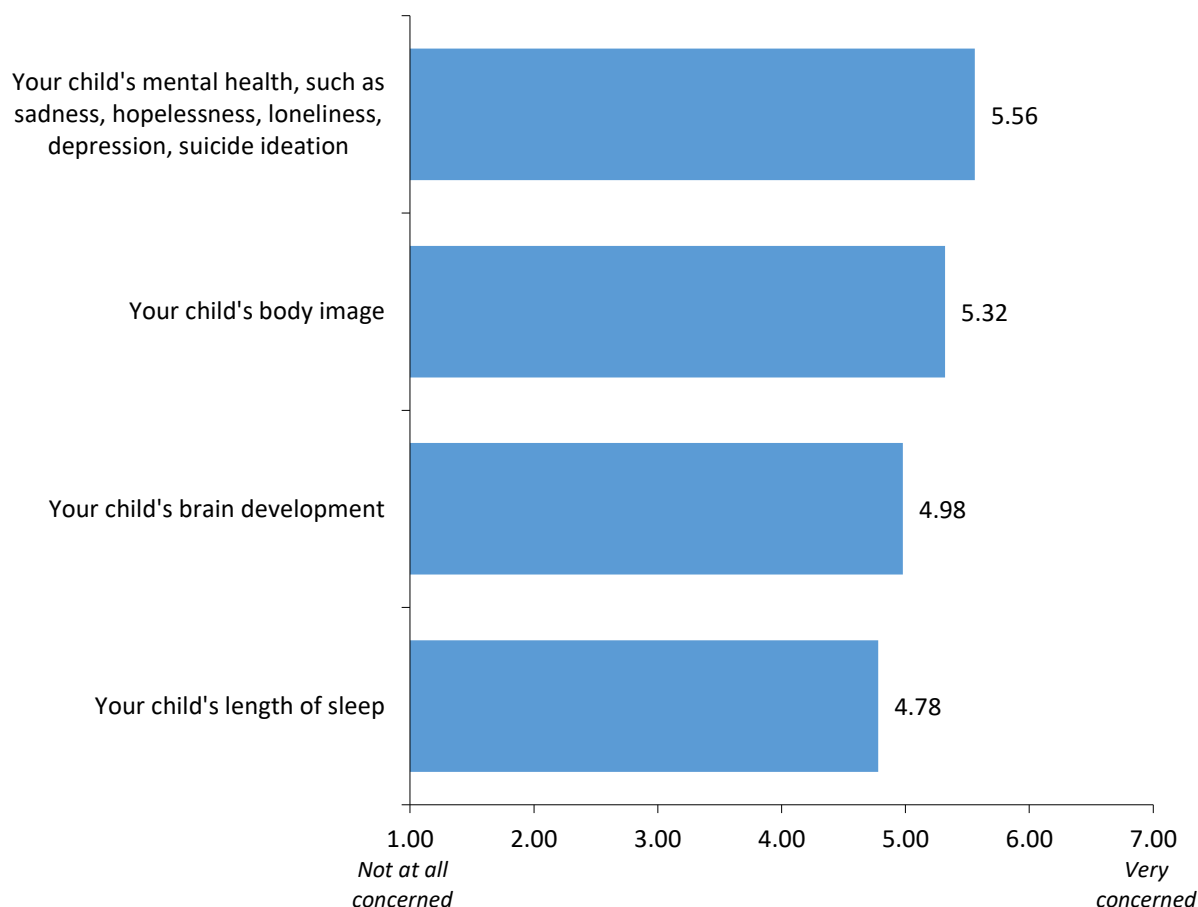


When identifying the harms of social media, respondents most frequently mentioned **predators** (30%), **exposure to inappropriate content** (29%), **poor self-esteem** (29%), and **bullying** (26%). Please see Figure 14. For a categorized list of verbatim responses to this open-ended question, please see Appendix C.



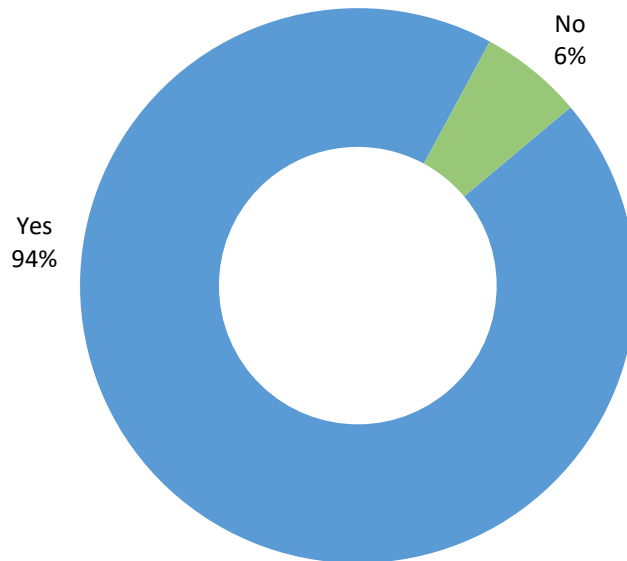
Respondents were asked to rate how concerned they are with various potential harms of social media by using a seven-point rating scale where 1 is “not at all concerned” and 7 is “very concerned.” In response, parents indicated they were most concerned about their child’s **mental health** (5.56), followed by **body image** (5.32). For details, please see Figure 15.

Figure 15
How concerned are you that social media will impact the following?

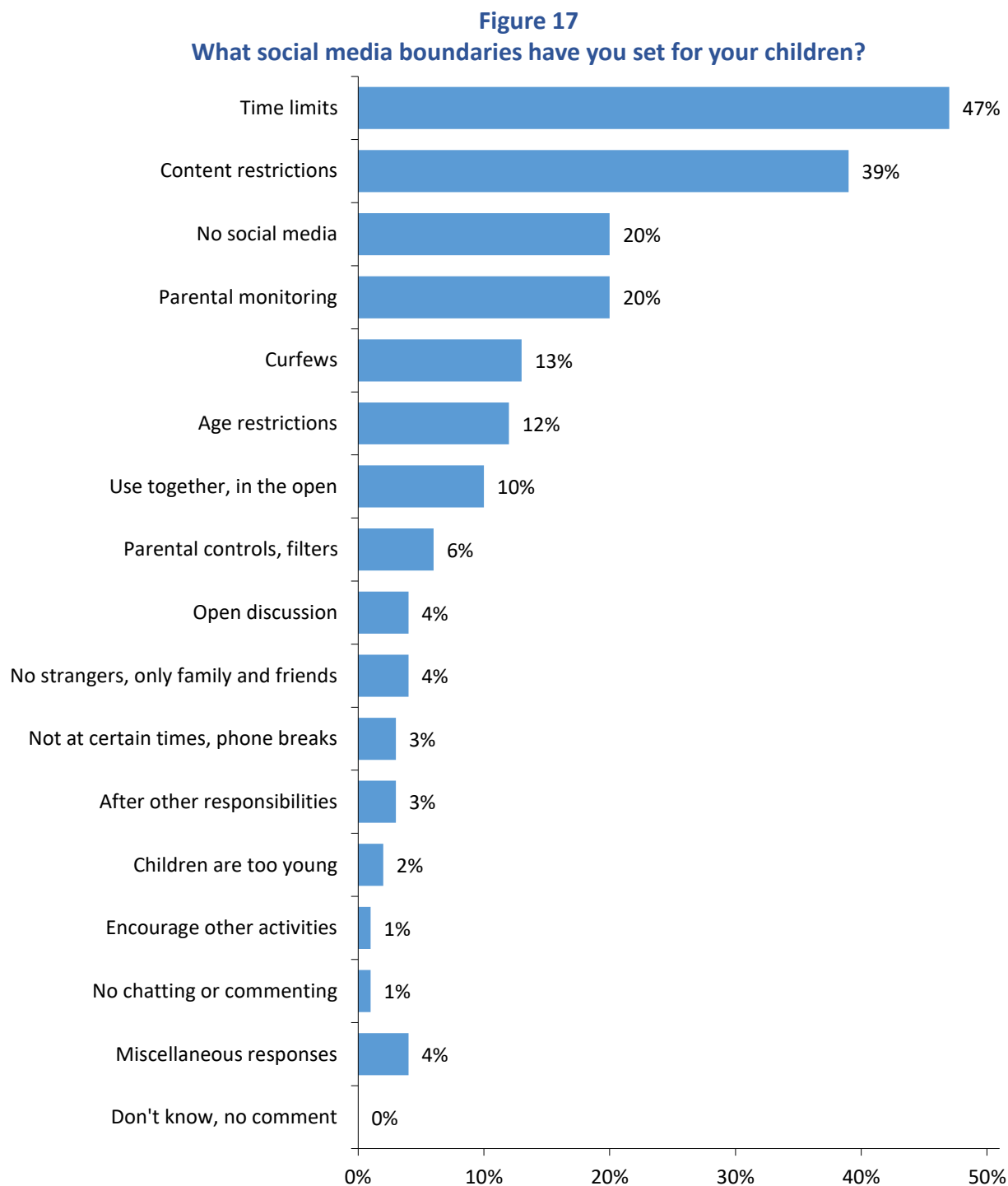


As Figure 16 illustrates, 94% of respondents said they enforce boundaries for their children's social media usage.

Figure 16
As a parent, do you have boundaries that you enforce for your children's social media usage?

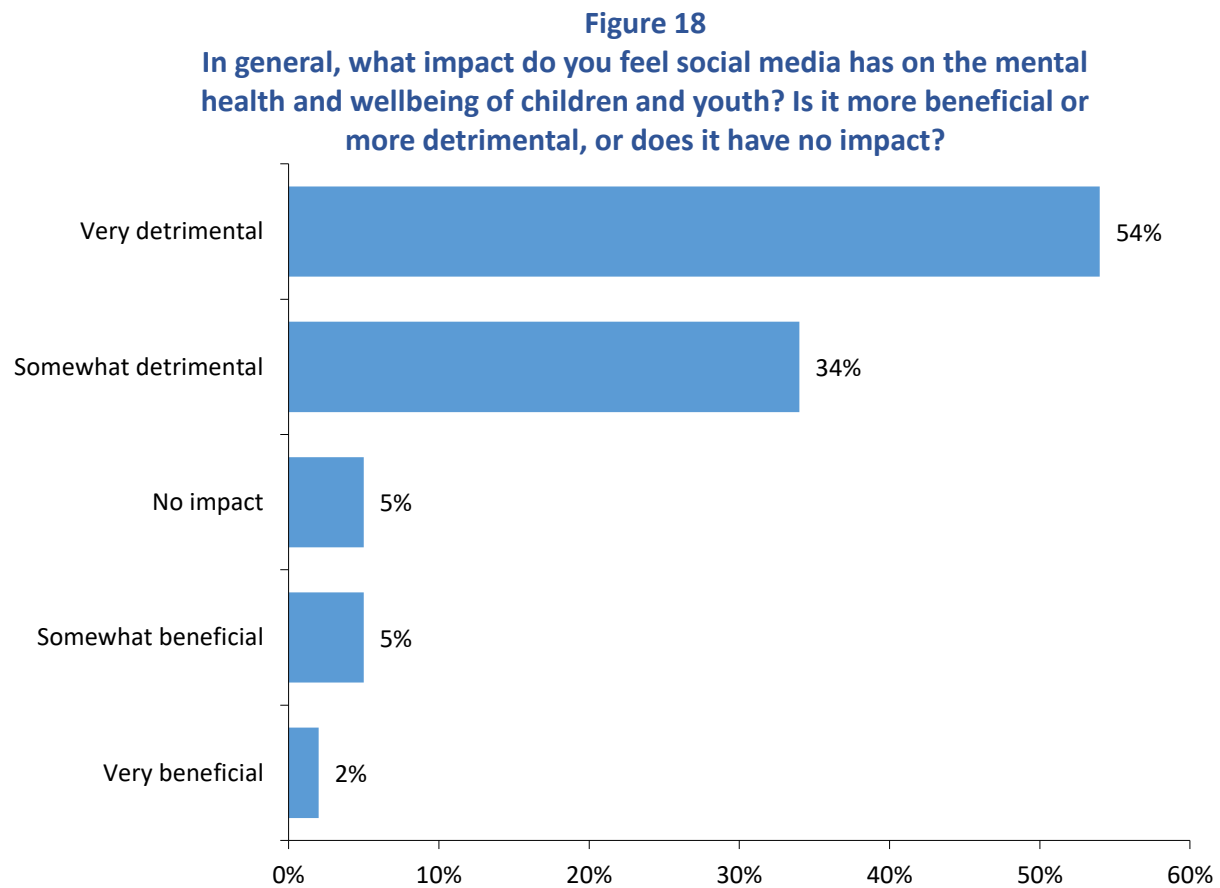


When asked to identify the social media boundaries they enforce in their homes, participants most frequently mentioned **time limits** (47%), followed by **content restrictions** (38%). For details, please refer to Figure 17. For a categorized list of verbatim responses to this open-ended question, please see Appendix D.

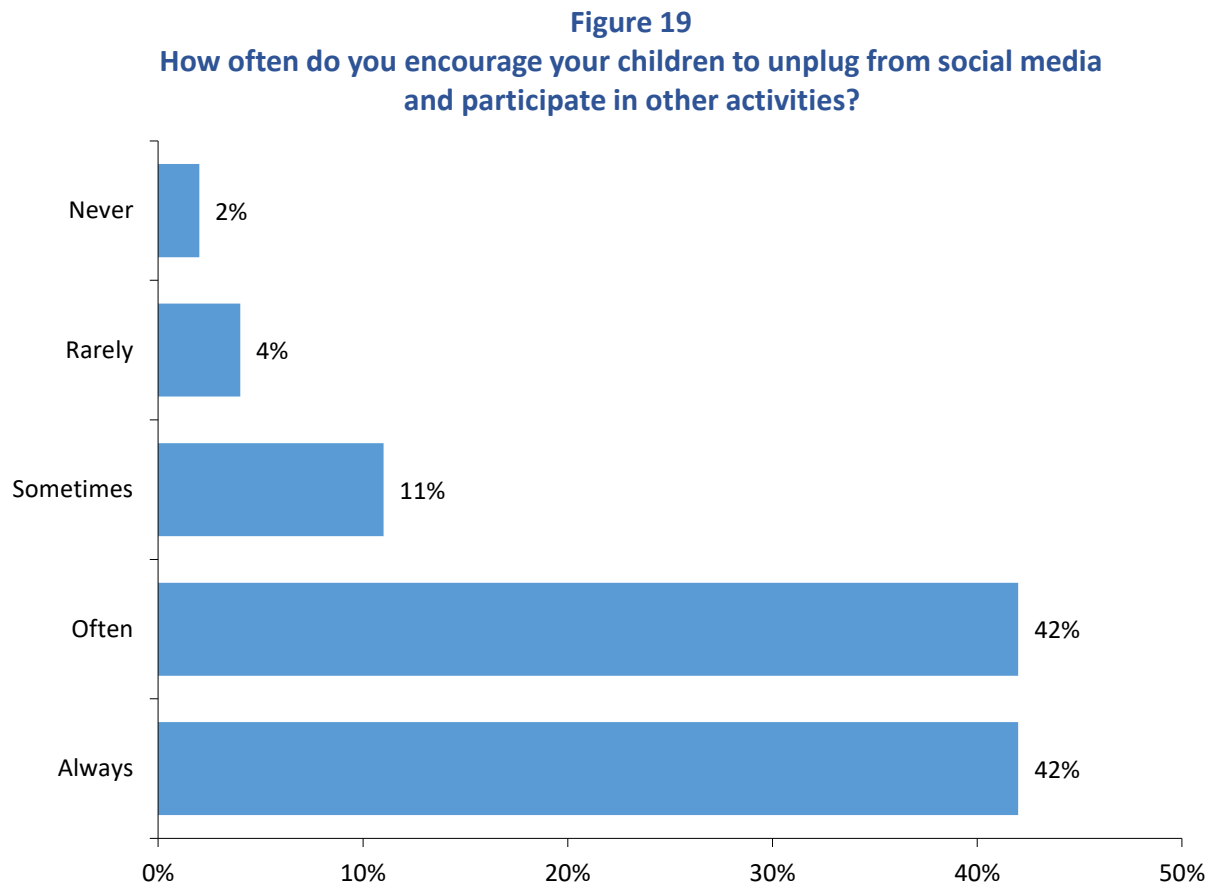


Note: Percentages in the above chart are based on respondents who reported enforcing social media boundaries in their homes.

As Figure 18 illustrates, 88% of respondents said that social media has a **detrimental** impact on the mental health and wellbeing of children and youth.



When asked to how often they encourage their children to unplug from social media and participate in other activities, 42% of respondents each said they **often** or **always** provide such encouragement.



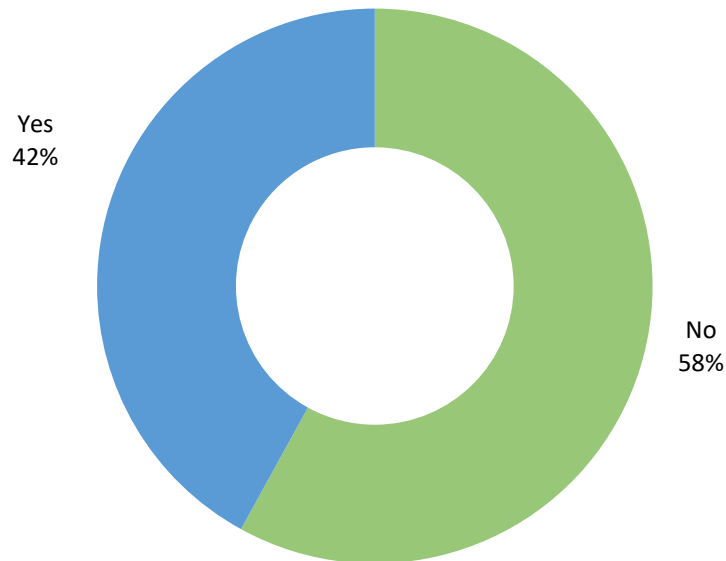
Note: Percentages in the above chart are based on respondents whose children use social media.

Awareness and Perceptions of Social Media Law

When asked if they were aware of the law that will go into effect March of 2024 to limit the social media usage of children in Utah, 42% of respondents answered “yes.” Please see Figure 20.

Figure 20

Prior to this survey, were you aware that in March 2024, a law will go into effect to limit the social media usage of children and youth in Utah?



During this portion of the survey, respondents were provided with the following information.

This law will require social media companies to:

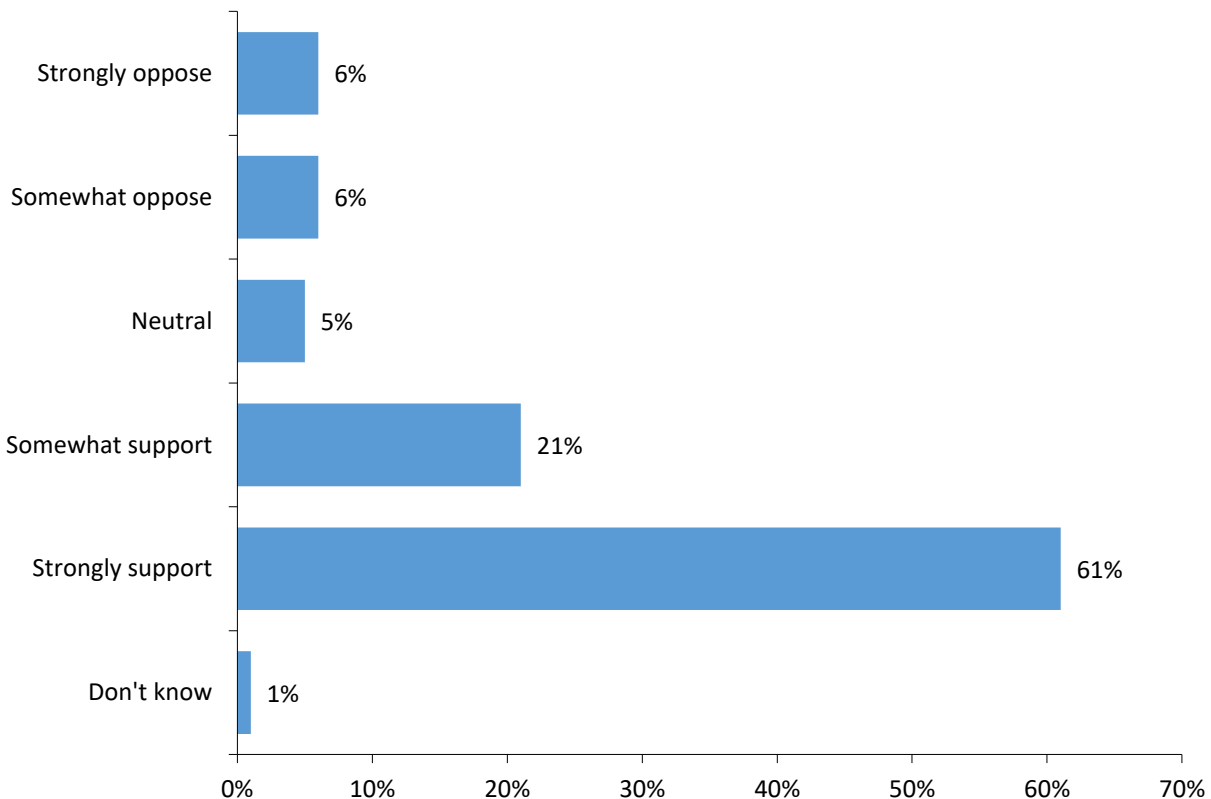
- *Get the consent of a parent or guardian of Utah users under age 18*
- *Allow parents full access to their children's accounts*
- *Create curfews that parents can adjust to restrict access between 10:30pm and 6:30am*
- *Protect minors from unapproved direct messaging*
- *Block minor accounts from search results*

In addition, social media companies cannot:

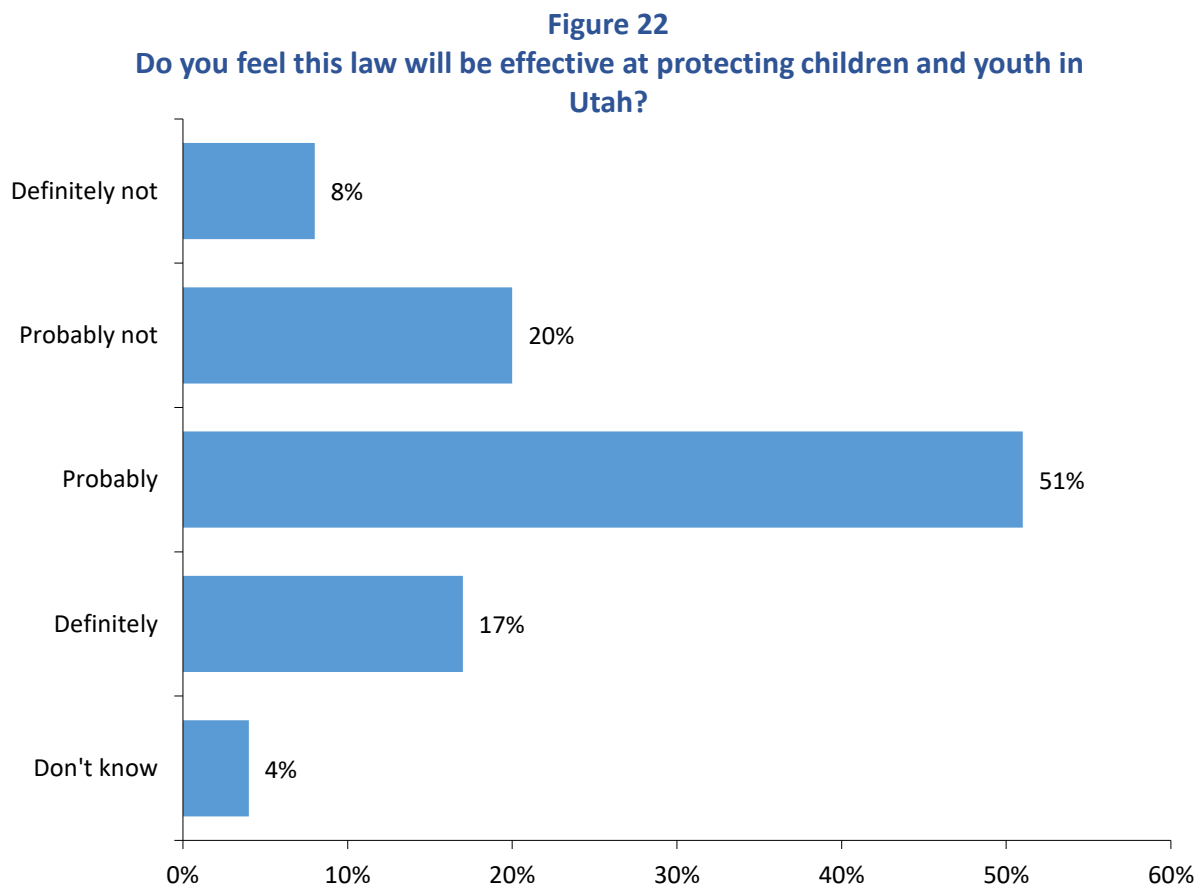
- *Collect a minor's data*
- *Target a minor's account for advertising*
- *Target a minor's account with addictive designs or features*

When asked if they support or oppose this law, 82% of respondents said they **support** this law. Please refer to Figure 21.

Figure 21
In general, do you support or oppose this law?



When asked if they feel this law will be effective at protecting children and youth in Utah, 51% of respondents said **probably**. Please see Figure 22.



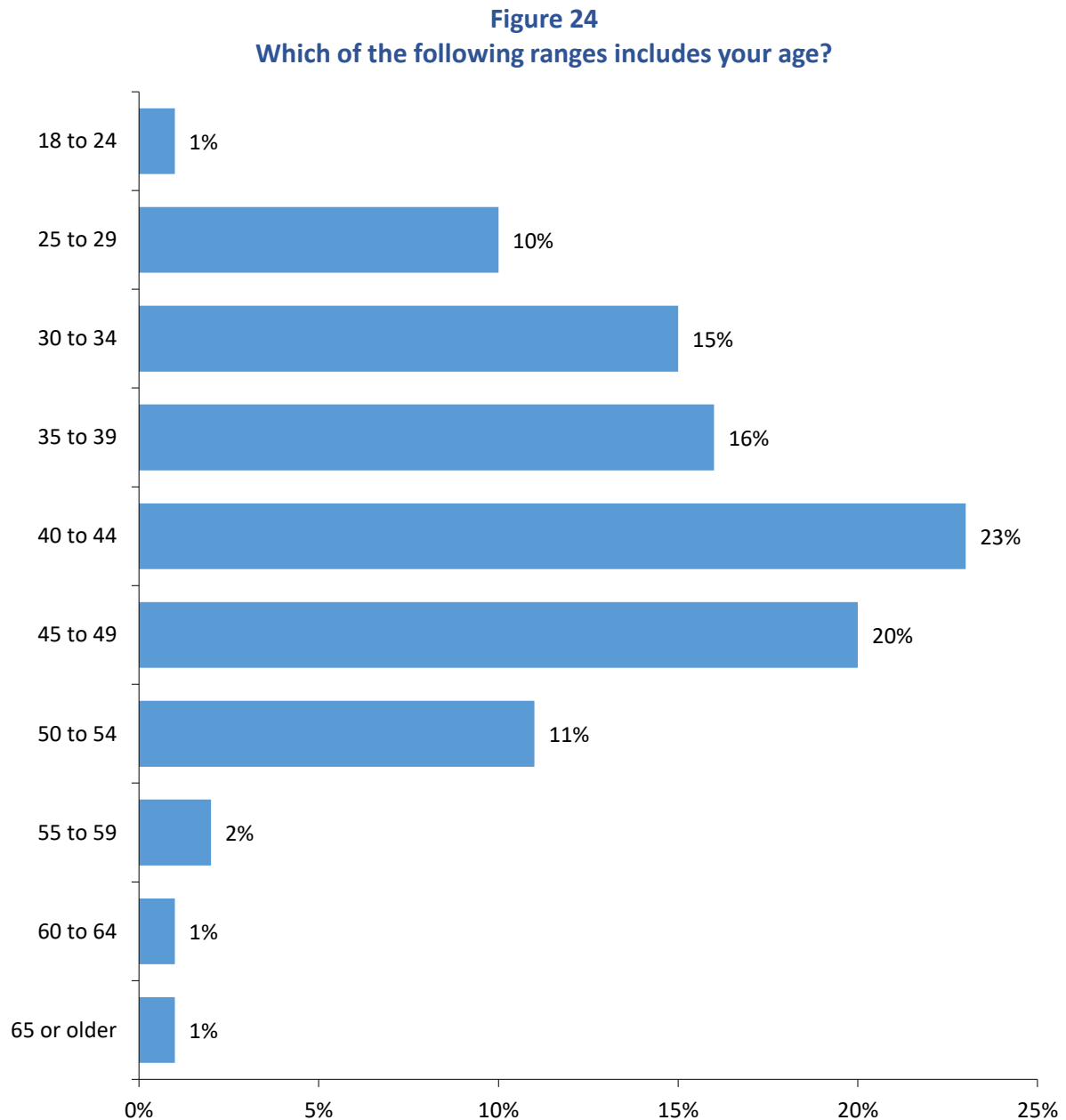
Respondent Demographics

As Figure 23 illustrates, there was an even distribution of male and female respondents.

Figure 23
What is your gender?



Figure 24 illustrates the percentage of respondents within each age category.



As Figure 25 illustrates, 88% of respondents reported being **married**.

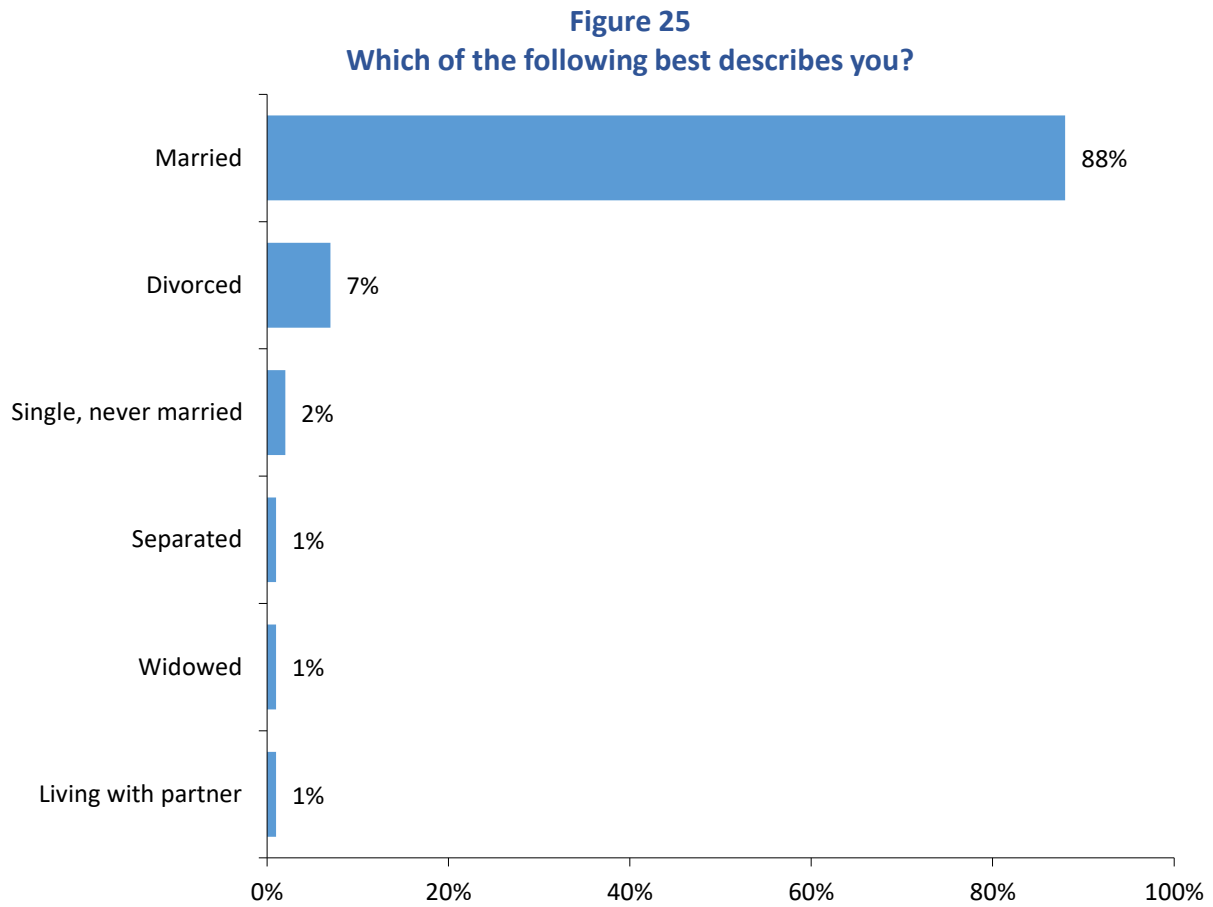
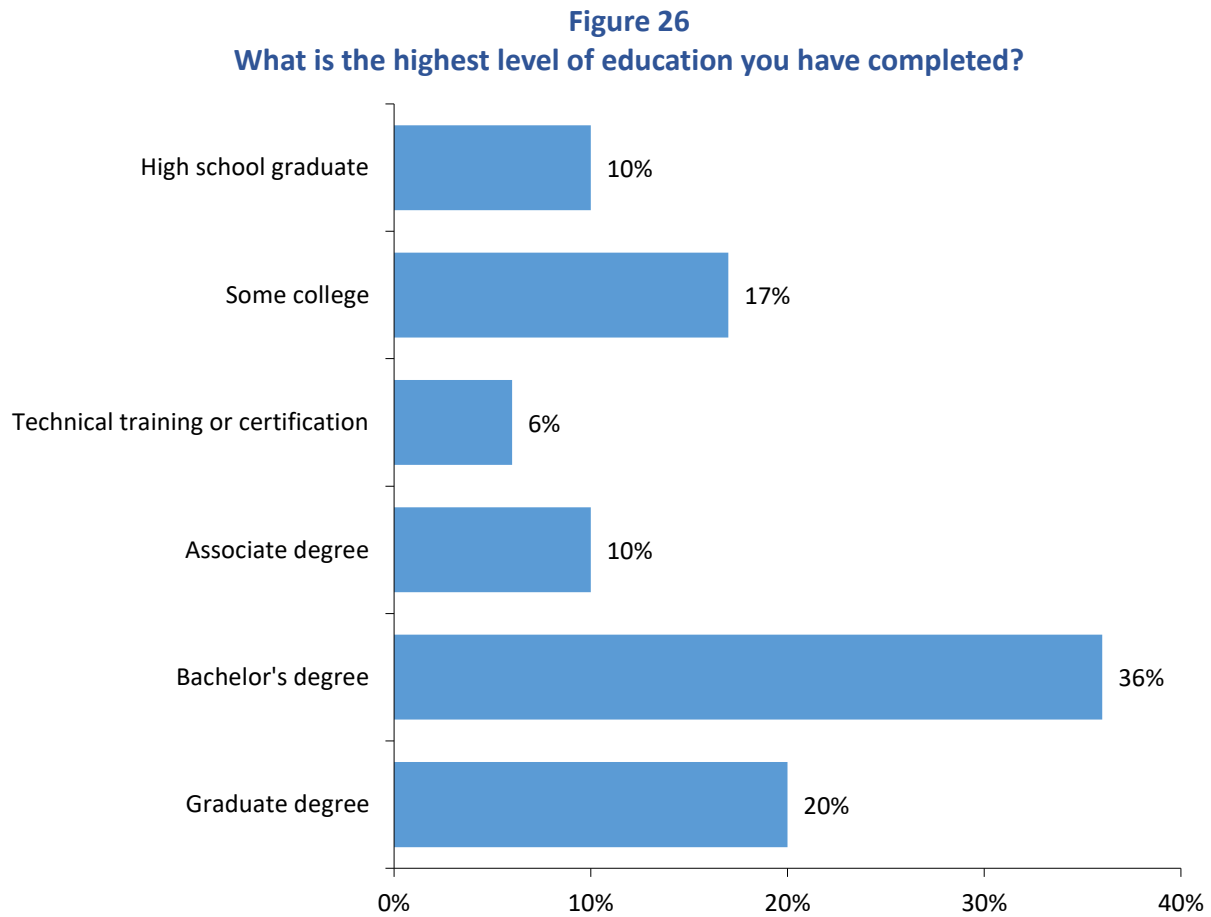
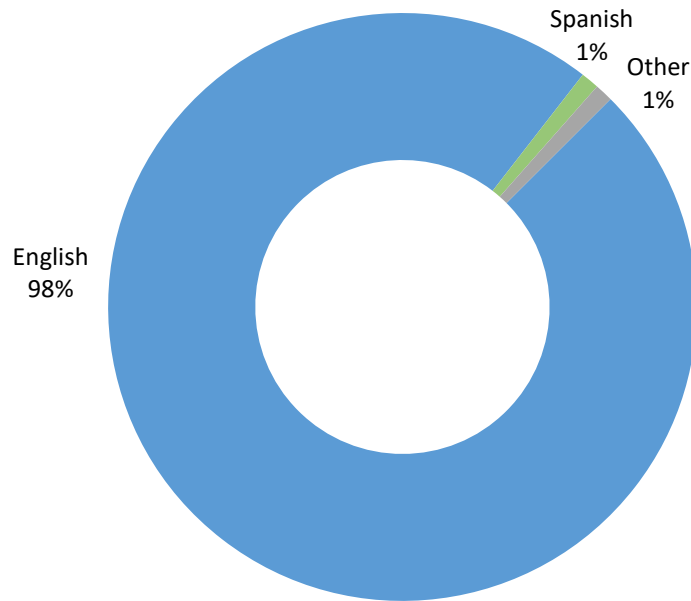


Figure 26 illustrates respondents' highest level of education.



As Figure 27 illustrates, the large majority of respondents identified **English** as the language primarily spoken in their homes.

Figure 27
What is the primary language spoken in your home?



As Figure 28 illustrates, the majority of respondents reported being **White or Caucasian**.

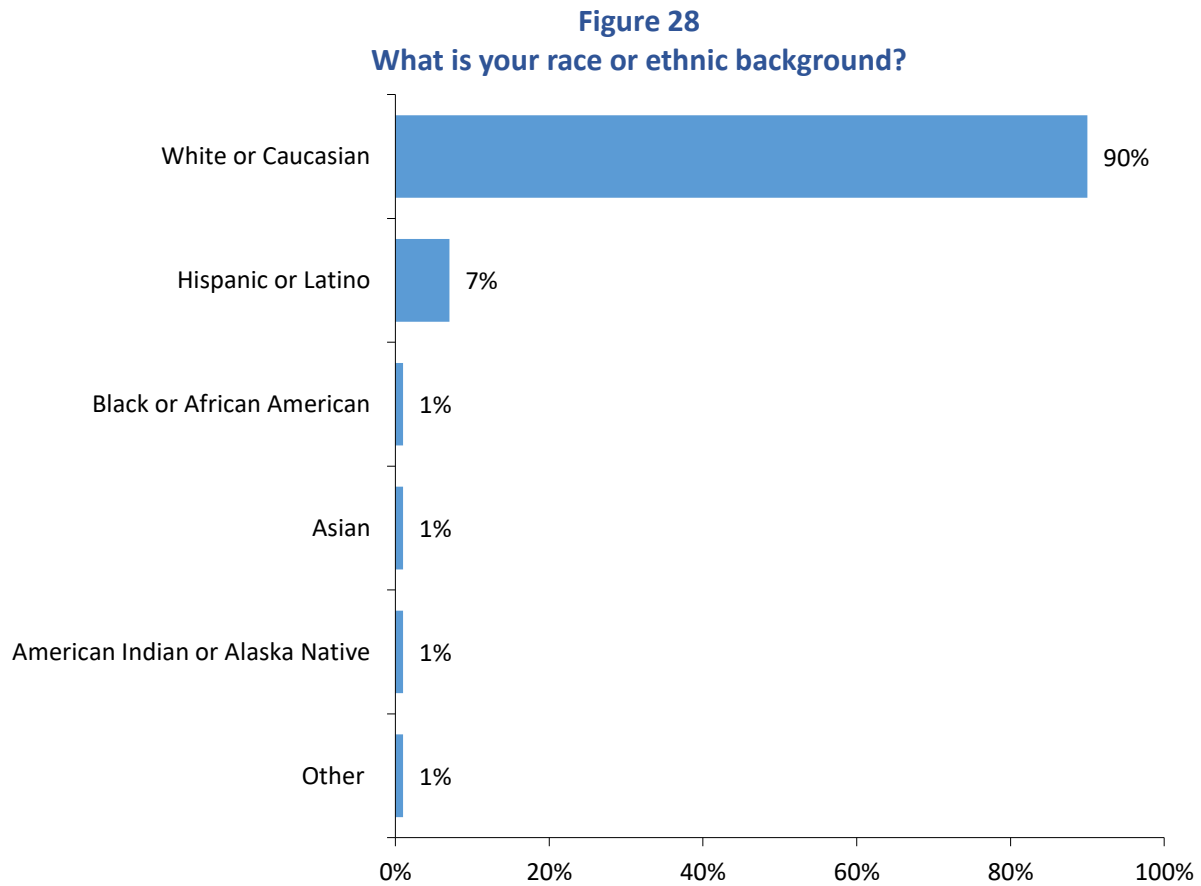


Figure 29 illustrates the percentage of respondents within each annual household income category.

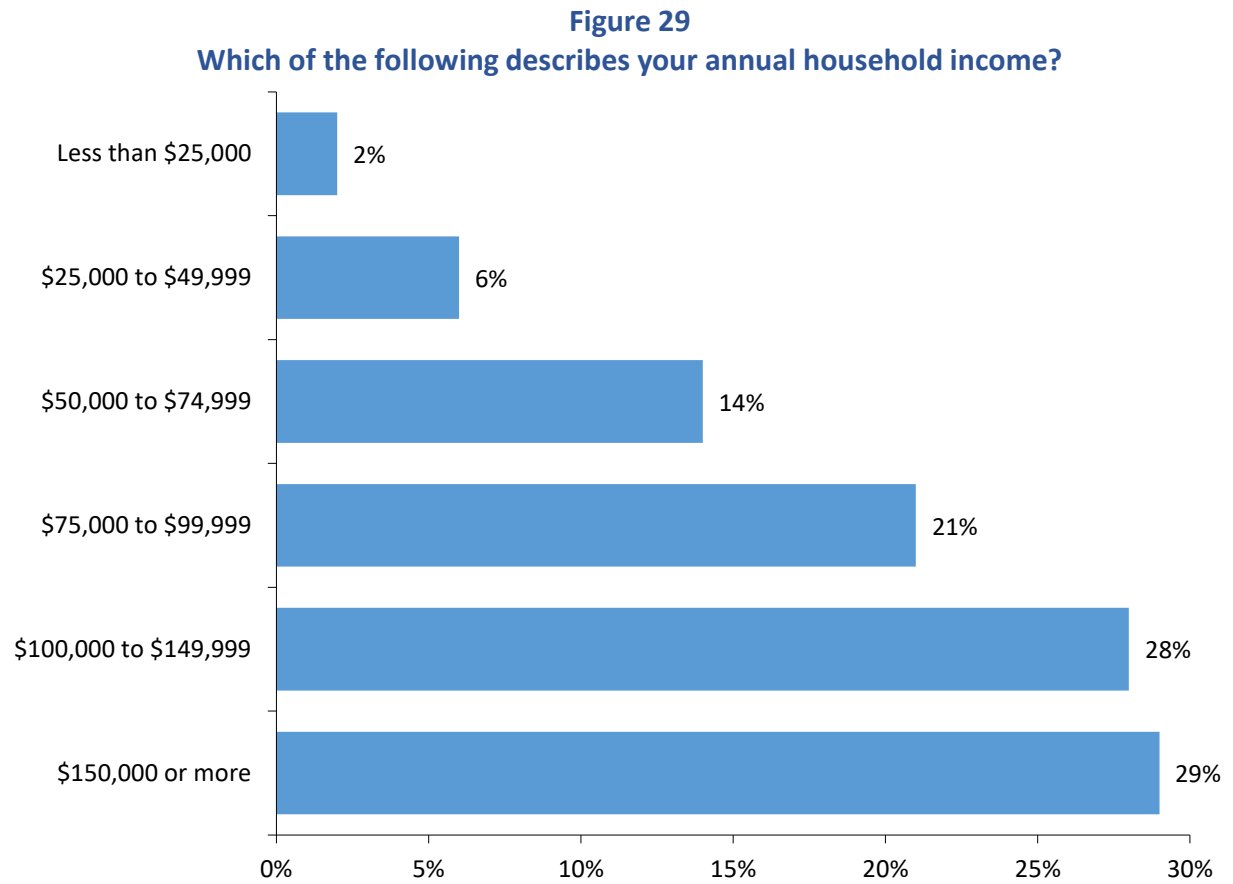
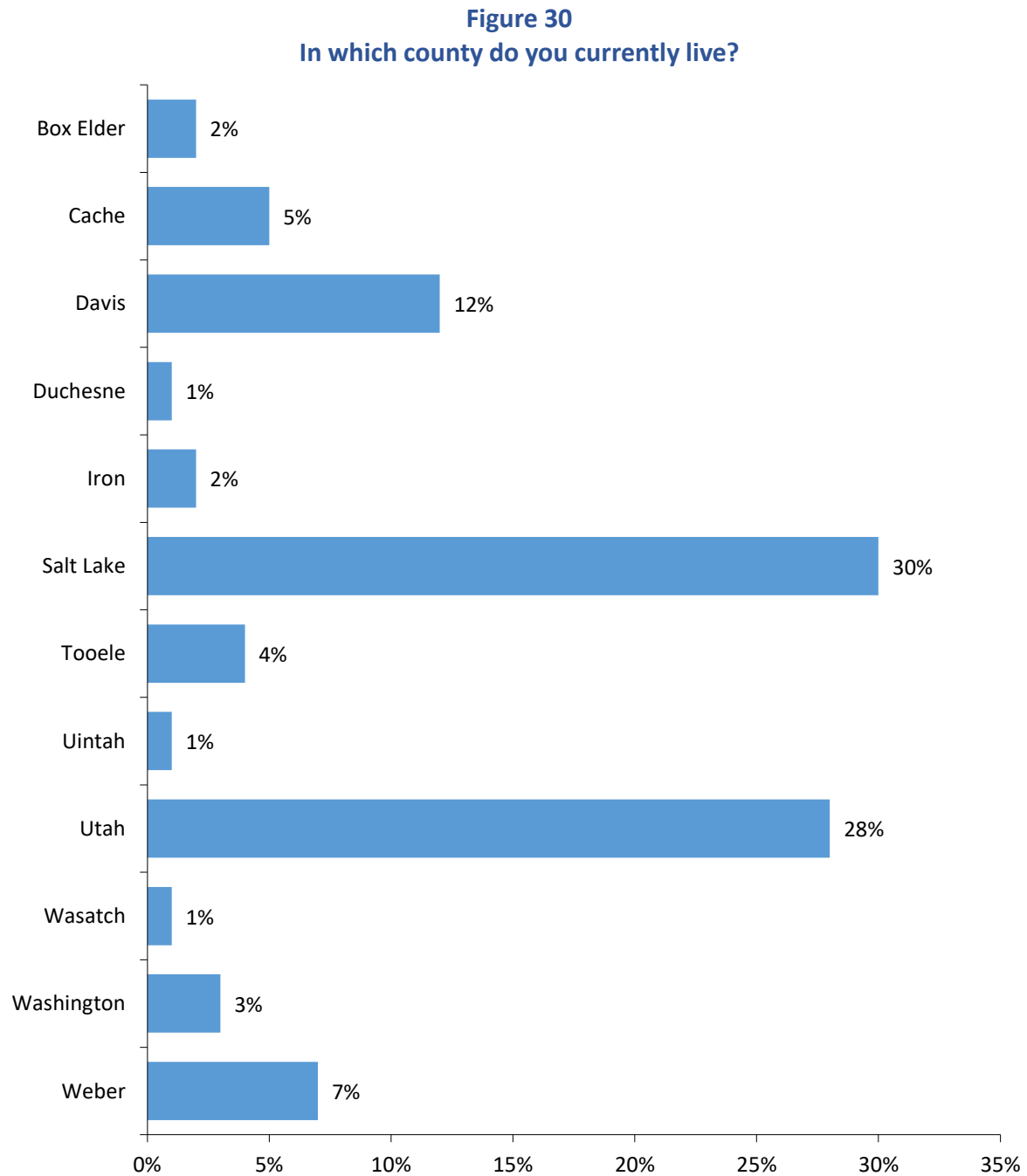


Figure 30 illustrates the percentage of respondents residing within each county.



Segment Analysis

In this section of the report, similarities and differences among segments within the survey population are examined. The following descriptions and charts present the statistically significant differences among respondents by segment. These include the following:

- Age of oldest child
- County of residence
- Gender
- Age
- Education
- Household income
- Social media usage

Statistical significance is defined as a difference in value that is too large to be attributed to chance alone, thus describing the relationship that exists between the demographic variable of interest and the survey responses.

Methodology

Different methods were applied depending on whether the data was categorical or scalar in nature.

For categorical data, Pearson's Chi-Squared Test was utilized to determine whether the frequencies under consideration differed significantly by segment variable. In cases where a large number of segments renders the expected counts too low for a standard chi-squared test, Monte-Carlo simulation under the null hypothesis was used to create simulated p-values. Among the results established that varied by segment, a Post-Hoc Fisher's Exact Test was performed to determine what particular differences are driving the trend.

For scalar data, a Kruskal-Wallis One-Way ANOVA was used, which tests segmented data against the hypothesis that they come from the same distribution. Kruskal-Wallis is robust against non-normality, unequal variances, outliers, and a variety of other problems. In cases where there were two-part segments, Kruskal-Wallis is equivalent to the Wilcoxon Rank-Sum Test, the standard for comparison tests, so it was unnecessary to change our methods. A Post-Hoc Dunn's test was applied to those that were significant under Kruskal-Wallis, once again narrowing down the source of the differences detected in the broader test.

In order to avoid the multiple comparisons problem (in which asking many questions statistically leads to the possibility of proportionally many false positives), the false discovery rate was controlled using the Benjamini-Hochberg adjustment.

It is possible to detect a difference in the general trend without finding specific pairwise differences in a segment. "Blank" tables with no green or red markers of significance are in this category, with a statistically significant trend, but without a statistically significant direct comparison.

How to Interpret the Tables

For the tables in this section, the coloring is based off of pairwise tests, which means that they are comparing the groups in a given row against each other, rather than measuring the total trend. If looking at age, for example, the colors would not illustrate general trends, but instead highlight specific age ranges compared directly to another (i.e. 18 to 24 year olds compared to 40 to 44 year olds). These comparisons narrow down the sources of the trends, and produce specific statements about differences between groups. The intended intuition when looking at the tables is that red means it is significantly lower, and green means it is significantly higher. The darker the green, the more groups it is significantly higher than, and the darker the red, the more groups it is significantly lower than. The specific methodology used is described below:

For each row, every segment part is compared against each other segment, and a net score is calculated. For each other segment a part is significantly higher than, the net score increases by one. For each other segment a part is significantly lower than, the net score is decreased by one. In a row with four groups, if a given segment is significantly higher than all three others, it has a net score of 3, and if there are no other significant differences, every other group will have a net score of -1. Coloring is then done based off of this net score as seen in the key below:

Color Scheme Key

Score \leq -4	-3	-2	-1	0	1	2	3	Score \geq 4
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The intention is not to provide a perfect visual representation of every pairwise relation, as due to combinatoric principles, the number of potential relations can become very high, but to provide a high-level visual representation which should give the proper intuitions about the data. In a table with two columns, visual clutter is avoided by only showing the light green rather than both light green and light red, because in these tables it is binary. If one is green, i.e. significantly higher, then the other must be significantly lower.

Significant Differences by Age of Oldest Child

In this portion of the report, differences are examined according to the age of their oldest child. Respondents were separated into five segments:

- 0 to 3
- 4 to 6
- 7 to 10
- 11 to 13
- 14 to 17

Respondents whose oldest child was age 0 to 3 were more likely to use YouTube on a regular basis than were those whose oldest child was age 11 to 13.

Segment Analysis Table 1
Which social media platforms do you use on a regular basis?

Statistically higher percentages are highlighted in green

Statistically lower percentages are highlighted in red

	0 to 3	4 to 6	7 to 10	11 to 13	14 to 17
	n=67	n=56	n=82	n=86	n=233
Facebook	75%	79%	73%	79%	77%
Instagram	66%	61%	71%	63%	61%
YouTube	37%	27%	26%	13%	21%
TikTok	18%	27%	18%	19%	18%
Twitter	15%	7%	17%	10%	13%
Pinterest	12%	5%	11%	9%	8%
Snapchat	15%	7%	10%	7%	7%
Reddit	9%	11%	10%	3%	6%
LinkedIn	4%	2%	4%	6%	6%
Marco Polo	6%	4%	4%	2%	3%
Discord	3%	2%	6%	2%	2%
BeReal	3%	2%	2%	1%	3%
Twitch	1%	2%	2%	1%	1%
Other (specify)	1%	0%	7%	3%	3%

When respondents were asked whether or not their oldest child interacts with various social media platforms, In general, the older the child, the more likely they are to interact with the various social media platforms; the younger the child, the more likely they are to not interact with any social media platforms.

Segment Analysis Table 2

Which of the following platforms does your oldest child under age 18 watch or interact with on a regular basis?

Statistically higher percentages are highlighted in green

Statistically lower percentages are highlighted in red

	0 to 3	4 to 6	7 to 10	11 to 13	14 to 17
	n=74	n=65	n=97	n=100	n=273
Facebook	0%	2%	5%	9%	20%
Instagram	5%	2%	2%	13%	54%
Twitter	0%	0%	0%	3%	7%
TikTok	1%	6%	3%	22%	40%
Snapchat	1%	6%	2%	13%	40%
Reddit	0%	0%	1%	0%	10%
Pinterest	0%	0%	4%	13%	16%
YouTube	39%	57%	62%	72%	81%
BeReal	1%	0%	1%	10%	23%
Discord	0%	0%	3%	6%	21%
Twitch	0%	2%	1%	2%	8%
None	61%	42%	36%	21%	7%

When asked how many days in a typical week their oldest child uses social media, respondents with a child ages 14 to 17 were more likely to say “seven days” and *less* likely to say “one day” and “three days.”

Segment Analysis Table 3

In a typical week, how many days does your child under 18 watch or interact with social media outside of schoolwork?

Statistically higher percentages are highlighted in green

Statistically lower percentages are highlighted in red

	0 to 3	4 to 6	7 to 10	11 to 13	14 to 17
	n=29	n=38	n=62	n=79	n=253
Less than 1 day a week	10%	0%	8%	3%	1%
1 day	3%	11%	5%	4%	0%
2 days	7%	8%	11%	9%	4%
3 days	24%	16%	15%	8%	4%
4 days	10%	11%	8%	5%	3%
5 days	7%	16%	8%	14%	9%
6 days	3%	0%	5%	8%	6%
7 days	34%	37%	40%	49%	68%
Don't know	0%	3%	0%	1%	3%

When asked what they feel is an appropriate age for children or youth to use social media:

- In regards to responses of “three or younger” is appropriate:
 - Respondents whose oldest child is age 0 to 3 were more likely to say this than those whose oldest child is 11 to 17.
 - Respondents whose oldest child is age 14 to 17 were *less* likely to say this than those whose oldest child is age 0 to 6.
- Respondents whose oldest child is age 7 to 10 were more likely than were those whose oldest child is age 14 to 17 to say age “five” is appropriate.
- Respondents whose oldest child is age 11 to 13 were more likely than were those whose oldest child is age 14 to 17 to say age “eight” is appropriate.
- Respondents whose oldest child is age 14 to 17 were more likely than were those whose oldest child is age 7 to 10 to say age “fourteen” is appropriate.

Segment Analysis Table 4

In your opinion, what is an appropriate age for children or youth to use social media?

Statistically higher percentages are highlighted in green

Statistically lower percentages are highlighted in red

	0 to 3	4 to 6	7 to 10	11 to 13	14 to 17
	n=73	n=64	n=94	n=96	n=266
3 or younger	7%	5%	2%	0%	0%
4	0%	3%	2%	1%	0%
5	1%	2%	5%	0%	0%
6	0%	2%	2%	1%	0%
7	1%	0%	3%	2%	0%
8	0%	2%	1%	4%	0%
9	1%	0%	0%	0%	2%
10	3%	2%	3%	6%	2%
11	0%	2%	0%	2%	1%
12	11%	16%	5%	9%	9%
13	10%	11%	7%	12%	13%
14	19%	6%	6%	9%	19%
15	8%	8%	11%	9%	13%
16	25%	23%	29%	20%	20%
17	1%	2%	2%	2%	2%
18 or older	12%	19%	20%	21%	19%

Respondents whose oldest child is age 4 to 6 were more concerned than were those whose oldest child is age 14 to 17 when it comes to the impact of social media on their child's body image.

Segment Analysis Table 5
How concerned are you that social media will impact the following?
YOUR CHILD'S BODY IMAGE

Statistically higher averages are highlighted in green

Statistically lower averages are highlighted in red

	0 to 3	4 to 6	7 to 10	11 to 13	14 to 17
	n=74	n=65	n=97	n=100	n=272
Mean	5.47	5.94	5.49	5.44	5.02
Median	6.00	7.00	7.00	6.00	6.00

Respondents whose oldest child is age 4 to 10 were more likely than those whose oldest child is age 0 to 3 or 14 to 17 to say "yes," they have boundaries they enforce regarding their children's social media usage.

Segment Analysis Table 6
As a parent, do you have boundaries that you enforce for your children's social media usage?

Statistically higher percentages are highlighted in green

Statistically lower percentages are highlighted in red

	0 to 3	4 to 6	7 to 10	11 to 13	14 to 17
	n=73	n=65	n=97	n=100	n=273
Yes	84%	100%	100%	98%	92%
No	16%	0%	0%	2%	8%

Significant Differences by County of Residence

In this portion of the report, differences are examined according to county of residence. Respondents were separated into four segments:

- Davis and Weber
- Salt Lake County
- Utah County
- Other (Non-Wasatch Front Counties)

After adjusting for multiple comparisons, there were no significant differences by county.

Significant Differences by Gender

In this portion of the report, differences are examined according to gender.

Women were more likely than were men to personally use social media.

Segment Analysis Table 7
Do you personally use social media?
Statistically higher percentages are highlighted in green

	Men	Women
	<i>n=301</i>	<i>n=307</i>
Yes	80%	92%
No	20%	8%

When asked which social media platforms they use on a regular basis:

- Women were more likely to mention Instagram, Pinterest, Snapchat, and Marco Polo.
- Men were more likely to mention Twitter, Reddit, LinkedIn, and Twitch.

Segment Analysis Table 8
Which social media platforms do you use on a regular basis?
Statistically higher percentages are highlighted in green

	Men	Women
	n=241	n=283
Facebook	73%	80%
Instagram	53%	72%
YouTube	27%	20%
TikTok	17%	20%
Twitter	20%	7%
Pinterest	2%	15%
Snapchat	5%	11%
Reddit	11%	4%
LinkedIn	9%	2%
Marco Polo	1%	5%
Discord	4%	2%
BeReal	2%	3%
Twitch	3%	0%
Other (specify)	6%	1%

Men were more likely to use social media “two” or “five” days in a typical week, while women were more likely to use social media “six” or “seven” days a week.

Segment Analysis Table 9
In a typical week, how many days do you access any social media?
Statistically higher percentages are highlighted in green

	Men	Women
	<i>n=239</i>	<i>n=283</i>
Less than 1 day a week	1%	2%
1 day	4%	1%
2 days	8%	3%
3 days	5%	3%
4 days	4%	4%
5 days	12%	5%
6 days	4%	9%
7 days	62%	72%

Women gave higher ratings than did men regarding how concerned they are that social media will impact their child’s brain development.

Segment Analysis Table 10
How concerned are you that social media will impact the following?
YOUR CHILD’S BRAIN DEVELOPMENT
Statistically higher averages are highlighted in green

	Men	Women
	<i>n=301</i>	<i>n=307</i>
<i>Mean</i>	4.70	5.24
<i>Median</i>	5.00	6.00

After reading or hearing a description of the new law, women were more likely to say they feel the law will “probably” be effective at protecting children and youth, while men were more likely to feel that it “definitely [will] not” be effective.

Segment Analysis Table 11

Do you feel this law will be effective at protecting children and youth in Utah?

Statistically higher percentages are highlighted in green

	Men	Women
	n=299	n=307
Definitely not	11%	5%
Probably not	21%	20%
Probably	46%	55%
Definitely	18%	16%
Don't know	3%	4%

Significant Differences by Age

In this portion of the report, differences are examined according to age. Respondents were separated into six segments:

- 18 to 29
- 30 to 34
- 35 to 39
- 40 to 44
- 45 to 49
- 50 and older

When asked which social media platforms they use on a regular basis, respondents age 18 to 34 and 40 to 44 were more likely to mention Instagram than were those age 45 to 59, and respondents age 30 to 34 were more likely to mention Reddit than were those age 18 to 29 and 45 and older. Responses of Snapchat, LinkedIn, and Discord were statistically significant overall, though there were no specific pairwise differences.

Segment Analysis Table 12
Which social media platforms do you use on a regular basis?
Statistically higher percentages are highlighted in green
Statistically lower percentages are highlighted in red

	18 to 29	30 to 34	35 to 39	40 to 44	45 to 59	50 and Older
	<i>n=58</i>	<i>n=84</i>	<i>n=85</i>	<i>n=120</i>	<i>n=104</i>	<i>n=72</i>
Facebook	83%	68%	78%	76%	80%	78%
Instagram	71%	70%	66%	72%	48%	56%
YouTube	29%	31%	25%	20%	24%	11%
TikTok	29%	19%	19%	19%	17%	12%
Twitter	10%	12%	19%	9%	16%	11%
Pinterest	14%	13%	7%	9%	9%	3%
Snapchat	19%	12%	5%	5%	6%	10%
Reddit	2%	18%	11%	7%	2%	3%
LinkedIn	5%	2%	1%	2%	12%	10%
Marco Polo	3%	7%	2%	4%	1%	1%
Discord	2%	4%	8%	1%	1%	1%
BeReal	3%	4%	2%	3%	3%	0%
Twitch	2%	2%	2%	1%	1%	0%

When asked how much time they spend on social media on an average day, respondents under age 45 were more likely to say “one to three hours” than were those age 45 to 59.

Segment Analysis Table 13
On an average day, how much time do you typically spend on social media?

Statistically higher percentages are highlighted in green

Statistically lower percentages are highlighted in red

	18 to 29	30 to 34	35 to 39	40 to 44	45 to 59	50 and Older
	<i>n=58</i>	<i>n=84</i>	<i>n=84</i>	<i>n=119</i>	<i>n=103</i>	<i>n=71</i>
Less than 5 minutes	0%	1%	4%	3%	8%	7%
5 to 14 minutes	5%	4%	4%	5%	15%	13%
15 to 29 minutes	10%	12%	10%	15%	18%	18%
30 to 59 minutes	26%	25%	29%	24%	29%	23%
1 to 3 hours	53%	51%	50%	51%	26%	34%
4 or more hours	5%	7%	5%	2%	4%	6%

When asked whether or not their oldest child watches or interacts with specific social media platforms, in general, respondents age 40 and older were more likely than those under age 40 to say “yes” to most social media platforms. Respondents under 35 years old were more likely to say “no” to all of the platforms than were older respondents.

Segment Analysis Table 14

Which of the following platforms does your oldest child under age 18 watch or interact with on a regular basis?

Statistically higher percentages are highlighted in green

Statistically lower percentages are highlighted in red

	18 to 29	30 to 34	35 to 39	40 to 44	45 to 59	50 and Older
	<i>n=67</i>	<i>n=93</i>	<i>n=98</i>	<i>n=141</i>	<i>n=120</i>	<i>n=86</i>
Facebook	3%	2%	5%	14%	18%	20%
Instagram	4%	4%	14%	36%	48%	44%
Twitter	0%	0%	2%	4%	3%	14%
TikTok	4%	5%	11%	26%	37%	45%
Snapchat	3%	2%	11%	28%	33%	38%
Pinterest	1%	5%	7%	15%	14%	13%
YouTube	45%	56%	63%	82%	76%	77%
BeReal	1%	1%	7%	20%	18%	20%
Discord	1%	2%	11%	16%	16%	13%
None	52%	43%	27%	13%	12%	15%

When asked how many days in a typical week their oldest child watches or interacts with social media:

- Respondents age 18 to 29 were more likely to say “three days” than were those age 40 and older, and respondents age 30 to 34 were more likely to say “three days” than were those age 40 to 59.
- Respondents age 18 to 29 were more likely to say “four days” than were those age 40 and older.
- Respondents age 40 and older were more likely to say “seven days” than were those age 18 to 39.

Segment Analysis Table 15

In a typical week, how many days does your oldest child under 18 watch or interact with social media outside of schoolwork?

Statistically higher percentages are highlighted in green

Statistically lower percentages are highlighted in red

	18 to 29	30 to 34	35 to 39	40 to 44	45 to 59	50 and Older
	<i>n=32</i>	<i>n=53</i>	<i>n=72</i>	<i>n=122</i>	<i>n=105</i>	<i>n=73</i>
Less than 1 day a week	3%	8%	3%	1%	3%	3%
1 day	3%	4%	7%	2%	1%	0%
2 days	6%	11%	8%	5%	5%	5%
3 days	25%	17%	10%	4%	5%	5%
4 days	22%	6%	7%	3%	2%	4%
5 days	6%	9%	11%	16%	8%	7%
6 days	0%	4%	10%	5%	7%	5%
7 days	34%	42%	42%	63%	69%	66%
Don't know	0%	0%	3%	2%	2%	4%

When asked what they feel is an appropriate age for children or youth to use social media, responses varied significantly overall by age, though there were no specific pairwise differences.

Segment Analysis Table 16

In your opinion, what is an appropriate age for children or youth to use social media?

Statistically higher percentages are highlighted in green

Statistically lower percentages are highlighted in red

	18 to 29	30 to 34	35 to 39	40 to 44	45 to 59	50 and Older
	<i>n=65</i>	<i>n=92</i>	<i>n=96</i>	<i>n=136</i>	<i>n=115</i>	<i>n=85</i>
3 or younger	3%	7%	1%	1%	0%	0%
4	0%	1%	1%	2%	0%	1%
5	0%	4%	2%	0%	1%	0%
6	0%	2%	1%	0%	1%	1%
7	3%	0%	1%	1%	2%	0%
8	0%	2%	1%	2%	0%	0%
9	2%	1%	0%	0%	2%	1%
10	3%	1%	2%	2%	2%	7%
11	2%	2%	0%	1%	1%	0%
12	14%	9%	7%	9%	10%	9%
13	8%	9%	14%	9%	13%	16%
14	15%	10%	7%	19%	12%	21%
15	6%	13%	10%	9%	13%	13%
16	32%	24%	22%	24%	20%	13%
17	2%	0%	5%	1%	2%	2%
18 or older	11%	15%	25%	19%	23%	14%

When asked to rate how concerned they are that social media will impact specific things:

- In regard to their “child’s body image,” respondents age 35 to 39 gave higher ratings than did those age 40 and older, while respondents age 50 and older gave *lower* ratings than did those age 30 to 39.
- In regard to their “child’s mental health,” respondents age 35 to 59 gave higher ratings than did those age 40 to 44 and 50 and older.

Segment Analysis Table 17

How concerned are you that social media will impact the following?

Statistically higher averages are highlighted in green

Statistically lower averages are highlighted in red

	18 to 29	30 to 34	35 to 39	40 to 44	45 to 59	50 and Older
	<i>n=66-67</i>	<i>n=93</i>	<i>n=98</i>	<i>n=141</i>	<i>n=120</i>	<i>n=85</i>
Your child’s body image	5.46	5.46	5.88	5.23	5.23	4.68
Your child’s mental health, such as sadness, hopelessness, loneliness, depression, suicide ideation	5.44	5.66	6.03	5.40	5.60	5.24

When asked what impact they feel social media has on the mental health and wellbeing of children and youth:

- Respondents age 35 to 39 were more likely to say “very detrimental” than were those under age 35 and age 45 and older.
- Respondents age 18 to 29 were more likely to say “somewhat detrimental” than were those age 35 to 39.
- Respondents age 30 to 34 were more likely to say “no impact” than were those age 35 to 39.

Segment Analysis Table 18

In general, what impact do you feel social media has on the mental health and wellbeing of children and youth?

Statistically higher percentages are highlighted in green

Statistically lower percentages are highlighted in red

	18 to 29	30 to 34	35 to 39	40 to 44	45 to 59	50 and Older
	<i>n=64</i>	<i>n=91</i>	<i>n=95</i>	<i>n=136</i>	<i>n=117</i>	<i>n=82</i>
Very detrimental	39%	46%	73%	57%	52%	48%
Somewhat detrimental	48%	35%	22%	32%	34%	38%
No impact	6%	9%	0%	5%	3%	6%
Somewhat beneficial	6%	5%	4%	3%	9%	6%
Very beneficial	0%	4%	1%	2%	2%	2%

Significant Differences by Education

In this portion of the report, differences are examined according to their highest level of educational achievement. Respondents were separated into four segments:

- High school or less
- Some college, technical training or associate's degree
- Bachelor's degree
- Graduate degree

Respondents with graduate degrees were more likely to be aware of the new law than were those with some college or less education. Respondents with high school or less education were *less* likely to be aware of the law than those with bachelor's degrees or more education.

Segment Analysis Table 19

Prior to this survey, were you aware that in March 2024, a law will go into effect to limit the social media usage of children and youth in Utah?

Statistically higher percentages are highlighted in green

Statistically lower percentages are highlighted in red

	High School or Less	Some College	Bachelor's Degree	Graduate Degree
	<i>n</i> =65	<i>n</i> =199	<i>n</i> =217	<i>n</i> =121
Yes	18%	37%	45%	56%
No	82%	63%	55%	44%

After reading or hearing a description of the new law, respondents with graduate degrees were more likely to say “probably not” than were those with some college or bachelor’s degrees, while those with some college or less education were more likely to say “definitely” than were those with higher formal education.

Segment Analysis Table 20

Do you feel this law will be effective at protecting children and youth in Utah?

Statistically higher percentages are highlighted in green

Statistically lower percentages are highlighted in red

	High School or Less	Some College	Bachelor's Degree	Graduate Degree
	<i>n=65</i>	<i>n=199</i>	<i>n=217</i>	<i>n=120</i>
Definitely not	2%	11%	8%	7%
Probably not	20%	14%	18%	35%
Probably	43%	49%	58%	48%
Definitely	32%	23%	13%	7%
Don't know	3%	4%	4%	4%

Significant Differences by Household Income

In this portion of the report, differences are examined according to household income. Respondents were separated into five segments:

- Less than \$50,000
- \$50,000 to \$74,999
- \$75,000 to \$99,999
- \$100,000 to \$149,999
- \$150,000 or more

When asked which social media platforms they use on a regular basis, responses of Snapchat varied significantly by income, though there were no specific pairwise differences.

Segment Analysis Table 21
Which social media platforms do you use on a regular basis?

Statistically higher percentages are highlighted in green

Statistically lower percentages are highlighted in red

	<\$50,000	\$50,000 - \$74,999	\$75,000 - \$99,999	\$100,000 - \$149,999	\$150,000+
	n=39	n=68	n=95	n=136	n=144
Facebook	77%	78%	84%	78%	73%
Instagram	54%	63%	61%	66%	67%
YouTube	23%	26%	27%	24%	20%
TikTok	18%	21%	22%	16%	19%
Twitter	8%	13%	15%	12%	17%
Snaphchat	13%	15%	15%	5%	4%
Pinterest	3%	10%	12%	10%	6%
Reddit	10%	7%	11%	7%	6%
LinkedIn	3%	1%	4%	7%	8%
Marco Polo	3%	4%	5%	4%	2%
Discord	3%	4%	4%	2%	2%
BeReal	0%	3%	3%	4%	3%
Twitch	3%	0%	2%	1%	1%
Other (specify)	3%	1%	2%	5%	4%

When asked whether or not their oldest child watches or interacts with specific social media platforms, respondents with incomes of \$150,000 or more were more likely than those with lower incomes to say “yes” to Instagram, and were more likely than those with incomes of \$75,000 to \$149,999 to say “yes” to Snapchat.

Segment Analysis Table 22

Which of the following platforms does your oldest child under age 18 watch or interact with on a regular basis?

Statistically higher percentages are highlighted in green

Statistically lower percentages are highlighted in red

	<\$50,000	\$50,000 - \$74,999	\$75,000 - \$99,999	\$100,000 - \$149,999	\$150,000+
	n=46	n=75	n=116	n=155	n=162
Instagram	15%	24%	22%	24%	40%
Snapchat	15%	24%	13%	15%	31%

Respondents with incomes under \$50,000 were more likely than those with incomes of \$100,000 to \$149,999 to say their oldest child interacts with social media “four days” in a typical week.

Segment Analysis Table 23

In a typical week, how many days does your oldest child under 18 watch or interact with social media outside of schoolwork?

Statistically higher percentages are highlighted in green

Statistically lower percentages are highlighted in red

	<\$50,000	\$50,000 - \$74,999	\$75,000 - \$99,999	\$100,000 - \$149,999	\$150,000+
	n=31	n=52	n=94	n=117	n=130
Less than 1 day a week	10%	2%	3%	4%	1%
1 day	10%	0%	1%	3%	2%
2 days	6%	13%	4%	5%	5%
3 days	0%	13%	11%	9%	7%
4 days	16%	6%	6%	2%	5%
5 days	13%	13%	9%	14%	8%
6 days	0%	0%	9%	8%	4%
7 days	42%	52%	55%	54%	65%
Don't know	3%	0%	2%	1%	2%

Respondents with incomes of \$50,000 to \$99,999 were more likely than those with incomes of \$100,000 or more to say on days their child watches or interacts with social media it is typically for “four or more hours.”

Segment Analysis Table 24

On the days that your oldest child under 18 watches or interacts with any social media, how much time does he or she typically spend on social media outside of schoolwork?

Statistically higher percentages are highlighted in green

Statistically lower percentages are highlighted in red

	<\$50,000	\$50,000 - \$74,999	\$75,000 - \$99,999	\$100,000 - \$149,999	\$150,000+
	n=31	n=52	n=94	n=117	n=130
Less than 5 minutes	0%	0%	6%	2%	1%
5 to 14 minutes	13%	4%	2%	4%	5%
15 to 29 minutes	0%	10%	5%	10%	8%
30 to 59 minutes	19%	29%	19%	20%	21%
1 to 3 hours	55%	40%	50%	57%	58%
4 or more hours	10%	17%	17%	5%	5%
Don't know	3%	0%	0%	2%	2%

Respondents with incomes of \$100,000 to \$149,999 were more likely than those with incomes of \$75,000 to \$99,999 to say they “always” encourage their children to unplug from social media.

Segment Analysis Table 25

How often to you encourage your children to unplug from social media and participate in other activities?

Statistically higher percentages are highlighted in green

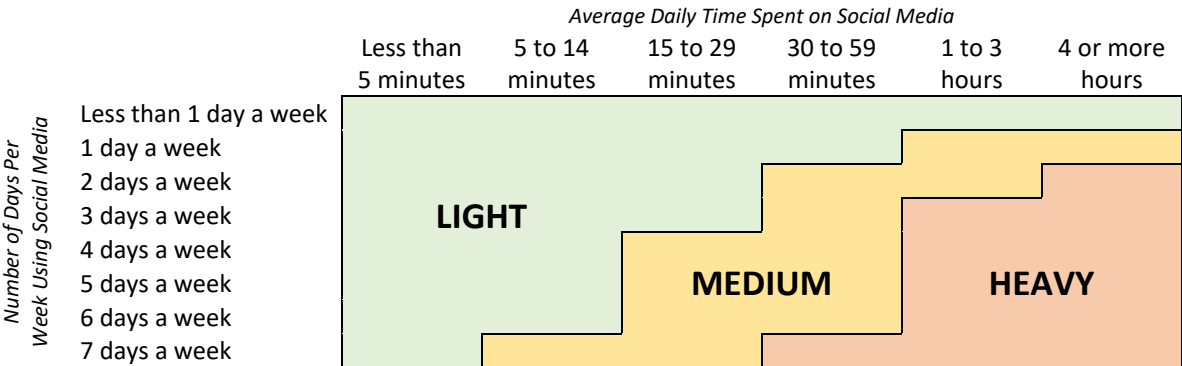
Statistically lower percentages are highlighted in red

	<\$50,000	\$50,000 - \$74,999	\$75,000 - \$99,999	\$100,000 - \$149,999	\$150,000+
	n=32	n=53	n=94	n=117	n=132
Never	0%	0%	2%	0%	4%
Rarely	12%	8%	1%	2%	4%
Sometimes	0%	13%	16%	7%	12%
Often	53%	47%	50%	39%	35%
Always	34%	32%	31%	52%	45%

Significant Differences by Social Media Usage

In this portion of the report, differences are examined according to how often they used social media. Respondents were separated into three segments:

- Light users
- Medium users
- Heavy users



Heavy users were more likely than all others to use Instagram and TikTok on a regular basis; heavy users were also more likely to use Snapchat than were light users.

Segment Analysis Table 26
Which social media platforms do you use on a regular basis?

Statistically higher percentages are highlighted in green

Statistically lower percentages are highlighted in red

	Light	Medium	Heavy
	<i>n</i> =66	<i>n</i> =119	<i>n</i> =334
Facebook	67%	77%	78%
Instagram	47%	53%	71%
YouTube	15%	23%	25%
TikTok	6%	9%	25%
Twitter	8%	10%	15%
Pinterest	3%	8%	11%
Snapchat	0%	5%	11%
Reddit	2%	6%	9%
LinkedIn	6%	7%	4%
Marco Polo	0%	3%	4%
Discord	2%	1%	4%
BeReal	2%	3%	3%
Twitch	2%	0%	2%
Other (specify)	3%	4%	3%

When asked how much time their oldest child interacts with any social media:

- Light users were more likely than heavy users to say “5 to 14 minutes.”
- Light and medium users were more likely than heavy users to say “15 to 29 minutes.”
- Heavy users were more likely than all others to say “1 to 3 hours.”

Segment Analysis Table 27

On the days that your oldest child under 18 watches or interacts with any social media, how much time does he or she typically spend on social media outside of schoolwork?

Statistically higher percentages are highlighted in green

Statistically lower percentages are highlighted in red

	Light	Medium	Heavy
	<i>n</i> =50	<i>n</i> =91	<i>n</i> =255
Less than 5 minutes	4%	3%	1%
5 to 14 minutes	14%	4%	4%
15 to 29 minutes	16%	12%	4%
30 to 59 minutes	20%	27%	20%
1 to 3 hours	40%	42%	58%
4 or more hours	2%	10%	12%
Don't know	4%	1%	1%

Light and medium users were more likely than heavy users to say they “never” encourage their children to unplug from social media, while heavy users were more likely than medium users to say they “often” do so.

Segment Analysis Table 28

How often to you encourage your children to unplug from social media and participate in other activities?

Statistically higher percentages are highlighted in green

Statistically lower percentages are highlighted in red

	Light	Medium	Heavy
	<i>n</i> =50	<i>n</i> =91	<i>n</i> =258
Never	6%	3%	0%
Rarely	6%	7%	3%
Sometimes	6%	15%	10%
Often	34%	30%	47%
Always	48%	45%	40%

APPENDIX A: SURVEY RESULTS

1. Are you the parent or guardian of a child under age 18?

	n=609	%
Yes	609	100%
No <i>[Ask to speak with a parent]</i>	0	0%

2. In which county do you currently live?

	n=609	%
Beaver	2	0%
Box Elder	10	2%
Cache	31	5%
Carbon	2	0%
Daggett	0	0%
Davis	75	12%
Duchesne	5	1%
Emery	1	0%
Garfield	1	0%
Grand	1	0%
Iron	10	2%
Juab	3	0%
Kane	0	0%
Millard	3	0%
Morgan	2	0%

	n=609	%
Piute	0	0%
Rich	1	0%
Salt Lake	181	30%
San Juan	1	0%
Sanpete	2	0%
Sevier	3	0%
Summit	3	0%
Tooele	27	4%
Uintah	5	1%
Utah	169	28%
Wasatch	6	1%
Washington	20	3%
Wayne	0	0%
Weber	45	7%

3. What is your gender?

	n=609	%
Male	301	49%
Female	307	50%
Self-identify (specify)	1	0%

(For a list of verbatim 'self-identify' responses, see Appendix E.)

4. Which of the following ranges includes your age?

	n=605	%
18 to 24	9	1%
25 to 29	58	10%
30 to 34	93	15%
35 to 39	98	16%
40 to 44	141	23%
45 to 49	120	20%
50 to 54	65	11%
55 to 59	10	2%
60 to 64	6	1%
65 or older	5	1%

5. Do you have children in the following age ranges?

Respondents Answering "Yes"	n=609	%
0 to 3 years old	187	31%
4 to 6 years old	172	28%
7 to 10 years old	244	40%
11 to 13 years old	215	35%
14 to 17 years old	273	45%

6. Do you personally use social media?

	n=609	%
Yes	524	86%
No	85	14%

7. If “yes” to Q6: Which social media platforms do you use on a regular basis?

	n=524	%
Facebook	402	77%
Instagram	332	63%
YouTube	122	23%
TikTok	99	19%
Twitter	68	13%
Pinterest	47	9%
Snapchat	44	8%
Reddit	37	7%
LinkedIn	27	5%
Marco Polo	17	3%
Discord	15	3%
BeReal	14	3%
Twitch	7	1%
Other (specify)	17	3%

(For a list of verbatim ‘other’ responses, see Appendix E.)

8. *If “yes” to Q6:* In a typical week, how many days do you access any social media?

	n=522	%
Less than 1 day a week	7	1%
1 day	13	2%
2 days	28	5%
3 days	21	4%
4 days	22	4%
5 days	43	8%
6 days	36	7%
7 days	352	67%

9. *If “yes” to Q6:* On an average day, how much time do you typically spend on social media?

	n=520	%
Less than 5 minutes	20	4%
5 to 14 minutes	40	8%
15 to 29 minutes	74	14%
30 to 59 minutes	135	26%
1 to 3 hours	228	44%
4 or more hours	23	4%

For the next few questions, please answer specifically regarding your OLDEST child under the age of 18.

10. Which of the following platforms does your OLDEST child under age 18 watch or interact with on a regular basis? Please say "yes" or "no" to each.

Collapsed Respondents Answering "Yes"	n=609	%
YouTube	419	69%
Instagram	168	28%
TikTok	139	23%
Snapchat	128	21%
BeReal	75	12%
Facebook	69	11%
Discord	66	11%
Pinterest	62	10%
Marco Polo	55	9%
Reddit	29	5%
Twitch	26	4%
Twitter	23	4%
None	148	24%

Facebook	n=609	%
Yes	69	11%
No	529	87%
Don't know	11	2%

Instagram	n=609	%
Yes	168	28%
No	429	70%
Don't know	12	2%

Twitter	n=609	%
Yes	23	4%
No	571	94%
Don't know	15	2%

TikTok	n=609	%
Yes	139	23%
No	462	76%
Don't know	8	1%

Snapchat	n=609	%
Yes	128	21%
No	470	77%
Don't know	11	2%

Reddit	n=609	%
Yes	29	5%
No	557	91%
Don't know	23	4%

Pinterest	n=609	%
Yes	62	10%
No	529	87%
Don't know	18	3%

YouTube	n=609	%
Yes	419	69%
No	181	30%
Don't know	9	1%

Marco Polo	n=609	%
Yes	55	9%
No	529	87%
Don't know	25	4%

BeReal	n=609	%
Yes	75	12%
No	510	84%
Don't know	24	4%

Discord	n=609	%
Yes	66	11%
No	522	86%
Don't know	21	3%

Twitch	n=609	%
Yes	26	4%
No	554	91%
Don't know	29	5%

The table below shows the percentage of respondents who said their children use each social media platform by age of the oldest child in their household.

	0 to 3 years old		4 to 6 years old		7 to 10 years old		11 to 13 years old		14 to 17 years old	
	n=74	%	n=65	%	n=97	%	n=100	%	n=273	%
YouTube	29	39%	37	57%	60	62%	72	72%	221	81%
Instagram	4	5%	1	2%	2	2%	13	13%	148	54%
TikTok	1	1%	4	6%	3	3%	22	22%	109	40%
Snapchat	1	1%	4	6%	2	2%	13	13%	108	40%
BeReal	1	1%	0	0%	1	1%	10	10%	63	23%
Facebook	0	0%	1	2%	5	5%	9	9%	54	20%
Discord	0	0%	0	0%	3	3%	6	6%	57	21%
Pinterest	0	0%	0	0%	4	4%	13	13%	45	16%
Marco Polo	3	4%	5	8%	6	6%	12	12%	29	11%
Reddit	0	0%	0	0%	1	1%	0	0%	28	10%
Twitch	0	0%	1	2%	1	1%	2	2%	22	8%
Twitter	0	0%	0	0%	0	0%	3	3%	20	7%
None	45	61%	27	42%	35	36%	21	21%	20	7%

11. If “yes” to any social media platforms in Q10: In a typical week, how many days does your oldest child under 18 watch or interact with social media outside of schoolwork?

	n=461	%
Less than 1 day a week	13	3%
1 day	11	2%
2 days	29	6%
3 days	39	8%
4 days	24	5%
5 days	48	10%
6 days	26	6%
7 days	261	57%
Don't know	10	2%

The table below shows the days per week social media is used by the oldest child in the household.

	0 to 3 years old		4 to 6 years old		7 to 10 years old		11 to 13 years old		14 to 17 years old	
	n=29	%	n=38	%	n=62	%	n=79	%	n=253	%
Less than 1 day a week	3	10%	0	0%	5	8%	2	3%	3	1%
1 day	1	3%	4	11%	3	5%	3	4%	0	0%
2 days	2	7%	3	8%	7	11%	7	9%	10	4%
3 days	7	24%	6	16%	9	15%	6	8%	11	4%
4 days	3	10%	4	11%	5	8%	4	5%	8	3%
5 days	2	7%	6	16%	5	8%	11	14%	24	9%
6 days	1	3%	0	0%	3	5%	6	8%	16	6%
7 days	10	34%	14	37%	25	40%	39	49%	173	68%
Don't know	0	0%	1	3%	0	0%	1	1%	8	3%

12. If “yes” to any social media platforms in Q10: On the days that your oldest child under 18 watches or interacts with any social media, how much time does he or she typically spend social media outside of schoolwork?

	n=461	%
Less than 5 minutes	10	2%
5 to 14 minutes	21	5%
15 to 29 minutes	33	7%
30 to 59 minutes	96	21%
1 to 3 hours	246	53%
4 or more hours	47	10%
Don't know	8	2%

The table below shows the time per day social media is used by the oldest child in the household.

	0 to 3 years old		4 to 6 years old		7 to 10 years old		11 to 13 years old		14 to 17 years old	
	n=29	%	n=38	%	n=62	%	n=79	%	n=253	%
Less than 5 minutes	2	7%	0	0%	2	3%	1	1%	5	2%
5 to 14 minutes	1	3%	2	5%	6	10%	4	5%	8	3%
15 to 29 minutes	6	21%	5	13%	4	6%	6	8%	12	5%
30 to 59 minutes	6	21%	11	29%	13	21%	17	22%	49	19%
1 to 3 hours	13	45%	19	50%	31	50%	46	58%	137	54%
4 or more hours	1	3%	1	3%	6	10%	5	6%	34	13%
Don't know	0	0%	0	0%	0	0%	0	0%	8	3%

Thank you for answering those questions about your oldest child. The following questions are about your perceptions in general.

13. In your opinion, what is an appropriate age for children or youth to use social media?

	n=593	%
3 or younger	10	2%
4	6	1%
5	7	1%
6	5	1%
7	7	1%
8	6	1%
9	5	1%
10	16	3%
11	5	1%
12	55	9%
13	68	11%
14	84	14%
15	64	11%
16	132	22%
17	12	2%
18 or older	111	19%

14. In your opinion, what are the potential **benefits** of children and youth using social media?

Coded for All Mentions	n=609	%
Socializing, connecting with others	297	49%
Education	182	30%
No benefit, nothing	107	18%
Entertainment, creativity	60	10%
Staying up to date, aware of current events	46	8%
Exposure to broader perspectives, diversity	36	6%
A sense of community, belonging	30	5%
Positivity, inspiration	25	4%
Self-expression	16	3%
Understanding of social media, technology	15	2%
Business promotion	5	1%
Miscellaneous responses	24	4%
Don't know, no comment	10	2%

(For a list of categorized verbatim responses, see Appendix B.)

15. In your opinion, what are the potential **harms** of children and youth using social media?

Coded for All Mentions	n=609	%
Predators, scammers, stranger danger	184	30%
Exposure to inappropriate content	179	29%
Poor self-image, comparisons	175	29%
Bullying, harassment	156	26%
Depression, anxiety, poor mental health	114	19%
Unrealistic expectations	111	18%
Addiction, excessive use	65	11%
Negative role models, influences	60	10%
Time wasted, distractions	54	9%
Isolation	41	7%
Misinformation	37	6%
Poor social skills	30	5%
Self-harm, suicide	30	5%
Indoctrination, propaganda	29	5%
Many harms, in general	21	3%
Laziness, low physical activity, not going outdoors	20	3%
Peer pressure	19	3%
Shortened attention span	15	2%
Brain development	12	2%
Personal safety	10	2%
Behavior issues	9	1%
Substance abuse	7	1%
Eating disorders	4	1%
Loss of sleep	4	1%
Miscellaneous responses	27	4%
Don't know, no comment	2	0%

(For a list of categorized verbatim responses, see Appendix C.)

16. Using a one-to-seven scale, where one is "not at all concerned" and seven is "very concerned," how concerned are you that social media will impact the following?

Your child's length of sleep

	n=609	%
1 - Not at all concerned	76	12%
2	37	6%
3	48	8%
4	78	13%
5	107	18%
6	73	12%
7 - Very concerned	190	31%
<i>Mean</i>	4.78	
<i>Median</i>	5.00	

Your child's body image

	n=608	%
1 - Not at all concerned	59	10%
2	32	5%
3	30	5%
4	44	7%
5	81	13%
6	94	15%
7 - Very concerned	268	44%
<i>Mean</i>	5.32	
<i>Median</i>	6.00	

Your child's mental health, such as sadness, hopelessness, loneliness, depression, suicide ideation

	n=607	%
1 - Not at all concerned	34	6%
2	28	5%
3	31	5%
4	48	8%
5	86	14%
6	90	15%
7 - Very concerned	290	48%
<i>Mean</i>	5.56	
<i>Median</i>	6.00	

Your child's brain development

	n=609	%
1 - Not at all concerned	56	9%
2	33	5%
3	50	8%
4	76	12%
5	119	20%
6	65	11%
7 - Very concerned	210	34%
<i>Mean</i>	4.98	
<i>Median</i>	5.00	

17. As a parent, do you have boundaries that you enforce for your children's social media usage?

	n=608	%
Yes	572	94%
No	36	6%

18. If “yes” to Q17: What social media boundaries have you set for your children?

Coded for All Mentions	n=572	%
Time limits	268	47%
Content restrictions	222	39%
No social media	117	20%
Parental monitoring	113	20%
Curfews	76	13%
Age restrictions	67	12%
Use together, in the open	59	10%
Parental controls, filters	37	6%
Open discussion	25	4%
No strangers, only family and friends	22	4%
Not at certain times, phone breaks	20	3%
After other responsibilities	18	3%
Children are too young	12	2%
Encourage other activities	6	1%
No chatting or commenting	6	1%
Miscellaneous responses	22	4%
Don't know, no comment	2	0%

(For a list of categorized verbatim responses, see Appendix D.)

19. In general, what impact do you feel social media has on the mental health and wellbeing of children and youth? Is it more beneficial or more detrimental, or does it have no impact?

	n=589	%
Very detrimental	317	54%
Somewhat detrimental	200	34%
No impact	28	5%
Somewhat beneficial	32	5%
Very beneficial	12	2%

20. If “yes” to any social media platforms in Q10: How often do you encourage your children to unplug from social media and participate in other activities?

	n=464	%
Never	8	2%
Rarely	17	4%
Sometimes	50	11%
Often	194	42%
Always	195	42%

21. Prior to this survey, were you aware that in March 2024, a law will go into effect to limit the social media usage of children and youth in Utah?

	n=609	%
Yes	253	42%
No	356	58%

This law will require social media companies to:

- **Get the consent of a parent or guardian of Utah users under age 18**
- **Allow parents full access to their children's accounts**
- **Create curfews that parents can adjust to restrict access between 10:30pm and 6:30am**
- **Protect minors from unapproved direct messaging**
- **Block minor accounts from search results**

In addition, social media companies cannot:

- **Collect a minor's data**
- **Target a minor's account for advertising**
- **Target a minor's account with addictive designs or features**

22. In general, do you support or oppose this law?

	n=609	%
Strongly oppose	38	6%
Somewhat oppose	34	6%
Neutral	32	5%
Somewhat support	126	21%
Strongly support	373	61%
Don't know	6	1%

23. Do you feel this law will be effective at protecting children and youth in Utah? Would you say "definitely," "probably," "probably not" or "definitely not?"

	n=607	%
Definitely not	47	8%
Probably not	124	20%
Probably	309	51%
Definitely	104	17%
Don't know	23	4%

Now, I just have a few questions for categorization purposes only.

24. Which of the following best describes you?

	n=604	%
Married	533	88%
Single, never married	13	2%
Divorced	43	7%
Separated	4	1%
Widowed	4	1%
Living with partner	6	1%
Other (specify)	1	0%

(For a list of verbatim 'other' responses, see Appendix E.)

25. What is the highest level of education you have completed?

	n=602	%
Less than high school	3	0%
High school graduate	62	10%
Some college	102	17%
Technical training or certification	39	6%
Associate degree	58	10%
Bachelor's degree	217	36%
Graduate degree	121	20%

26. What is the primary language spoken in your home?

	n=605	%
English	593	98%
Spanish	4	1%
Other (specify)	8	1%

(For a list of verbatim 'other' responses, see Appendix E.)

27. What is your race or ethnic background?

	n=609	%
White or Caucasian	546	90%
Hispanic or Latino	43	7%
Black or African American	6	1%
Asian	8	1%
American Indian or Alaska Native	4	1%
Native Hawaiian or Pacific Islander	3	0%
Other (specify)	8	1%

(For a list of verbatim 'other' responses, see Appendix E.)

28. Which of the following describes your annual household income?

	n=554	%
Less than \$25,000	10	2%
\$25,000 to \$49,999	36	6%
\$50,000 to \$74,999	75	14%
\$75,000 to \$99,999	116	21%
\$100,000 to \$149,999	155	28%
\$150,000 or more	162	29%

APPENDIX B: IN YOUR OPINION, WHAT ARE THE POTENTIAL BENEFITS OF CHILDREN AND YOUTH USING SOCIAL MEDIA?

Coded by first mention only

Socializing, connecting with others (236) 39%

- A social network with their friends
- Ability to connect with family and friend, creative ideas and fun videos
- Ability to connect with friends and peers
- Ability to find peers, sense of belonging, self-expression with an audience
- Additional opportunity for social interaction
- Allows for people to connect that otherwise can't
- Being able to connect with others
- Being able to connect with their friends and also being able to have a creative outlet
- Being able to connect with those that don't live in their neighborhood or apartment complex
- Being able to keep up with their peers
- Being able to stay connected to friends, family, community, and local events, entertainment value
- Being connected with friends and family
- Being in social groups, school groups, sport groups, and church groups, to keep in the know
- Building social skills, education, worldly understanding, and exposure to adversity
- Communicate with family and friends, learning, and education
- Communicate with friends and family
- Communicate with their peers
- Communicating with friends
- Communicating with friends and family and maybe education purposes
- Communication (3)
- Communication of ideas
- Communication skills and keeping in touch
- Communication with peers, educational aspects
- Communication within a peer group, explore diversity
- Communication, inclusion
- Communication, positive influences
- Communication, staying in touch
- Connect with community
- Connect with friends (3)
- Connect with friends, learn current events
- Connect with others, educational
- Connect with people, entertain themselves
- Connected to friends and influence people for good
- Connecting to family is a big one, there's also some good resources in terms of education, some beautiful things you can find, inspiration from things like sports
- Connecting to friends and meeting new people, gaming
- Connecting to others, chance to learn social etiquette early on, convenience, and entertainment
- Connecting with family (3)
- Connecting with family and friends (2)

- Connecting with family and friends, family history
- Connecting with family far away, connection to peers
- Connecting with friends (6)
- Connecting with friends and education
- Connecting with friends and relatives
- Connecting with friends, but I don't see very many benefits
- Connecting with friends, feeling like they fit in, staying up to date on information
- Connecting with others (3)
- Connecting with others and being able to share important information
- Connecting with others that have the same ideas, values, and interests
- Connecting with people
- Connection (4)
- Connection and community
- Connection to close friends and people they know
- Connection to friends or organizations, access to current events
- Connection to friends, access to resources and ideas, community with common interests
- Connection to others
- Connection with family
- Connection with family, exposure to varying opinions
- Connection with friends
- Connection with friends or family that are distant. There is a lot to be learned.
- Connection with friends, generating ideas for being an entrepreneur
- Connection with long-distance friends and family
- Connection with people outside of home
- Connection with real friends that they have
- Connection, ability to share thoughts with like-minded people, news and current events
- Connection, access to information and resources, motivation
- Connection, communication
- Connection, gaining various perspectives, and knowledge about world events
- Connection, positive accounts followed, educational
- Connection, sharing ideas, learning
- Connections
- Connections to groups, i.e. teams, etc.
- Connections to others
- Connections with friends and some of the stuff you can learn from.
- Connections with friends, exposure to the world, and entertainment
- Contact with friends and family
- Contact, social, life expectations
- Contacting distant friends/family, research potential interests and hobbies
- Easier connection with others, more diverse points of view than can be found in some communities
- Easier connections with friends
- Easier to catch up with friends and coordinate events
- Easy platform to interact with peers
- Easy way for them to keep up with friends

- Easy way to contact family members
- Enhanced communication
- Family and friends
- Family events and updates, being able to relate to their peers
- Friends
- Friends, talking to friends, creative
- Friendships
- Friendships, communication, and connections
- Fun to connect with peers or people they haven't seen for awhile
- Get a hold of their friends
- Getting in contact with family out of state
- Good place for people to communicate and spread information
- Good to connect with old friends, greetings
- Good way to connect with friends and learning
- Having interaction
- Help to keep in touch with family members, find out about school or community events, and job searching
- I believe some benefits are that children are able to interact with peers, and are learning new things.
- I don't really see many for children at younger ages. For children at older ages, I think the interactions with their actual peers and friends are good. I do not have daughters, so I don't know what that is like for girls. I know that can be very harmful for them. For my boys, I think it has been really pretty good to be able to contact and interact with their friends, especially since they are doing online school.
- I don't think social media is all bad and it has its place, for example the ability to spread news quickly or for youth to stay in touch with family and friends. I think there are some financial benefits for youth that will benefit from social media.
- I think connecting with others of common interest.
- I think social media is good only when a child needs to connect with someone that they cannot otherwise connect with.
- If used properly, it works great for interacting with friends and planning things to do.
- In contact with people
- In its current state not many, other than socializing and possible education.
- Increased ability to communicate in a digital environment, possibly exposure to other cultures and world views.
- Increasing social circles
- Interact with friends and family
- Interact with friends and family, prepare for adulthood
- Interacting with family members that they're not close to
- Interacting with friends and educational
- Interacting with others, getting ideas for different things, information, education
- Interacting with out of state family members
- Interaction
- Interaction with friends
- Interaction with others
- Interaction with peers, being in the know

- Interactive
- It depends on which social media style you are using, but connection to peers could be a benefit.
- It enables live communication with friends and family who they might not otherwise be able to connect with.
- It's a robust way to communicate with friends. Being connected to friends and family who live far away, not much else.
- Keep connected with extended family, be able to engage with other kids that use it, relationships
- Keep in contact with their coaches
- Keep in touch with distant relatives
- Keep in touch with family and contact friends
- Keep in touch with family and friends
- Keep in touch with family far away
- Keep up with cousins and friends who live far away
- Keep up with family and friends
- Keep up with friends and family, share feelings and thoughts, get uplifting messages, and find cool stories
- Keeping friendships, good deals on shopping, good people to follow
- Keeping in contact with family
- Keeping in contact with friends and family in different areas
- Keeping in contact with friends and family, they can be creative, they can get good social skills if they're taught to use it correctly.
- Keeping in touch (2)
- Keeping in touch with extended family
- Keeping in touch with family and friends
- Keeping in touch with family, learning (2)
- Keeping in touch with friends and family (2)
- Keeping in touch with long distance friends/family
- Keeping in touch with people, learning
- Keeping up to date with friends and socializing with family
- Keeping up with friends (2)
- Keeping up with relatives
- Keeping up with relatives across the country, or friends if they've moved around
- Keeping up with their friends and other information
- Large social network
- Locate friends
- Mainly keeping in contact with family across the world
- Maintaining connections, learning
- Maintaining their social network
- Making friends or keeping in contact with friends
- Maybe communication, socializing possibly in a good way
- More connected
- Networking and entertainment, also our kids have some activities like theater that use Facebook for updates.
- Networking, communication with friends, and collaboration
- Networking, staying in touch with distant relatives
- Outreach

- Peer interactions
- Pictures of friends and family, organizing celebrations
- Positive interactions with peers
- Possible networking, although the negatives far outweigh the positives
- Safe friendships that are appropriate, some schoolwork
- Social aspect
- Social aspects
- Social benefits, reaching out and connecting with friends
- Social connection
- Social connections
- Social development
- Social interaction
- Social interaction and education
- Social interactions, communication
- Social interactions, learning resource, and entertainment
- Socializing (2)
- Socializing and attending/hosting events
- Socializing, communicating to far distant situations
- Solely fitting in with peers
- Some benefits are keeping in touch with loved ones, educational learning materials, learning about things they are interested in, and staying up to date on the news
- Some social connection with their friends
- Stay connected with peers
- Stay in contact with friends, be aware of current events
- Stay in touch with friends and family members
- Staying connected
- Staying connected to friends and family, can be educational and inspiring
- Staying connected to people you don't see often
- Staying connected to their friends and family, learning about other people in other countries
- Staying connected with friends, staying connected to family
- Staying connected with friends, they use it for recipes and project ideas as well
- Staying connected with peers and family, sharing good things, and marketing purposes if they are in a business of some sort.
- Staying connected with relatives and friends
- Staying connected, news, finding information (which can be good or bad)
- Staying in a social circle
- Staying in contact with friends
- Staying in contact with people
- Staying in contact with people and creativity
- Staying in touch with family and friends, looking up things they are interested in
- Staying in touch with people
- Staying up to date with school
- Talk to family and friends
- Talk to friends and family
- Talking to friends (2)

- The ability to bond. Things that are worthwhile to do: crafts, art type stuff, things they can learn, and learn about life and everything in general so they can see what's going on. Teaching them to think that way instead of other people telling them what to think.
- The way it connects them to their friends.
- They can connect with loved ones
- They can connect with people and share things about their lives, you document things digitally
- They can interact and learn with other people.
- They can keep in contact with friends.
- They can keep up with family far away and friends.
- They communicate with their friends.
- They connect with friends and are more socially aware.
- They stay connected.
- To keep in touch with their friends and family. And probably to understand world events.

Education (135) 22%

- Able to learn new things, it's a great source for education. Being able to contact family and friends that are far away, having everything right on hand.
- Access of information
- Being able to self-teach, being able to problem solve, being able to ask for help
- Connection to learning resources, getting outside opinions on different matters
- Could be educational sometimes, could help one connect
- Education (11)
- Education and creativity
- Education and entertainment
- Education, connection
- Education, connection with like-minded community, and entertainment
- Education, maintaining friendships
- Education, promoting goodness, connecting with good friends
- Education, social connections, entertainment
- Education, socializing, connecting, communicating with families, learning new skills, meeting people from other countries
- Education, staying close to friends and family
- Educational (2)
- Educational content, learning about interests, connecting with family
- Educational material like YouTube videos, keeping in contact with friends and family from far away
- Educational opportunities
- Educational opportunities are available on several sites. There are positive ways in which to share and use your skills, talents, and abilities on many of the sites as well.
- Educational purposes
- Educational value in some videos, there are how to videos on things like drawing. Vast amounts of information
- Educational videos, connection, keep up with content
- Educational videos, science, cultural videos, and how to play video games
- Educational, communication
- Educational, podcasts, etc.

- Enhanced learning, ability to discover topics of interest, connectivity, and basic general technology use
- Exponential learning experiences, social connections with friends and family, the ability to get a hold of anyone at any time in case of an emergency. And the access to international connections that can strengthen their knowledge, their relationships, and their ability to solve their own problems.
- For educational purposes, learning about subjects that are not widely available elsewhere
- Gain exposure for knowledge, piquing interest in things, and staying connected
- Gain knowledge from certain social media and interact with friends and peers or out of state family
- Gaining knowledge (2)
- Get info in a convenient place
- Good for lots of learning
- I believe social media has taught him quite a bit how to talk, shapes, and colors. I only use YouTube for educational purposes.
- I personally see the educational benefit.
- I think there are benefits for someone when they are older. I think it can be used for teaching and religious purposes.
- Information
- Information, being able to contact necessary contacts
- Information, being informed about events, social interactions, journaling
- Informative, educational, keeping in touch with long distance family and relatives
- It depends on what it is and how it is monitored, education is a potential benefit
- It requires them to learn new things, connecting with people
- Knowledge (3)
- Knowledge acquisition, skills development
- Knowledge and education
- Knowledge, educational
- Knowledge, research
- Learn
- Learn a new skill
- Learn how to do things themselves
- Learn more
- Learn new things
- Learn stuff on YouTube
- Learn things
- Learn things, see family
- Learning (5)
- Learning and education
- Learning and watching videos, interacting with family and friends
- Learning certain things
- Learning new things
- Learning new things and taking initiative
- Learning new things, ideas for crafts or cooking, socializing with friends
- Learning outside the box, new or different insights
- Learning stuff

- Learning things from YouTube, reconnecting from friends
- Learning tool (YouTube)
- Learning tools (2)
- Learning, can be constructive
- Learning, connecting with friends
- Learning, connecting with others
- Learning, education
- Learning, entertainment, and communication
- Learning, interacting, and entertaining
- Learning, knowledge, social learning, behavior, and interacting with friends
- Learning, learn how to fix things, communicate
- Learning, motivation to see what other kids their age are capable of
- Learning, positive social interaction, gaining awareness
- Learning, sharing information
- Learns different things, finds things they like, connecting with other people
- Look up and learn new skills
- Lots of learning resources
- Maybe educational
- My child has learned so many useful things on various social media platforms. Mostly good, some bad.
- My child watches YouTube Kids and sees science things. For example, my child watches Mark Romberg who teaches science and engineering. I'd rather not have my child watch video games because I think it is mindless.
- My daughter has YouTube channels about books and games she plays. The videos are an outlet for her to destress and where she can share her opinions about what she reads and about the games she plays.
- My daughter told me that her cellphone can help with schoolwork, children know right from wrong at 10 or 11. It can help them with learning. There are lots of good things, but there are a lot of bad things too, it is very dependent on the child. If they are not good kids, they can go in bad way with social media. If they are good kids, then it can be very good.
- My son uses YouTube quite a bit to learn how to improve biking techniques, etc.
- Possibly for learning
- Reading stuff
- Research
- Schoolwork
- Schoolwork, interacting with friends
- She learns a lot of stuff.
- Some educational things
- Some learning and social
- Something like YouTube, there's a lot of access to educational stuff. Other social media things can help interact with family friends far away.
- Tech understanding
- The biggest benefit is to help teach yourself things and entertainment.
- There are really good creators on some platforms that cater to young development that are professional.
- There are some things they learn, but definitely more harm than good.

- There is a lot of knowledge out there because of it, but not a lot of benefits besides that.
- There is knowledge to be gleaned. I like Pinterest for vacation planning.
- There's a huge potential for education and learning. However, this is really only available in a couple of the platforms.
- There's a lot of educational stuff on there.
- There's a lot of learning material, can be inspired by influencers
- There's a lot of neat stuff out there, educational things that they like.
- There's many different ways to learn new skills
- They can find educational resources.
- They can learn from a lot of it.
- They can learn new things.
- They can learn skills for free in videos, free of useless school curricula.
- Yes they learn lots of stuff. My kids know all the animals and toys, they are very good with names. But I think you really need to know what your kid is watching on YouTube. There are lots of free shows and movies like Blippy.
- YouTube has a limited benefit of sharing knowledge to visual learners.
- YouTube has educational things, YouTube for learning things. Marco Polo is great for keeping in touch with people you don't live near.
- YouTube is helpful for tutorials for games, solving puzzles (i.e. Rubik's Cubes).

No benefit, nothing (107) 18%

- Absolutely no potential benefits. They do not need to be exposed to outside influences other than family and close friends.
- I cannot see any real benefit, even as a daily user of social media myself.
- I do not see many benefits to young children/youth using social media.
- I do not think there are any benefits.
- I do not think they are any.
- I don't count YouTube as social media. There are no benefits, it is very harmful to them.
- I don't know if there are any. I think children are exposed to bullying and I think social media is addictive. I think the platforms are designed to be addictive. So, I think there are mostly negatives. I think children are exposed to content I would rather they not be exposed to.
- I don't know, I don't really see any.
- I don't really know anything.
- I don't really see any.
- I don't see any benefit from it.
- I don't see any benefits, not for children.
- I don't think there are any.
- I honestly don't see any benefits.
- I see none.
- I struggle to think of one.
- I think there are zero benefits.
- I'm not seeing any
- I'm not sure there are any real benefits.
- It's honestly a time waster. No benefits whatsoever, but too many freedoms have been taken away in Utah in lieu of internet access. Not a good thing at all.
- No actual benefits

- No benefits (5)
- None (65)
- None whatsoever. Really. Zero.
- None. What they see is not a true picture. They are only seeing a small part.
- Not many
- Not much
- Not really much
- Not too many
- Nothing (3)
- Social media has no benefits.
- There are no benefits to social media, it's awful.
- There are no benefits.
- There are NO benefits.
- There are none.
- There aren't any.
- Very little

Exposure to broader perspectives, diversity (25) 4%

- Being exposed to other ideas and lifestyles and growing their brains
- Broader perspective of things
- Cultural awareness
- Diverse interaction
- Explore different cultures
- Exposure to different cultures, religions, and types of people
- Exposure to new ideas
- Exposure to new things
- Exposure to social issues
- Hearing others opinions
- I think she learns a lot about how society works from watching the videos.
- I think some benefits are exposure to different ideas, different ways of thinking and educational content.
- Ideas for different things
- Introducing you to a lot
- It gives them ideas of the world, social interaction between other people and probably a general knowledge.
- It would be a wonderful way to meet diverse people, be able to connect with family, learn skills, and develop social tolerances
- Know how the world works, to be a part of society
- Learning about how the world around them works through educational interaction or improving brain function and focus with music.
- Learning about the world around them, interacting with their friends, learning social skills and societal expectations
- Learning about the world they live in
- Learning how others truly think, if not censored

- Maybe seeing things that they wouldn't normally be able to see as far as different cultures and different parts of the world and things like that, things they wouldn't normally be able to experience
- Seeing new things, expanding their world
- Seeing new views, interaction, and learning new things
- They can learn that there is a wide variety of people in the world. Learn to balance real life with screen time.

Entertainment, creativity (23) 4%

- Being creative, having fun with others
- Bolster creativity, be a fun way to engage together
- Creative outlet
- Creative outlet, keeping in touch with friends
- Creativity
- Develop interests, socialize
- Entertainment (6)
- Entertainment, ideas, social interaction
- Entertainment, interaction, and some of it is education
- Entertainment, somewhat educational
- Free entertainment
- I think some entertainment, but also educational value.
- Info on hobbies and interests, connections with like-minded individuals
- It can be used as a creative outlet and to put his work out there to the general public.
- Music
- See cool things
- Storytelling
- They do a lot of activities like art.

Staying up to date, aware of current events (17) 3%

- Aware of current events
- Awareness of societal issues and world culture
- Finding out more about the community, educated on subjects
- Following community activities
- I think being aware and connected, so that they can talk to friends and family. Help with a hobby or craft skills.
- I think the only benefit is keeping up with what is going on.
- It allows them access to more information, and better enables them to find people they can get along with, people with shared interests
- It keeps them connected to school events, community events, friends, and family that lives far away.
- News and connecting with others
- Probably for information
- Some social media platforms are having news sources keeping children informed on what's going on in the world.
- They can keep up-to-date with things in the community and then they can sell things on there too.

- They can understand a little better what is happening in this world.
- They get informed of what happens around them and meet new friends.
- They learn about the world, connect with friends and family.
- They would have access to community events and groups, and stay in touch with friends.
- Understanding the world around them, learning new things.

A sense of community, belonging (15) 2%

- A sense of belonging and connection
- A sense of community, being less alone
- Community
- Connect with others with similar interests, explore and discover events and opportunities near and far, gain knowledge that is useful
- Finding friends with the same interests
- For those who struggle to find like-minded or otherwise similar people, they can find a community outside of their physical community. Connection with friends and family members more regularly.
- Form a community of people who are like-minded
- If they find platforms they feel like they are being understood, it can be used to feel included.
- Information about ward and group activities. Sharing some pictures
- It's how they communicate these days which is the only reason my 14 year old has any social media. Without it, she gets left out.
- Opportunity to meet with others who share the same standards and awareness of things happening in the world
- Other people look like them, other people act like them, they learn it's okay to be like that
- Sharing similar interests
- They could find specific groups for specific interests to support their hobby.
- Unite others with similar talents or hobbies

Understanding of social media, technology (12) 2%

- Being adept in technology, knowing how to socialize in an online platform
- Children do need to be aware of it and the pros and cons of it since it's everywhere
- Common practice in society, they should grow up with experience with it.
- Familiarity with technology, YouTube is educational
- I think it teaches children how the world works. I think children should know how to be computer literate and navigate electronics.
- It's the way the world is going, being able to navigate electronic programs, also it opens up creativity.
- Keeping up with technology
- Learn how to navigate, make good choices, interaction with parents, changes the scope of their world, different perspectives
- Learn responsibility really
- Learning responsible digital use
- Prepare them to use the internet safely as youth so they can handle it as adults. Entertainment, education (my toddlers love science videos on YouTube).
- Staying up with technology and trends. Also to be aware of scams and potential dangers.

Positivity, inspiration (11) 2%

- Find some decent stuff like church talks and stuff
- I don't know very many. I don't really think there's a benefit, unless you're sharing a positive message.
- I have a hard time finding any, honestly. But if I had to think of something, I'd say they can follow happy people who share how to better your life without comparisons.
- It can give perspective to possible successes and good things like that.
- Motivation and learning
- Religious lessons
- Share positive beliefs, religious things
- Sharing goodness, quick communication, and parents can communicate with otherwise uncommunicative teenagers
- Sharing positive interactions, sharing their faith and light to others
- Sharing positive messages, being involved with community happenings and events
- Spreading good, researching topics they're interested in, and connection

Self-expression (6) 1%

- Ability to share fun moments
- Autonomy, education
- Expression, friend groups
- Good platform to say their opinions, to get news and see what's going on in the world, promoting business, and themselves
- Sharing ideas, tutorials, keeping in touch with family and friends outside of the state or country
- Sharing their talents

Business promotion (1) 0%

- Start a business, communicate with family, explore interests

Miscellaneous responses (11) 2%

- Distract them from bothering me
- If we can limit what they see, it would be a good thing.
- Interactive media is probably better, my kids chat in PlayStation groups
- It allows parents to not have to parent anymore
- It is a good way to notice if people need help or a good way to help others by being encouraging.
- Not many are keeping track of people out of the area
- Not much other than some sports information
- That is the direction our society is headed.
- They don't have to deal with all the crap in the world, they need to focus on being kids.
- This is a very subjective question and parents can decide what's best.
- We teach them our values and political views at home and I can see both sides.

Don't know, no comment (10) 2%

- I can't think of any. (2)
- I do not know.
- I don't know. (4)
- No answer
- No comment
- Not sure

APPENDIX C: IN YOUR OPINION, WHAT ARE THE POTENTIAL HARMS OF CHILDREN AND YOUTH USING SOCIAL MEDIA?

Coded by first mention only

Predators, scammers, stranger danger (103) 17%

- Abuse in many forms including predatory behavior towards minors
- Accessing adults who are predators/groom children, having access to pornography, and seeing adult content
- Adults are creeps and target children
- Adults being creepy, pornography, waste of time, and bad attention span
- All the bad people on there trying to be sexual and stuff like that
- Attracting predators, negative influences, cyber bullying, introduction/use and easy access of pornography
- Being preyed upon by people that don't have the best intentions or providing information about themselves they shouldn't
- Catfishing, cyberbullying
- Catfishing, wasting time, not going outside
- Child predation
- Child predators
- Child predators, bullying
- Child predators, sexual content
- Connecting with people they think they know
- Connecting with the wrong people
- Contact with adults they don't know
- Contact with people that may not have their best interests
- Creepy people (predators)
- Creepy people, exposure to age-inappropriate material
- Cyber predators, bullying, not getting outside, physical limitations, learning
- Exploitation
- Exposure to predators, bullies, negativity, situations their brains don't know how to handle
- Exposure to predators, violence, harm to self or others, crime
- Fake accounts, false perception of expectations, small things that shouldn't be a problem
- Fraught with predators, it promotes comparison culture, it leads to depression and suicide, it's addictive
- Get hacked
- Giving out too much information
- Grooming (2)
- Grooming, kidnapping, and manipulation of children. I do not think children should use social media.
- Grooming, people with fake identities, bullying
- Grooming, pornography, new harmful social trends
- I believe some harms are predators that use social media, and content that is not appropriate for children of a certain age.

- I believe some harms are predators, and people posing to be children that want to show inappropriate things, say bad words and pose suggestive things. I limit things my child watches like my children only are allowed to YouTube Kids because it's child friendly.
- I think children can be influenced by predators. I know that because of first-hand experience. I think children can be exposed to things when they are too young.
- I think that meeting someone that they are not supposed too, getting addicted to it, compare themselves to what they see
- I think there are a lot of harms that come from social media, human trafficking can become a problem.
- If they interacted with an adult/predator/scams or talk to the wrong people.
- Interacting with bad characters
- Interacting with strangers, worldly influence
- Interactions with bad people
- It's easy to interact with people who are definitely predators.
- Meeting strangers online, posting and receiving things that are inappropriate, spending too many hours on social media, reading and seeing things that are inappropriate
- Might hear from strangers and inappropriate people
- Online predators
- Online predators, inappropriate images and videos, cyberbullying
- Online predators, pornography, cyber bullying
- Other people on there
- Pedophiles, bad influence
- Pedos, sex trafficking
- Perverts
- Perverts, violence, and nudity
- Platform for predators, incorrect information, false sense of reality
- Potential predators, unrealistic sense of how the world works, disassociating from reality
- Predator
- Predators (3)
- Predators and porn
- Predators, accessing harmful content, bullying
- Predators, addictive behaviors and games, wasting time, peer pressure, and bullying
- Predators, bullying, suicide
- Predators, cyber bullying
- Predators, disconnection from reality, harm on self-image, and shortened attention span
- Predators, extremist ideologies, dangerous info
- Predators, fake accounts, and it's damaging to their mental health. Dangerous influencers.
- Predators, false perceptions, being left out, comparing, scammers, and I could go on and on
- Predators, false portrayals of life, people, and programs. Explicit sites, drug abuse, death, pornography, etc.
- Predators, hackers, bad people
- Predators, indoctrination
- Predators, misinformation, the idealism that they are exposed to, resulting depression
- Predators, porn, bullying
- Predators, probably
- Predators, risk of bullying, disconnect from real world, health

- Predators, unhealthy mental well-being
- Predators, unrealistic body expectations, being exposed to traumatic content, bullying, and extremism recruitment
- Predators. That's about it. Teach your kids safe and appropriate ways to use things and to live life.
- Rape. I would prefer no social media at all, but now a days it doesn't go like that.
- Scammers, child endangerment, phishing
- Scams, pornography, unwanted attention
- Scams, predators, inappropriate websites, bullying
- Sex trafficking
- Sex trafficking, predators, incorrect ideas about the world
- Sexual predators
- Sexual predators, comparison with peers, mental illness, personal security
- Social predators, bad influences from others and hidden content, so much more bad
- Stalkers, influenced by destructive forces, drive a wedge between them and their families
- Stalking, unwanted messages
- Stranger danger
- Strangers asking them things
- Talking to people you don't know
- Talking with strangers
- The biggest risk is not knowing who they are talking to and peer pressure.
- The people that use social media
- There are random people out there, it can be addictive.
- There's a lot of pedophilia and bullying because there's no accountability for people online. This can happen even with child settings. It makes lazy kids.
- They can find scammers and predators.
- They can meet predators.
- Too many to list. It all should be monitored and supervised. Sexual predators and grooming are way common. Bullying and insults which are harmful also are too common.
- Too many, sex trafficking, being taken advantage of
- Unsafe people, obsession, too much time
- Who they are friends with, nothing public
- Without parental control, they could be socializing with individuals that they shouldn't.

Poor self-image, comparisons (87) 14%

- Affects self-confidence, image, distorts reality, can create depression, anxiety, and added pressures
- All kinds of problems: self-image, mental illness and increasing severity, and being vulnerable to cyber bullying
- Being able to watch what everyone is doing and feeling inadequate. Wrong sense of reality. Bad influences and connecting with dangerous people. It's not good for their brain.
- Body image issues, cyber bullying, predators
- Body image issues, FOMO, comparisons/competition, negative peer pressure, pornography, grooming, bullying, online predators, increased isolation, anxiety and depression
- Body image issues, self-confidence being lowered, and then up to and including suicide
- Body image, adult content, violence

- Body image, comparison, suicidal, anxiety, depression, bullying, predators, fake news, extremists, wasting time, and lack of real social interactions
- Body image, drug use
- Body image, self-confidence, pornography, bullying
- Body image, sexuality, and I do think there is a lot of sexual grooming that may be unintentional but it's pushed out so forceful.
- Body issues, social pressure, influencer influences
- Compare their own lives and accomplishments to what they see on social media
- Comparing oneself to others, scammers, online predators, and addiction
- Comparing themselves to others, being introduced to inappropriate content, it wastes time
- Comparing themselves too much
- Comparing to others, self-esteem, and problems from that
- Comparison
- Comparison and depression
- Comparison game, self-esteem issues
- Comparison issues
- Comparison issues, warped sense of reality, echo chamber
- Comparison to people they don't even know, being addicted to the technology itself
- Comparison trap
- Comparison, and negative thoughts (like body image)
- Comparison, anxiety, anti-social, waste of time, addiction
- Comparison, bullying, isolation, negative messages
- Comparison, competition, unrealistic life expectations
- Comparison, cyber bullying, dopamine hits
- Comparison, unrealistic expectations
- Comparison, unrealistic expectations/images
- Comparisons that can be harmful, low self-esteem, feeling of entitlement
- Damage to self-worth, harm to self
- Damaging to self-esteem, self-worth, waste of time
- Decrease self-worth, predators, loss of focus, time suck
- Decreased self-esteem, more social issues like bullying
- Effects on self-esteem
- Harmful messages about body image, self-esteem
- Harms self-confidence, online predators (including other teens), pornography, interrupts proper brain development, increases depression
- I think it is extremely damaging to their self-esteem, I think it encourages them to believe things about themselves that they wouldn't believe otherwise. I think it creates a huge sense that they are "missing out" when others post pictures and they weren't there, and I think it creates weird versions of entitlement based on what they see others and celebrities doing and consuming (products, experiences, etc.).
- I think probably self-image and peer pressure, anxiety, and depression.
- I think social media has the potential of doing quite a bit of harm! Comparing can lead to depression. Being on technology can be a means for social outlet, but in reality cannot replace true human interaction that is imperative for self-esteem, social skills, etc. I think it's leading to a lot of teenage depression and suicide. Also porn and inappropriate material is causing some obvious damaging results.

- I think that it could lead to comparison, depression, and anxiety.
- Image issues, suicide, grooming, false realities of the world, it's just a bad thing to be on.
- Image, perception, and what is popular and their perception on beauty
- It ruins self-esteem, destroys confidence, fosters addiction, and invites comparison.
- Loss of self-esteem, exposure to adult content
- Lots: there's self-image issues, comparison, pornography, opportunities for predators, self-esteem issues, and depression
- Low self-esteem
- Low self-esteem due to comparing with others
- Low self-esteem, bullying, exposure to inappropriate content, wasting too much time, lack of motivation to do anything productive
- Low self-esteem, comparisons, anxiety, depression
- Lower self-esteem, bullying, feeling of missing out, shorter attention span since everything is a 30-60 second video
- Negative effects on self-esteem (false portrayal of perfect image/lifestyle), lack of ability to have face to face conversation (especially if it's confrontational in any way), pulls them from other healthier activities (not unlike my parents telling me I can't watch cartoons for 4 hours a day)
- Negative image, negative body image, media addiction, and distraction
- Negative self-image, rejection and feelings of not enough, not enough likes makes them feel unimportant
- Poor self-image, lack of reality
- Poor self-image, suicidal thoughts, bullying, and wasting time
- Self-concept, predators, not learning human interaction face to face
- Self-confidence/perception, and can encounter predators
- Self-depreciation, bullying, pornography, distraction, time wasting, misinterpretation of what's important, predators. The list is long.
- Self-esteem issues and it has become peer pressured (see what's happening to transgender)
- Self-esteem issues, peer pressure, bullying, inappropriate content
- Self-esteem issues, predators, they get exposed to adult material sooner than I think they should.
- Self-esteem issues, sexual predators access, pornography, attention issues
- Self-esteem problems, predators, addiction to the phone
- Self-esteem, body issue, harassment, bullying, depression
- Self-esteem, bullying, getting into bad things
- Self-esteem, comparing to others, bullying, and false info
- Self-esteem, depression, and self-harm messages
- Self-esteem, perceptions of the world
- Self-esteem, seeing harmful things, getting into trouble with things you shouldn't. I think anything but YouTube is dangerous.
- Self-worth, suicide, feeling excluded and what that would include, comparison
- Self-comparison, depression , anxiety, loss of attention span
- Self-image, depression, anxiety
- Self-image, peer pressure, crime, doom scrolling
- So many: body image, bullying, pornography
- There's a lot: body image stuff, the type of people they can run into, unwanted messages, collecting data
- They base their lives on likes and who sees what they post.

- They compare their worst parts of life to the filtered perfection people present on social media.
- They compare themselves to others, potential to be caught up in scams, inappropriate messages, causes anxiety
- They gain poor self-image, false information, it becomes addictive
- Too many to count: poor self-esteem, eating disorders, body image issues, depression, the list goes on and on
- Too much comparison. Also, I think it exposes them to a lot of angry people and bad language.
- Unfair comparison to others
- Unhealthy perception of themselves and others
- You have self-image issues if you spend too much time on social media, you start losing focus on reality and start focusing on false reality, and you feel unhappy because of that. And exposure to inappropriate material.

Bullying, harassment (78) 13%

- Being bullied
- Bullies
- Bullies, comparison in a negative way
- Bullying (6)
- Bullying and feeling left out, jealous of friends
- Bullying and negative messages from others
- Bullying and suicide
- Bullying and the fake lives
- Bullying from others and thinking they're not good enough
- Bullying from peers and mental health degradations
- Bullying is first, everyone is tough behind the safety of a screen, misperception of real life (leading to depression and suicide), time wasting. Children who use social media constantly do not have the manners or social skills they should have.
- Bullying or predators
- Bullying, access to inappropriate content, wasting time, not focusing on priorities like schoolwork
- Bullying, bad mental health
- Bullying, bad social image, anything like that
- Bullying, becoming obsessed, not being able to focus
- Bullying, being exposed to inappropriate material, predators
- Bullying, comparing themselves to others, and creepy people
- Bullying, comparison, emotional damage, "the perfect world"
- Bullying, convincing normalcy of immoral behavior, social contagion of gender dysmorphia
- Bullying, distractions from school work, unrealistic ideas
- Bullying, eating disorders, comparison, addiction, etc.
- Bullying, envy/jealousy
- Bullying, exposure to criminals
- Bullying, exposure to topics that they are not mature enough to handle, solicitation, extortion
- Bullying, false realities
- Bullying, harassment, learn ways to hurt self, people hurting them
- Bullying, inappropriate content
- Bullying, inappropriate content, language and sex
- Bullying, inappropriate content, laziness

- Bullying, inappropriate searches, morals
- Bullying, looking up false information, scams
- Bullying, low self-esteem, anxiety, sedentary lifestyle, diminished creativity and imagination
- Bullying, negative self-image from idealized influences, feeling like they have to do too much
- Bullying, porn, brain dead
- Bullying, pornography, propaganda, immoral agendas, unrealistic expectations, depression
- Bullying, predators, access to inappropriate behavior, laziness
- Bullying, predators, feeling bad about themselves, comparison to others, inappropriate content
- Bullying, predators, pornography
- Bullying, self-esteem, being bullied
- Bullying, self-harm, judgment from peers, trying to be someone else
- Bullying, self-image, predators
- Bullying, sex trafficking, bad influences
- Bullying, sexual predator, drug use, early exposure to sex
- Bullying, sexual predators, pornography
- Bullying, tendency comparing themselves, jealousy, indoctrination, exposure to porn, exploitation
- Bullying, unrealistic expectations, influence of strangers
- Cyber bullies
- Cyber bullying
- Cyber bullying and predators
- Cyber bullying, access to inappropriate material
- Cyber bullying, addiction, social avoidance, depression and anxiety
- Cyber bullying, altered perception of reality
- Cyber bullying, exposure to inappropriate content, addiction
- Cyber bullying, exposure to unrealistic expectations, excessive tech use
- Cyber bullying, meeting strangers with bad intentions, and exposure to content that they aren't developmentally prepared for
- Cyber bullying, misinformation, lack of physical exercise, too much screen time
- Cyber bullying. Not “real” life pictures and updates. Contact with strangers
- Everything, bullying, exposure to negative stuff, addiction
- Exposure to cyber bullying, unrealistic standards, and inappropriate content
- Harassment, emotional and mental harm
- I think one of the harms of social media is bullying.
- I think there are significant harms. For example: bullying, predators, and inappropriate content
- Kids are jerks, why would being on social media suddenly make them be nicer?
- Literally everything else. Bullying, body dysmorphia, porn, etc.
- Online bullying
- Online bullying, feeling left out, gateway to predators
- Online bullying, low self-esteem
- Online bullying, not learning communication skills, too much instant gratification, unrealistic expectations
- Online bullying, self-esteem issues, inappropriate pornography
- Online bullying, self-perception
- Possibility of bullying, perceptions of reality that aren't true
- There's lots, cyber bullying, behavior issues, all that kind of stuff

Exposure to inappropriate content (71) 12%

- Accessing inappropriate content, potential bullying, and detachment of personal relationships
- Accessing inappropriate content, potential for online predators
- Adult content that probably isn't filtered very well.
- Advertising, pornography, false information
- All the bad websites that they have access to
- Bad videos and advice, negative influences
- Being exposed to inappropriate things
- Being introduced to bad things, predators
- Child pornography, peer-orienting
- Children are not emotionally mature enough for it
- Depending on what the platform is, I think Instagram especially is known for having exclusive content readily available and Reddit is known for that as well for all ages. I think there is no sense in hiding my children from what they will see eventually. More so, just talk to them about it.
- Everything is out there, so they can see anything, graphic nudity, etc.
- Exposure to age-inappropriate materials and/or porn, changing perceptions of their body and what's normal, bullying, long-term effects on focus, changing dopamine levels
- Exposure to drugs, sex and alcohol, bad ideas
- Exposure to explicit material, being compared to others and not feeling good about themselves, cyber bullying
- Exposure to inappropriate content
- Exposure to inappropriate content, cyber bullying
- Exposure to indecent material, dangerous social interactions, predators, limited frontal cortex things affecting their ability to make good decisions
- Exposure to online behavior that is inappropriate, distorted social interactions
- Exposure to pornography and sexual predators
- Exposure to things I wouldn't want them to see.
- Exposure to things that are more mature than they are ready for. And the comparison when they are comparing themselves to their peers and others and wishing that they have different things than they have.
- Exposure to things that kids don't need to see, worldly stressors and possible lack of self-esteem
- Exposure to things they're not ready for, bullying, predators
- Exposure to unnecessary content/material. When they become an "adult" then they can make their own conscientious decisions based on their personal beliefs/views/values
- Exposure to who knows what, fake identities, addiction, emotional harm, mental harm, physical harm at times
- Finding things that they are not ready for emotionally
- For YouTube it would be seeing things that are too mature for them and people having access to my child.
- Get hooked on porn, drugs, alcohol
- Getting access to media that's not age-appropriate, stranger danger/being more accessible to strangers, or spending way too much time instead of interacting with people.
- Having access to adult content, depression, body image, TikTok challenges that are dangerous, being disconnected from friends, social behaviors

- I think it can be harmful when I see things that should not be there. For example, things on TikTok. I think those TikTok challenges are terrible.
- I think one harm is access to pornography.
- I think there are things that are put on social media that children should not be seeing.
- Immoral, false news
- Inappropriate content and people who are trying to take advantage of them.
- Inappropriate language, images, videos, and cyber bullying
- It's hard to monitor what they see or do and social media can have content that is harmful, negative influences
- Keep them away from inappropriate things!
- Kids start to see things that are not appropriate for young children, it can put ideas in their heads.
- Lack of parents monitoring content, unrealistic influence that impacts their way of thinking
- Language
- Looking at things they shouldn't be
- Lots of access to bad things
- Not able to monitor what they are able to see and input, algorithms reduce diversity, reduced interaction with others
- Porn, bullies, bad self-image
- Porn, enticed by adults
- Porn, foul language, violence, bullying, sex
- Porn, wokeness, alcohol, drugs, too many opinions against religion and morals
- Pornography (3)
- Pornography and comparing themselves to others
- Pornography and contact with offenders
- Pornography, online predators, bullying, propaganda, mature content
- Pornography, predators, bullying, and it's not healthy
- Possibly seeing things that they shouldn't be seeing, talking to people that they shouldn't be talking to
- Potty images, their safety, everything
- Reveals bad stuff in the world, bullying
- See things they are not mature enough or old enough to handle
- Seeing inappropriate content, wasting time/addictive nature of social media
- Seeing things you don't want them seeing—gross, violent, suggestive, etc.
- Sexual degeneracy, grooming minors, indoctrination in false philosophies, and genital mutilation
- Sexually explicit things
- The content of what is being exposed to them.
- The negative stuff that pops up like porn, Huggy Wuggy
- There is no parental controls on what they can see and there are bad people who take advantage of kids.
- They get exposed to a lot of stuff they shouldn't be. They can end up with negative images of how things are vs how they really are. Also online predators.
- Unwanted content
- Violence and sexual content
- Who knows what they might see? It is also bad to never be bored.

Depression, anxiety, poor mental health (54) 9%

- Anxiety, bullying, corruptness, one view, psychological problems
- Anxiety, content that's not age-appropriate, and social impacts: dissociation from good relationships, loneliness, comparing self to others
- Anxiety, depression, exposure to stupid ideas, porn, never being content, wasting time, predators, and bullies
- Anxiety, depression, low self-esteem
- Anxiety, depression, not really living life, learning behind a screen, child predators, exposure to age inappropriate things, porn, and violence
- Anxiety, depression, unrealistic expectations of life, reclusive tendencies
- Anxiety, exposure to "smut", self-esteem
- Anxiety, mental health issues, being unproductive
- Anxiety, predators, trafficking, and identity theft
- Anxiety, self-judgement, self-worth, and comparing themselves to others
- Causes increased depression, mental health concerns
- Contributes to depression, anxiety, being out of touch with reality, time waster
- Decreased mental health, lower self-esteem, higher chance of eating disorders
- Depression (2)
- Depression and anxiety
- Depression and anxiety from comparison with others, bad influences, online bullying, wasting time
- Depression by seeing their friends do things that they're not invited to, comparison, being on it too much
- Depression, anxiety, bullies
- Depression, anxiety, lack of skills to interact with people, lack of ability to interact with adults or be able to communicate hard things, withdrawing, and takes away from family relationships
- Depression, anxiety, not getting actual and real interaction with people, avoiding real friendships/in-person gatherings
- Depression, anxiety, peer pressure, and exposure to harmful things
- Depression, anxiety, self-loathing
- Depression, anxiety, social isolation, pornography, and bullying
- Depression, anxiety, suicidal ideation, the list goes on and on
- Depression, body image issues, potential self-harm, unrealistic view of the world, propaganda, misinformation in general, bullying, child abduction, narcissism, materialism, advertising to buy things, peer pressure, low self-esteem
- Depression, bullying, esteem
- Depression, comparison, tech addiction, ADHD/lack of focus, lower IQ, poorer education, incorrect priorities, spread of bad ideologies
- Depression, false sense of reality, pornography
- Depression, low self-esteem, anxiety, etc.
- I think it's mentally harmful if they get involved too young.
- I think some harms are mental health issues, anxiety, depression, and incorrect views of the world.
- It affects their mental and emotional well-being.
- Lower mental health, exposure to predators, adopting harmful ideas
- Mental harm, emotional harm, physical harm to self
- Mental health (3)

- Mental health and body image, waste of time
- Mental health implications such as depression as a result of comparing themselves to others
- Mental health issues, predators, porn, grooming kids
- Mental health risk, safety risks
- Mental health, comparing, feeling entitled, feeling left out
- Mental health, competition, body dysmorphia, and violence
- Mental health, predators, unsolicited adult content
- Mental health, they're not ready to see stuff on there
- Mental illness
- Mental problems
- Psychological and social
- Psychological and social harm
- Psychological harm
- So many: depression, too much mature content, wasting time, a waste of life
- Social anxiety, depression, negatively affected self-image, general time suck
- There's a lot: it can cause depression, comparison, bullying, and suicide.

Unrealistic expectations (36) 6%

- Adopting unrealistic expectations (appearance, lifestyle, behavior). Developing inferiority complexes or depression.
- Develop unreal outlook on the world, time waster, shorten their attention span
- Everybody thinks that it's real life when it's not, can make people unhappy and compare themselves to what they see online
- Fake reality
- False perceptions about reality and negativity
- False sense of reality
- False view of the world, bullying
- Gives the children a false view of their peers causing them to be more insecure.
- How their mind can be influenced by what they see that is not real
- It can give them a skewed perception of the world.
- Lack of boundaries, lack of understanding the dangers, access to info that's not age appropriate
- Messes with perceptions of reality and socialization skills, time waster, prevents them from doing more beneficial things, exposure to non-kid safe media, detriment to mental health
- Negative perception of real life, mixed sense of reality, comparing to other peoples lives, hinder self-confidence/self-worth
- Not real and they don't spend much time in the social environment. They don't spend enough time with friends.
- Primarily a false sense of reality, secondly we act differently on social media
- Skewed perceptions of normal life, damages their ability to delay gratification, damaging to their moral compasses
- Skewed perceptions, introduction to topics too early, heightened sexuality and exposure, predator access
- The biggest risk is that they believe what they see and others tell them without having the skill or ability to rationalize what is presented.
- There are too many to count in a list. But the main harm is developing an unrealistic perception of what life is about.

- They really lose connection with the real world and social aspects and becoming more socially awkward, it definitely has caused some anxiety.
- They think it'll indicate their popularity, exposure to ads, possible predation
- Unreal expectations and malicious communication
- Unrealistic comparisons with others, feeling left out, waste of time
- Unrealistic expectation of life and dissociation from reality
- Unrealistic expectations about life including body image, social status, importance of money, relationship of money to happiness
- Unrealistic expectations and perceptions and cyberbullying
- Unrealistic expectations for everything
- Unrealistic expectations, less real friendships
- Unrealistic presentations on social media, cyberbullying and harassment
- Unrealistic social concepts
- Unrealistic standards, inexperienced with reality and understanding what is true and false, bullying or sexual harm, wasting time
- Unrealistic view of reality
- Unrealistic view of reality and they judge themselves from it
- Unrealistic views of body image, wealth, relationships
- Warped sense of reality, judging themselves too harshly
- Your perceptions are your reality, so if a youth perceives things as a certain way, then they will think that's real.

Addiction, excessive use (32) 5%

- Addicted and affecting self-esteem
- Addicted, pornography, propaganda, attacks on family values, attacks on values, LGBTQ indoctrination, attacks on religion, social and political indoctrination, cyber bullying, not living a real life, a waste of time, not doing the important things in life, and it's bad for their overall mental health!
- Addiction (3)
- Addiction problems
- Addiction, bullying
- Addiction, bullying, harmful content
- Addiction, bullying, poor behavior, and poor social skills
- Addiction, comparing, not seeing this as reality, pornography, exposure to predators or influencers without same values, not engaging in real life activities, very low communication skills, and can't interact with people socially
- Addiction, exposure to harmful ideals
- Addiction, self-worth effects
- Addictive, horror movie ads
- Being addicted to phones, depression, poor eating habits, committing dangerous acts, poor discipline in schools
- Digital addiction, exposure to predators, skewing of world view, lessened ability to communicate face-to-face, decreased happiness
- Exposure to illegal activity, obscured view of what a woman should look like
- I think some harms are being addicted to it, pornography issues, and wasting time in general.
- Over usage, being on it too frequently, and then there's a lot of inappropriate content.

- Over usage. It should be an award instead of a parent time out. If they went to work and do their chores and get good grades they are allowed to have their couple of hours of social media.
- Over use, constant stimulation, unregulated adult content
- Overuse, inappropriate content
- Phone addiction, not good with social interactions
- Spending too much time
- Spending too much time, seeing inappropriate content, comparing themselves to others in harmful ways, posting inappropriate content
- Technology addiction, self-worth issues
- They don't want to do anything else.
- They get addicted and distracted.
- Too many to list: addiction, depression, social anxiety, online predators, etc.
- Too much screen time and bullying
- Too much time on social media and not enough time outdoors. Inactivity in general.
- Too much time taken, unrealistic expectations from seeing best world of other people. It can lead to depression thinking they don't measure up with others. Potential of meeting people who are predators. Find harmful messages, thoughts, feelings, discussions, etc. even without trying to find those things. Cyberbullying is prevalent.
- Used in excess, challenging the parents

Negative role models, influences (24) 4%

- Bad influencers
- Bad influences, sexual content
- Bad interaction, learning the wrong things in life, everything
- Bad role models
- Being influenced by too much of everything, it's everywhere
- Degradation of morals, just spending too much time not in the real world
- Exposure to fads, ideas, and unproven statements, things that do not adhere to our family standards
- Getting into college because of bad posting
- I think it can cause negative effects involving drugs and violence, nude acts, and making things that are bad look okay.
- Influence of bad behavior, bullying
- Influence, exposure to things that aren't relative right now in life, things that are inappropriate for kids that are underage, things that are harmful to development, and their ability to make good choices. Things that should be taught at home should be not on social media.
- Influenced by the wrong people, pornography, comparing themselves to others
- Influenced too young
- Influences of other people, predators
- Influences that I would not like them to have. Bad image of themselves compared to what they see on social media. Increased worry, stress, depression, anxiety.
- It could cause the minor to be easily influenced by the world without an understanding of the consequences.
- Leading them in ways they shouldn't go
- Negative influences
- Negative things on there

- Opinions that don't align with our family dynamics and just wasting time watching crap that has zero value/worth.
- There are negative conversations and individuals that tear people down and could cause problems.
- There have been some horrible TikTok videos showing criminal behaviors, it can be hard on self-esteem and comparing others.
- They are normalizing evil, bullying
- Trouble

Many harms, in general (21) 3%

- A lot
- All of it
- Everything (5)
- Everything else on social media
- Everything else, so many negative effects
- Everything it offers
- I think it needs to be supervised and age appropriate, there are a lot of harms.
- I think there are unlimited harms.
- In my opinion, there are many potential harms for children and youth that use social media. In fact, there are too many to name here if social media isn't used correctly.
- Lots of crazy things going on there
- So many things
- There's a lot of stuff out there that is damaging or not beneficial.
- Too many to count
- Too many to list. They are all documented with multiple studies.
- Too many to name
- Toxic in general
- Very, very many

Misinformation (21) 3%

- All the misinformation, it's all garbage
- Bad information, bad mental health, bad perceptions
- Believing information without factual research
- Dissemination of false information, body image issues, idol worship/wanting to be like other people they see
- Exposure to unsourced lies, (bodies, sexuality, jobs, parents). Unfiltered content with no knowledge if it's true
- False information
- False information as well as misinformation and creating bad habits
- False information, peer pressure, false expectations, disturbing material, harmful material
- Getting false information, they don't always have positive interactions/bullying
- I believe there is lots of harm. Misguidance, false information
- Inappropriate information without proper context. For girls there are problems about self-image, weight. For boys, pornography is an issue.
- Misinformation
- Misinformation and some of the visual things

- Misinformation, being subject to creepy people
- Misinformation, cyber bullying, poor self-esteem, stress, anxiety, loss of sleep, grooming/abuse, lack of outdoor play, irrational fears, etc.
- Rumor spreading, unrealistic expectations, bullying, disruptive to sleep and distracting from responsibilities
- Social media promotes uncurated lies and conspiracy theories. There are serious problems with social media companies in the US.
- There could be fake or dangerous stuff on there and other inappropriate stuff.
- There's a lot of misinformation and opportunity for manipulation
- Too much misinformation
- Too much questionable info

Time wasted, distractions (14) 2%

- Distracting them from more important things, negative influences, no way to control those influences
- Distraction
- Distraction, lowers social interaction, cyber bullying, comparing
- Don't pay attention to anything else, if you take it away they can get aggressive, low esteem
- They're distracted. Body image, unrealistic expectations, harmful language, harmful images, harmful everything it's all around. Worrisome of the content on there and I guess misinformation.
- Time consumption
- Time management, addiction, body image, comparison
- Time waster, lack of real social interaction, harm to self-image due to unrealistic comparisons
- Time waster, see things they shouldn't, interaction with people they shouldn't
- Time wasting, false info, ruin self-esteem, depression
- Time wasting, self-confidence, fake reality, peer pressure, negative influences and pressures
- Too consuming, too negative
- Waste of time
- Wasted time, potential predators, comparison

Isolation (11) 2%

- A lot of kids use it to replace genuine relationships and it's not a good way to be social. Kids compare themselves to others. People spend too much time online and don't create lasting relationships.
- Anti-social tendency, delusional perspectives of the world based on online content, hermiting
- Avoid in person interaction, avoid physical activity, image and Self-concept issues, misinformation
- Feel left out
- Isolation, anti-social behavior, perception change of reality, vulnerable to sex trafficking
- Isolation, bullying, anxiety
- Isolation, harmful comparison leading to anxiety, depression, low self-esteem, inaccurate opinions/views of life, child predators
- Isolation, it's very hazardous, stressful
- Keeps them from forming relationships and habits outside of social media, increase their negative comparisons to others, get in contact with people who are unsavory
- Loss of human to human contact, disconnected from what's happening around them

- Not enough face to face interaction, cyberbullying, digital media addiction, not enough time with nature, less time with family, misperceptions about real life, anxiety, depression

Indoctrination, propaganda (8) 1%

- Access to radical ideologies, youth targeted ideologies, and pornography
- Being brainwashed by bull
- Brainwashing, seeking emotional acceptance
- Conservative propaganda, predators
- Horizontal dissemination of moral realities
- Propaganda, bad things they see
- The transgender crap.
- The woke people.

Self-harm, suicide (8) 1%

- All kinds: increase in suicide rates due to quantification of likes not quality of friends.
- I see more harm done than good with the use of social media in children/youth. I believe it is the main cause for the increase in teen suicide rates, depression, unrealistic expectations, body image issues, and lack of social and communication skills in the youth today.
- Leads to self-harm, bullying
- Self-abuse, negative self-worth, unrealistic expectations, dangerous encounters, lifelong regrets
- Suicide
- Suicide, depression, etc.
- Suicide, low self-esteem, wasting time and talents, worrying about what other people think, warping your mind to reality. I could go on and on and on.
- Suicide, pornography, body issues, low self-esteem, no confidence

Poor social skills (7) 1%

- I think children substitute social media for social interaction and children start to imitate things they see on social media. I also think children become chronically distracted by social media.
- It replaces face to face communication.
- Lack of direct personal communication skills
- Lack of social intelligence and the ability to interact in group settings appropriately, lack of self-esteem and false comparison, addiction
- Less social, addiction, too much time spent, interaction online, level of security, more disrespectful, no negative repercussions
- Not developing social skills
- They don't learn how to socialize and can get bad opinions about things.

Laziness, low physical activity, not going outdoors (6) 1%

- Don't exercise
- Don't go outside
- Encouragement to stay inside. There is a lot of bad exposure to things children should not be exposed to: nudity, sexual orientation, violence, encouragement to do harmful things both to themselves and others
- Lack of activity, exercise, social skills, becoming more anti-social, being negatively influenced, trouble sleeping, increased depression

- Lack of exercise
- Laziness, bullying, distraction, self-image

Peer pressure (4) 1%

- Peer pressure, instant gratification
- Peer pressure, misinformation, scams, bullying
- Peer pressure, self-esteem issues, and time wasting
- Social peer pressure, depression, opinionated learning, potential threats (kidnapping, bullying, etc.) anxiety, R-rated material (profanity, nudity etc.)

Shortened attention span (4) 1%

- ADHD, gender dysphoria, depression, suicide, anxiety, anorexia, Marxism, communism
- Lack of attention, depression, engaging with people that could be harmful to them, bullying
- Numerous: shortened attention span, peer pressure, bullying, toxic echo chambers, the excessive bombardment; it becomes an addiction
- Social media causes ADHD/ODD symptoms, sleeplessness, depression, anxiety

Brain development (3) 0%

- It affects their brain
- It gives them brain problems: they get addicted because of the brain chemicals, the dopamine. They become more impatient and their self-esteem and confidence is lacking I think and physically I'm sure. If they're on it too much their physical health deteriorates.
- Too much fast content. Quick stimulation causes endorphin releases too often causing addiction like reactions. False information and education learning. Tracking.

Personal safety (1) 0%

- Being harmed

Miscellaneous responses (14) 2%

- Constant entertainment leads to lack of creativity, they constantly compare to others and feel left out, they think money just grows on trees following all these rich young influencers, decreases work productivity, causes social anxiety, spreads news quickly about suicides or shootings in schools, others ideas are so pushed before kids have been able to know who they are and what they really think about themselves
- Depends on if they are doing schoolwork, depends on parents
- Depends on the kid, I also think the age depends on the kid
- I don't count YouTube as social media. There are no benefits, it is very harmful to them. Especially dangerous is the pervasive and invasive LGBT+ social contagion, resulting in massive increases in so-called transgenderism.
- Ideas becoming broad, seeking attention for approval
- Inappropriate social media algorithms, amplified peer influence, retarding development of social skills
- It's dangerous and evil. It destroys lives, families, and youth.
- Kids get focused on popularity and seeking validation
- Social media is ruining the world.
- Sometimes there are some stupid things, brain damage

- They will end up in hell, probably
- They'll become accustom to instant gratification and the need to have likes and appear popular on social media.
- We need as parents to check what they do.
- Well YouTube Kids

Don't know, no comment (2) 0%

- I don't know.
- Not sure

APPENDIX D: WHAT SOCIAL MEDIA BOUNDARIES HAVE YOU SET FOR YOUR CHILDREN?

Coded by first mention only

Time limits (193) 34%

- 30 minutes a day
- Allowed a certain amount of time, appropriate pages
- Amount of time and I check the things they're doing, it always has to be open to me
- An hour a day and can't have anything but YouTube Kids.
- Daily time limits and appropriate content
- Each app has a daily limit, certain social media they can't access until certain ages
- Established time limits and compensating positive time elsewhere with people, faith, etc.
- Half hour a day
- How long and what you can watch
- How long they can use it, also which platforms they have access to
- How often he can use it per day, what sites he can access, who he can access, they need to let us see what they are doing.
- I enforce limited use.
- I only allow an hour a day
- I only allow my children to use social media for some of the day.
- I try to keep them under four hours a day, and limit the kinds of content he can have on his phone.
- I'm going to set a time limit, going to make sure that she's friends with and following good people.
- It is blocked at one hour.
- It is my stepson, so I don't know all of the particulars, but there is definitely a time limit as well as a time of day limit.
- Length of time and time of day
- Length of time spent. Who they can follow, and who follows them. I've blocked accounts. I do weekly checks on their media too.
- Less than three hours daily
- Limit screen time (2)
- Limit the time and limit what he can watch.
- Limit the time, and limit the type of social media they can access
- Limit time
- Limit time and access
- Limit time spent on to 30 minutes and communication about what is "real" and what is perceived as "real." I try to keep them grounded in reality.
- Limit to one-and-a-half hours per day
- Limit usage and only under supervision
- Limit usage, and setting YouTube to the kids version, and checking up on the histories of searches
- Limited access to their devices
- Limited availability on mobile devices. No usage of social media after certain hours.
- Limited screen time (2)
- Limited screen time and they have to turn in their phone at night

- Limited screen time because of negative behavior, we usually have him watch it with us, skip videos we're uncomfortable with.
- Limited screen time, has to have a parent present, Marco Polo only with family.
- Limited time, parental controls, privacy controls
- Limited to hour daily use and phone gets turned into parents at 10 PM
- Limited usage, specific platforms
- Limiting screen time and monitoring what apps are being used and who she is communicating with
- Limiting the amount of time as well as which platforms that are accessible. Further, a requirement that all of it is done/used within sight and sound of us as parents.
- Limiting time on social media, and curfew, seeing what content they have and are seeing.
- Limits on bandwidth, time of day, random/routine inspection
- Limits to how much time they can spend on their tablet, limits to apps they can use independently (only YouTube Kids), and parent using apps with them.
- Mostly just like a time limit
- My daughter only gets screen time once a week.
- My wife limits the time they are on it
- No more than an hour per day (enforced with a family share app) on social media with a total allowed usage of 3 hours per day, no phones in their room at night, no social media until they're 14, we make them give us their phones periodically to review their pics/message/etc.
- No more than one hour a day and only for creative expression
- No more than two hours a day (2)
- No more than two hours a day, not after 9 at night or before 9 in the morning. I restrict sites that can be visited.
- Not more than an hour a day
- One hour a day and remove all social media during school breaks
- One hour a day of YouTube, no social media without parental permission, and friendship on that account
- One hour a day.
- One hour of usage per day
- One hour or less for screen time on games and social media
- One hour per day, only YouTube allowed
- Only 30 minutes, don't post pictures or give any info on my child
- Only 4 hours a week, no cellphones
- Only allowed certain amount time
- Only allowed to use on the weekends, can't talk to strangers
- Only half hour a day
- Only use for 30 minutes
- Restricted online time, no open social media platforms, screened interaction
- Restricting screen time, restricting content they can view, must be a family activity
- Screen limits for time, no access to Instagram, Facebook, Twitter, or Snapchat
- Screen time (3)
- Screen time blockers, time limits for 3 hours, blocks on YouTube on our laptop and TV, they can only access it at certain times.
- Screen time limits, down time at night, keep phones in kitchen
- Screen time limits, no phones at night

- Screen time limits, the time of day that you can use it
- Screen time per day, minimum amount of physical activity a day
- Screen time, some parental controls on internet access
- Set time limits and blocking certain apps
- Set time, only watch what we pick
- Set times, parental control, having full access to phone and account when I want and knowing all passwords
- She can only be on it for so long, maybe an hour, if that.
- She has a time limit on her phone set.
- The length of time spent and the social media platform that they use
- The time and type of content
- They are allowed an hour without permission and after that they have to ask to have screen time unlocked. And they turn in their phones every night.
- They are limited to time limits on each app, and they are supposed to turn their phones in at night, during dinner, and when they are working on homework and other projects.
- They can only be on those couple hours a day.
- They can only watch 30 to 45 minutes and they can watch while am there.
- They get 30 minutes two or three times a week to watch YouTube. They don't have anything else.
- They have a limited amount of time. They have to have approval.
- They have a time limit to use it.
- They have screen time and certain apps at blocked.
- They have time limits and phone shut off times, and they can't access some social media.
- They have time limits on their limits, they get turned off after an hour. All the kids have the kid mode.
- They only get about an hour a day.
- They're limited to access, we have to be in the room, we have to know what they're watching and we have parental locks on everything.
- Three hours a day, which is still too much, no TikTok, and I get to look at account anytime
- Time (3)
- Time allowed per day. I don't allow certain types of social media. Accounts must be private and I have to approve "friends"
- Time and blocking sites, parental controls
- Time and channels
- Time and content
- Time and what they are doing
- Time length is 30 to 60 minutes per day
- Time limit
- Time limit and they are not allowed to communicate on social media
- Time limit and who they socialize with
- Time limit on it. Cut off time before bed. Don't take it in the room with him. Cannot access certain social media platforms.
- Time limit per day and after a certain hour, not allowed in their rooms
- Time limit, access to what media they are on
- Time limit, and content limit
- Time limit, no phone in room, no social media until over 16
- Time limit, parental blocks setting, media they can't have and check and monitor their phone

- Time limits (7)
- Time limits and access
- Time limits and activity monitors
- Time limits and appropriate YouTube channels
- Time limits and bed times. Computers stay off until morning. Monitor what the children are watching and go through history of watched videos.
- Time limits and content limits
- Time limits and control over which apps can be installed
- Time limits and hours that they can use it
- Time limits and inspections
- Time limits and it must be age appropriate
- Time limits and limits on contacts
- Time limits and no access to most of them
- Time limits and only on YouTube Kids
- Time limits and parental controls (2)
- Time limits and platforms
- Time limits and schedule
- Time limits and sites allowed that are monitored and locked with parental controls
- Time limits and sites that are accessible
- Time limits and the apps they can access
- Time limits and time of day usage
- Time limits and what platforms are available
- Time limits for each app, parental passwords in order to use apps
- Time limits for YouTube Kids, only using it with a parent for Snapchat and Instagram
- Time limits, and content
- Time limits, application limits, overall environment, screens have to be seen by adults
- Time limits, can only be on parent approved social media
- Time limits, content watched
- Time limits, download limits, interaction limits
- Time limits, filters on content
- Time limits, hour limits (schedule)
- Time limits, I also lock their phones at a certain time of night, if they're on a social media platform I have to be friends with them, I know all their passwords.
- Time limits, monitor what pages she watches
- Time limits, no adult content or violence
- Time limits, no Facebook, Twitter, Instagram. No Snapchat without adult, shared accounts
- Time limits, no social media accounts, phone taken away before bedtime
- Time limits, no social media I don't have
- Time limits, not allowed on TikTok, only allowed to friend people they know
- Time limits, not allowing all apps
- Time limits, not allowing certain types, addiction
- Time limits, other metrics in order to use social media (academic performance, tasks, etc.)
- Time limits, parental controls
- Time limits, phone shuts off overnight

- Time limits, phones turned in at night, involved in other activities, talk to them about social media harms.
- Time limits, the time of day they can use it, being careful about what they post
- Time limits, they're not allowed to have Snapchat or Twitter, limitations on which apps they can access
- Time limits, time ranges
- Time limits, which platforms they can use.
- Time of day that they are allowed to use, only allowed to use the ones we are familiar with
- Time only an hour a day
- Time, apps not allowed, direct messages
- Time, log in sharing with parents
- Time, which platforms they access, discuss the dangers thereof
- Timelines and I have access to approve what they are looking at
- Timers
- Times limits, who they can talk too, what content they can view
- Times that they can use it, limited screen time
- Two hours a day and that they need to talk to us about the bad stuff and information that don't go with our teachings
- Two hours of screen time a day
- Use it at certain times of the day, and in public. We also have access to all of his accounts.
- Use it for 10 minutes each day after he earns it, only do it with me in the room
- We do a time limit. I put filters on for explicit content. And then we have a few different apps as well, we can monitor them and see what they're using.
- We just try to limits how many hours a day they are on it.
- We limit how much they use it, we limit the type of content.
- We set time limits for social media viewing and have a "no social media" viewing policy after 19:00. We also don't allow any digital devices at the dinner table, kids or parents.
- We set timers and watching it where I am with them.
- We try to do time limits and we try to not have it but it's almost impossible. We are not being supported in setting boundaries by the social media people.
- We use time limits and passwords. Only follow people we personally know, account must be private, we as parents check your phone nightly, no phones in rooms at night.
- What they can access online, what time they go to bed, no phone in bedroom after bedtime
- Wi-Fi is only turned on their devices for certain times of day. Restrictions are set up for what sites are accessible.

Content restrictions (108) 19%

- Access to certain social media, sometimes we go on things like Pinterest, but we monitor that
- Age appropriate programs, content. I have to see it first and approve.
- Always need to ask permission before adding friends and blocked other sites and apps
- Approve all apps, monitor time spent on apps, requires child to friend on social media, parents can look at his social media any time
- Asking permission and honesty if they are at a friend's house and they use it
- Can only use Kids YouTube
- Can't have all applications, limited screen time
- Can't have anything except Instagram, have to be old enough to do it.

- Certain accesses to certain programs, it gets shut off at night, there are parental controls on the content, and then we talk to them about it there's a lot of communication
- Certain apps, turn in phone each evening.
- Certain content, time limits, if she gets on TikTok it's on my phone and I'm with her
- Certain platforms and content usage and time on the platform and monitoring messages
- Content restrictions, only communicate with family
- Currently we limit the platforms they can interact with (YouTube and Marco Polo). We also limit the time they spend on these platforms, and often engage in the content with them.
- Don't let them get on random communication like, Twitter and Discord
- Each platform needs specific okay from parents before they are allowed to create a login. After they have created a login, it is subject to regular discussion about their usage, and total time of screen usage is 45 minutes.
- Everything must be approved by me, age-appropriate limits on those sites
- He doesn't use much, but I decide what he watches.
- I allow them to watch stuff on YouTube Kids, Discord only with people I approve
- I control
- I control what he watches.
- I don't allow my children to watch too much TikTok because there is sexual content. I don't allow the TikTok app. I do allow my children to watch YouTube.
- I don't allow some platforms and limit their time.
- I have to approve all apps prior to downloading.
- I only allow certain platforms (definitely not TikTok), and I also monitor their Discord activity, and I also will ask periodically about things like cyber bullying.
- I only allow my child to watch YouTube Kids, and if I hear bad language I do not allow my child to watch it.
- I only allow YouTube. I have Gabb wireless so my children don't have Wi-Fi access on their phones. My children do not have smartphones.
- I restrict TikTok, Instagram, and I monitor her posts.
- I think TikTok is okay. When I see something, I tell my child that they cannot get on it.
- I try to keep them away from TikTok, but encourage them to use their brain.
- I will have things in place that will not allow them to access certain websites, as well as time concerns. They will be constrained to allotted lengths of time.
- If we say no, then you can't watch that.
- It needs to be appropriate.
- Keep out negative stuff, bad songs
- Limit the channels they are able to watch (YouTube) and time limit
- Limit what accounts they can have
- Limited apps, only certain apps such as YouTube
- Make them delete stuff, we have a parental block
- Most platforms are prohibited. The platforms that we allow are locked down to only a certain amount of time each day. We do our best to monitor these as well, but our daughter is very sneaky. We do our best to educate her on the reasons we limit them. It's very difficult.
- My child is only allowed to access websites that I say okay to. I allow Twitch, and YouTube, but I do not allow Instagram and Reddit.
- My children only use YouTube Kids, I control age limits and time limits.

- My children's social media usage is very limited outside of schoolwork. I only limit their time on social media to an hour.
- My kids have restricted social media at first, I have full control; then they get passwords to as the years go by and they show they are responsible.
- My son only uses YouTube Kids. I set a time limit so he can only use it for a certain amount of time per day.
- No access to certain platforms
- No bad content
- No pornography
- No social media except YouTube
- No social media outside of YouTube, and it is monitored
- No social media unless it's allowing you to learn something
- Not allowed to have certain platforms
- Not allowed to set up accounts for certain platforms, parents can check their account any time
- Nothing age inappropriate. Not to interfere with school.
- Nothing that has to do with pornography or violence
- Nothing that is an M rating, they're allowed to watch YouTube Kids, and I have to approve apps they want.
- Only allow them on YouTube when there is supervision, screen time limited
- Only allowed on Pinterest, Instagram, and YouTube (with parent oversight)
- Only allowed to watch certain things on YouTube with supervision
- Only approved content
- Only YouTube, lots of restrictions
- Prevent certain apps from their phone, limited cutoff times during the day
- Restrictions on YouTube and Facebook, I monitor them
- Right now, my kids only use YouTube because they're young. But we set up time limits and have parental controls on all devices.
- She can only watch YouTube Kids in the room with parents
- She is not allowed to use anything outside of YouTube Kids until 13. I will be monitoring what she does from that point on. I choose what age range she is in for YouTube Kids. Twitter is just... She has to be 18 for that.
- She only gets YouTube Kids, no chats or commenting
- She watches YouTube and that's it. And she can only watch certain things.
- The more adult oriented platforms are off bounds.
- The type of social media and time spent on the phone
- There's certain ones that I ban, try to limit their time on it (self-government and awareness), open communication
- They are allowed to watch YouTube shows I approve of. No other social media will be allowed until age 10 to 12.
- They are allowed to watch YouTube, but we don't allow them to comment and we are careful what videos they watch and we try to be present while they watch.
- They are not allowed free use of social media. All platforms are restricted, with YouTube being longer videos (no shorts) and Discord is a private server. Only Facebook interaction is Messenger, but which is strictly watched by the parents.
- They are not allowed on any other than YouTube.
- They are only allowed to use a few types and not until they are in high school.

- They are only on YouTube, we choose what they are allowed to watch on there.
- They can only access YouTube on a tablet and they cannot comment.
- They can only access YouTube under a kids account.
- They can only be on certain ones and there are time limits.
- They can only go on certain platforms and also their phones get turned in and the end of the day and we go through it making sure they are not getting into harmful sites.
- They can watch things on YouTube with family but otherwise cannot use social media.
- They can't access all social media sites. They have limits on their phones.
- They don't have access to any social media without my permission or supervision and won't have phones until 16.
- They don't have access to Instagram, Facebook, TikTok or other social media sites. We monitor their YouTube history and limit their screen time. We also discuss with them that social media is entertainment and not always the whole picture. For example, a two-minute video takes hours or days to produce.
- They don't have access unless we give them permission. My children only get one to one-and-a-half hours of screen time per day.
- They don't have any access to any media except for what I and my wife have.
- They get access to YouTube for a set limit of time.
- They have to make me aware of what they're looking at.
- They only can use social media that we let them.
- They're only allowed to use Marco Polo and can only chat with friends we know.
- We approve all apps that are on their phone. They have to provide us with the passwords on their phones and they know we can inspect them at any time. We also require they take a break from social media for at least two hours every evening.
- We don't allow some of them and when they can or can't get on it
- We don't allow them to use anything but YouTube and YouTube is monitored (YouTube Kids).
- We don't let them watch YouTube and only occasionally watch videos on Instagram with a parent.
- We don't let them watch YouTube videos. In the future, the ability to check what they're doing, access to the devices they're on.
- We just turn YouTube off when it's been about that thirty minutes.
- We only watch YouTube so we just set time limits, and block inappropriate content
- We own and control their phones, and we TALK to our kids.
- What platforms they have
- What shows they can't watch
- What sites they can use and how long they're on it
- What they access and when they need to get off
- What they are allowed to use, how much time spent as well
- What they can watch
- What they're allowed to access, and how much time
- YouTube is the only form they are allowed to be on until they are 18.
- YouTube Kids, only 2 hours a day after school and sports
- YouTube only on the television, boundaries on what she's allowed to watch, no TikTok by herself, no social media on personal devices, not every day, less than an hour per day.

No social media (104) 18%

- Avoid it
- Cannot use
- Cannot use at all yet, time limits later
- Can't have it
- Doesn't use, 3 months old
- Don't have it, time limits
- Don't use
- He does not have access to social media, period.
- He doesn't get on it quite yet.
- He doesn't have access to most common social media, he uses YouTube, and I paid to get rid of ads. I monitor his activity on Discord.
- He's not interested in it and we're not interested in getting him signed up on it.
- I do not allow it.
- I do not allow my child to use any social media besides YouTube kids and I put age restrictions on it. I do want my child on any other social media because I think she is too young.
- I do not let my children on it. I may let them use social media when they are in high school.
- I don't allow any social media accounts, limit screen time every day, don't allow it to be used after 9pm, and check what they're watching.
- I don't allow them to use it.
- I don't let them access most of social media. I don't let them on a lot of the Snapchat, TikTok, all of that, I don't let them on there.
- I rarely let them use it!
- It is not applicable because my child is currently not using it.
- My child cannot use any social media because she is not old enough.
- My kids don't use it yet.
- No access for now
- No accounts, TV is password-protected
- No allowed to have own accounts, Gabb phone
- No cell phone. No use.
- No screen time (child is too young)
- No social media (8)
- No social media account, time limits, parent has to be there
- No social media at all
- No social media since they're too young
- No social media use
- No social media yet
- No social media, period
- No social media, she's 6
- No usage
- No usage at all
- No usage under 18
- No use at all until 18
- None in the house (except for YouTube videos for educational content)
- Not allowed
- Not allowed at all

- Not allowed at all
- Not allowed on it at all, in future time limits, site limits, app limits, who they're talking too, what they're looking at
- Not allowed to have social media
- Not allowed to have social media accounts
- Not allowed to use social media
- Not having access yet
- Not having any, limited usage of apps
- Our children are not allowed to have social media accounts.
- Right now they aren't allowed to use it at all.
- Say no to social media entirely
- She does not have social media, so I allow YouTube and I control the videos she watches.
- She doesn't have it and can't use it without supervision and only for educational purposes.
- She isn't allowed all social media platforms and she is given a time limit and no screen time after 9 pm.
- She isn't allowed social media or the internet on a device yet.
- The oldest one's 12, so they don't have phones. At home they can watch YouTube occasionally, but we got to be in the room with them.
- They are not allowed any social media.
- They are not allowed any.
- They are not allowed right now.
- They are not allowed to have it for the most part, and if they do, we have access to their accounts.
- They are not allowed to use it.
- They are not permitted to use it.
- They are not permitted to use social media or internet.
- They are to use nothing related to social media except they are allotted one-and-a-half hours of YouTube.
- They aren't allowed anything.
- They aren't allowed on social media at all. They have Gabb phones that do not allow apps or the internet. Computer usage is in the public living room and monitored.
- They aren't allowed to use it yet. When they are 12 or so, we will allow it in small, monitored amounts and gradually increase what they can use and without monitoring.
- They cannot use it.
- They can't use it.
- They can't use most social media, restriction on the sites they can visit on YouTube
- They do not access social media, and if we do, I supervise.
- They don't access it at all.
- They don't get it
- They don't get to be on social media underage.
- They don't get to have access to it until they're 18.
- They don't get to have social media. I don't consider YouTube social media because it's almost 100% one-sided.
- They don't get to use it.
- They don't have access.
- They don't have it. (2)
- They don't have phones and aren't allowed to have social media.

- They don't use it at their age.
- They don't use it. (4)
- They don't use social media.
- They don't watch unless there is a special occasion, like a long trip.
- They have phones but they do not have internet or social media, they have restricted time on their phones as well, when they're YouTube and/or games they have a time limit as well, and I can monitor it.
- They just don't get to use them. No cell phones until 16.
- They're not allowed to have any.
- They're not allowed to.
- We don't allow it, unless it's YouTube. But they have to be in the presence of the parent to watch YouTube.
- We don't allow most social media and we limit their time on devices and we don't allow them any internet access at all except through a few apps we allow.
- We don't use it.
- While he's around, he has zero access. He's allowed to text his friends instead. Texting is monitored via Pinwheel.
- Zero social media, but YouTube for specific educational tools

Age restrictions (43) 8%

- Age boundaries. My daughter cannot use social media yet. When she is allowed to use it, I will limit the apps she can use.
- Age limit
- Age limit (can't start until 16), time limit (one to two hours a day depending on free time and schedule), certain content (clean topics only)
- Age when they have it, and I want to have access to it and limit the time they have on it
- Can't use it until you're older
- He's not allowed to use it until he's 16.
- I plan to limit social media until 18.
- I will not let my children to go on social media by themselves until they are 16 years old.
- My children are not allowed to have social media until they pay their own bills, they show mental maturity, they care about their values, and we can talk about it.
- My children are not to have any social media until they turn 18.
- My children do not and will not have social media until they are at an age when they are emotionally and mentally mature enough to be able to use it in a healthy manner. I plan to teach them how to have their own healthy boundaries with it once they do have access to it and I want to educate them on the difference between social media vs reality and the importance of understanding the difference. I will also educate them on the benefits vs risks of having social media even as an adult, so they can make their own choice when the time comes.
- My younger ones don't have it, and I can interact with my older child's account. Time limits as well.
- No access until 18
- No access until they are older
- No accounts until age 17, limited usage of YouTube and Messenger
- No Facebook until 16

- No personal phone or device that has access to social media, until they are at least 15. Use of devices will be monitored. No devices in bedrooms past a specific time.
- No phone until they are mature and ready and then a very basic one with no access to social media, games, or other types of apps. They can watch YouTube Kids and I have placed strict settings on our router for internet access and what types of sites are allowed and when. Definitely no devices allowed in their bedrooms. Especially at night. I made a deal with my kids that if they will not join social media until after High School graduation I will give them \$1,000.
- No phones till 7th or 8th grade and no social media
- No phones until a certain age and then monitoring sites and limit usage
- No social media accounts until 16, then it's monitored by apps and time limits
- No social media allowed until 18
- No social media until 16 (2)
- No social media until 16, two hour limit after that
- No social media until 16. We will establish further boundaries before they begin access to it.
- No social media until age 18
- No social media until he is 18
- No social media until you're 18
- None until he is a teenager
- None until they are old enough
- Not allowed to have social media till 15. Time limit. I have all password. No location shared. Can't add any strangers. Manage contacts.
- Not allowed to use until they are older
- They can't have it until they are older and they have to be in the same rooms as us.
- They can't have on phone until they are teenagers or 16
- They don't get those apps until they are 18.
- They don't have access until they are at least 16, and then they have to prove that they are mature enough.
- They will not have social media accounts until 16. I will have password access and download approval. Their phones will not allow pictures to be sent or received without myself being notified. Only 30 minutes to an hour of screen time per day.
- They will not use social media until the age of 16, at the earliest.
- They won't be using it until they're at least 13. YouTube is heavily vetted and monitored.
- They're not going to be able to have social media until an age we feel is appropriate, we'll obviously be putting down different filters, checks on their social media (who they're friends with), we'll have to have access to those accounts.
- We are not buying smart phones till they are 16. So if they run into trouble, we can help them navigate and develop good habits under our supervision.
- When she was a certain age she couldn't use it and sometimes the phone was taken away so she couldn't use it but it was more for behavior than anything.

Curfews (31) 5%

- Cannot be on social media after certain times, and at certain ages, and I have to know what they are doing
- Can't have phone at night, consistently telling them to turn off phones
- Can't use after certain time at night. All apps used must be approved by us. Time limits for use during the day. Privilege's suspended when abused or other behaviors are noticed.
- Curfew, sometimes take away their device
- Curfews, not at meal times, after chores, etc.
- Don't allow them to be on it after 9:30
- He has to bring the phone to my room every night about 10 o'clock, and I do a regular check on what he's doing.
- I do not let my children use them at night, I try to have them look at appropriate sites.
- Leaving phone in parents room at bed time, putting phone away for a couple of hours throughout the day, find other activities
- No electronics at night, only allowed to have when done with chores and school work, we check it regularly
- No usage past 8 pm
- No use after bedtime, no use until of proper age, no expectation of privacy
- No use after they go to bed, time limit
- Not after 10 pm, not during school, we tell him to be very skeptical of clickbait
- Not to stay up late or waste time with it
- Not use after 10 pm, no use until homework is done
- Not using at night, controlling length of time
- Nothing past 9, and after homework is done
- Phone turns off at certain times and most social media is not allowed
- Phones get put away at 8 pm
- Phones have to be up by 10 o'clock
- Shut off the internet at 9 pm
- Strict bedtime, limit online time, promote outside time
- Take phone at night, and have social media platforms on own phone
- Take phones at 9, don't allow a lot of social media, allowed to check in with them about messages they're sending, who they're talking to, etc.
- They are not allowed on social media after 9.
- They have to give up their phones at 9 pm and don't get them until they have done certain things at home.
- They turn their phones off at night when they go to sleep. We have to be able to access and read their social media.
- Time off at night, knowing access to passwords
- Turn off at night, not allowed certain apps
- When they can use it, how long and what they can use it for

Parental monitoring (24) 4%

- Access to passwords
- Check her usage and what they're doing
- Check phones, limit social media platforms
- Do not use without supervision, can't have own account
- I get access or they get no access.
- I get to access to their accounts.
- I have to have access. They can't have an account I'm not a friend on. Screen time. They cannot take it into a closed room, it has to be open area.
- I have to have passwords to all accounts and can check accounts or phones without notice.
- I monitor everything that she does on it. We have linked accounts.
- I monitor my children's devices, I restrict devices by setting an evening opening date and a closing morning date. I do not allow electronic devices at night. That includes not allowing calls or texts on cellphones as well.
- I need passwords. I need to be friends on everything. If I see any signs of him being a bully or if he is doing anything to put himself or others in danger, I'll take it away.
- I need to be aware what they're on.
- Monitor what they do
- My wife monitors it.
- No unsupervised access to social media
- Only on strict supervision and only with relatives
- Only use it with supervision
- Random content checks, time restriction
- Supervised use
- They have to be on something that I am on, and they have to be friends with me, and if they receive a friend request I have to approve it before they can accept it.
- They have to let me be one of their friends on their accounts so I can see what's going on.
- We get full access. Has to talk to only people they know.
- We have access to their accounts and do phone checks.
- We have full access, time limits

Use together, in the open (22) 4%

- Electronics in public areas of the house. No personal connected devices for kids.
- For the moment, it's no usage unless her father or I are right there. No posting about our child unless we are tagged in that post.
- I am in the room, they're not left alone with electronics, they tell me when they switch games or apps. Time limits and curfews. No Sundays.
- I only allow my child to use social media with me or trusted family members.
- If they're accessing social media, I have to be in the room, only YouTube. And then Marco Polo they use my account, and only to contact family and friends that I know.
- If they're going to be watching something, it's going to be with family.
- I'm always with them. They are only using my accounts to look at ideas for crafts or science experiments or to talk to family.
- In a room with everyone else
- It can only be used in the main area of the house.

- No devices in bedroom, chores and schoolwork done, only watch between 4 and 7 for a limited time.
- No electronics in their room, parents have to sign them in.
- No personal devices to access, no accounts of their own, only family accounts, monitoring
- No phone in the bedroom, only friend people we know
- No phones in rooms, no phones at night, parental restrictions, content restrictions, time limits, we know passwords and we do random unknown to them checks
- Not allowed to have a screen in front of her alone, generally not allowed to use parents' phones, will not have a cell phone until the age of 16, will be heavily monitored when she does get a phone.
- Only allowed to be on social media if I'm in the room with them
- They can only use guided access on approved apps.
- They can only use it when I'm with them.
- They do not have their own personal profiles, they can only view content on mine with me in the room looking at it with them.
- They don't get on any websites unless I'm there.
- They have to be in the same room as us to use it and they can only watch approved videos.
- We let them view our Snapchats and let them help send them. They can explore YouTube while we are with them and if it isn't appropriate, we make them turn the device off. If they continually find inappropriate videos, they lose privileges.

Parental controls, filters (13) 2%

- Access, fire walls, rules that limit the amount of time they can access social media generally and specifically. We also talk about it, share it, and use it with them.
- Family link, got rid of internet for a while
- I use settings on our modem to help control content, as well as a family plan through our cell carrier
- Parental controls
- Parental controls, I control how much time they spend
- Parental controls, screen time restrictions, allowed applications
- Parental controls, time limits
- Parental parameters on phone; certain apps allowed shuts off at 6 pm, only 2 hour limit daily for electronic activity
- They have parental controls on there.
- We have a thing that locks out their phone when it reaches a certain and keeps track of what apps they have.
- We have parental controls on the apps they can download, also they're restricted to how long they can have their device, require that I know their password so I can check, and not talking to people they don't know in person.
- We use Bark and have only approved Snapchat
- Website filtering and content filtering

After other responsibilities (8) 1%

- A lot of it is based on other activities they need to complete before they can access it. They're only allowed to watch YouTube, and supervised.
- After chores, kids get one hour of YouTube. No child has a phone to call their own. They have to ask permission to watch anything on a screen.
- After homework is done and after chores are done they can use it
- Chores and schoolwork must be done
- It must be earned after chores, reading, math, outdoor time, and exercise. Time use limited to one to two hours per day. Some days no screens, including myself.
- Make sure they finish school work before
- They're not allowed to use any electronic devices until schoolwork is done, all electronic devices have to be off by 10 pm. With YouTube, they have to ask before use. My son can use Marco Polo pretty much any time.
- We have to have homework done.

Not at certain times, phone breaks (7) 1%

- Certain times no access and especially bedtime, mealtime
- No cell phone during homework or family time
- No electronics during the weekdays, weekends only two hours per day
- No social media on Sunday, can't watch some videos, time limits
- Not at dinner table, turn it off at 9, monitor social media accounts
- Regularly take phone, and store info
- Time out, watch together

Open discussion (6) 1%

- As parents, we just tell them that we want to protect them.
- Communication. Not to follow harmful/negative people. I can block or remove anyone, so I have no worries on who they are. Be free.
- Discussion is a must!
- I just try and speak to them about not being on it too much and spending their time wisely.
- If they see a red flag, they let me know. Not to participate in cyber bullying and I monitor and set time limits.
- Let us know when in use

Children are too young (5) 1%

- At their young ages, they don't use social media, and we watch YouTube together.
- I haven't got to that phase with my child.
- Not able to understand
- She's 10 months old. She doesn't use it.
- They're really young so right now they don't have social media.

No strangers, only family and friends (2) 0%

- Do not talk to people you don't know. Don't give out specific information.
- Some boundaries I implement are limiting who my child can follow or is allowed to follow. I set privacy settings, limit their time, tell them what platforms they can use, and have open communication between my child. I discuss what is right and wrong.

Miscellaneous responses (4) 1%

- Be reasonable
- Contract, limits on time, limits on where it can be used, limits on who can be watched on YouTube, can only be viewed when adults are around
- Using his real identity
- We have far more problems with video game addiction than being rejected on social media.

Don't know, no comment (2) 0%

- I don't remember.
- No comment

APPENDIX E: 'OTHER' RESPONSES

What is your gender?

- Wouldn't say

Which social media platforms do you use on a regular basis?

- All of them
- Doximity
- GETTR, Truth, Rumble
- GroupMe
- Imgur
- LINE
- Messenger (2)
- Messenger, Quora
- Nextdoor
- Strava, Messenger, TeamSnap
- Telegram
- Trust
- Truth
- Truth Social, Gab
- WhatsApp (2)

Which of the following best describes you[r marital status]?

- Engaged

What is the primary language spoken in your home?

- ASL
- Both English and Spanish
- Burmese
- English and Spanish (2)
- Sign language and English
- Spanglish - mostly English, but Spanish if needed
- Swahili

What is your race or ethnic background?

- All of them
- German (2)
- Indian
- Italian American
- Native
- Portuguese
- Spanish