Teen Mental Health
1. Introduction and methodology
2. The state of teen mental health
3. The role of resilience in teen mental health
4. Appendix
5. Miscellaneous findings
PART 1:

Introduction & Methodology
1. INTRODUCTION & METHODOLOGY

Background & Objectives

Hypotheses

- Young people who are resilient are **less likely to**: engage in negative health behaviors (e.g., excessive screen time, drug abuse/substance use), engage in negative health behaviors as coping mechanisms during COVID-19, or experience mental health issues (e.g., anxiety and depression)
- Young people who are resilient are **more likely to**: speak with their peers about mental health in person/on social media and be able to identify and seek out positive coping mechanisms

Research Objectives

- Assess youth perspectives on the state of mental health issues in their community and the nation, especially in the wake of the COVID-19 pandemic
- Explore the role of resilience in mental health and health behaviors
- Pave a path forward, as desired by teens
This survey was conducted online within the United States by The Harris Poll on behalf of 4-H from May 4 to May 14, 2020 with 1,516 respondents ages 13-19.

We also collected data on 4-H participation (n=230 4-Hers and n=1,286 non 4-Hers).

We defined “resilient teens” as those who agreed with the following statement: “I consider myself to be resilient” (top 2 box), which was 68% of those surveyed.
• Teens today are more confident in their physical health than their mental health, with 81% saying mental health is a “significant issue for young people in the U.S.” and two-thirds believing “the experience of COVID-19 will have a lasting impact on their generation's mental health” (64%). In fact, teens report that they more than 3 times as likely to feel peer pressure to hide their feelings, than to drink or do drugs.

• In particular, teens who are less resilient seem to struggle, reporting more frequent feelings of anxiety and depression, as well as a stronger struggle with ambiguity and pressure from others to hide their feelings. Resilient teens, on the other hand, report higher levels of confidence solving their own mental health struggles, as well as helping others with theirs; they also feel more equipped to tap into support networks than their non-resilient counterparts.

• Ultimately, teens are calling for major change in the mental health conversation, with 81% saying, “it's time for Americans to talk more openly and honestly about mental health issues in this country.” 4H-ers are especially likely to have taken action by donating to mental health charities, joining mental health clubs and online communities, and advocating for mental health legislature.
PART 2:
The state of teen mental health
Teens in America are facing unprecedented stress today, amplified by COVID-19

Many believe COVID-19 will have lasting long-term impacts on their generation, their families, and society overall.

67%
“Sometimes the pressure I feel at school, home, etc. feels like too much to handle.”

64%
“The experience of COVID-19 will have a lasting impact on my generation’s mental health.”

65%
COVID-19 has negatively impacted the mental health of society overall.

43% also say, “the way things are going, I don’t know how I’m going to cope with the stress if it continues at this pace.”

71% also feel misunderstood by other generations, saying, “most older people do not understand the struggles of young people today.”

65% also say, “the current pandemic has increased stress on my family.”
School and an uncertain future are top stressors for teens during the pandemic. Teens who are less resilient are also more likely to face mental health issues as a result of ambiguity.

Which of the following can make you anxious or depressed?

- **71%** School Work
- **65%** Thinking About My Future
- **58%** No Identifiable Reason
- **55%** Pressure From Family
- **48%** Social Isolation
- **47%** Concerns About The World
- **46%** Social Interactions
- **43%** Pressure To Fit In
- **41%** Using Social Media
- **34%** Family Financial Stress
- **22%** Defining My Identity
- **11%** Drinking or Doing Drugs

63% non-resilient vs 55% resilient
51% non-resilient vs 39% resilient
27% non-resilient vs 20% resilient
COVID-19 has also brought on its own set of unique stressors

Many struggle with isolation as 6 in 10 teens say their sources of support are harder to reach during COVID-19 than usual

During the COVID-19 pandemic, has any of the following made you feel anxious or depressed?

- Inability to hang out with friends/family in person: 43%
- Conducting school online: 42%
- Being stuck at home with my family: 40%
- Worrying about me/my family getting sick: 38%
- Cancellation of extracurricular activities/summer internships and jobs: 34%
- Loss of normalcy and routine: 34%
- Inability to go out: 33%
- The government’s response in handling the pandemic: 31%
- Worrying about running out of basic necessities: 21%
- Not being able to go to work: 17%
- College tests and college tours: 14%
- Other: 2%
- None: 21%

61% of teens say, “The COVID-19 pandemic has increased my feeling of loneliness.”
In this stressful climate, 7 in 10 teens have experienced struggles with mental health.

Non-resilient teens are especially likely to battle depression and other mental health issues.

Have you ever experienced any of the following?

- Anxiety: 55%
- Excessive stress: 45%
- Depression: 43%
- Other mental health issue: 16%
- Addiction: 10%
- None: 29%

Half of teens say they feel anxious or depressed “more frequently than their peers” (48%)
More than a third feel of those who feel anxious or depressed feel it daily

Non-resilient teens are especially likely to report frequent mental health struggles

How often do you feel anxious or depressed?

- **Daily**: 35% (Total), 46% (Non-Resilient), 30% (Resilient)
- **Once a Week**: 32% (Total), 31% (Non-Resilient), 32% (Resilient)
- **Once a Month**: 15% (Total), 11% (Non-Resilient), 17% (Resilient)
- **Few Times a Year**: 11% (Total), 6% (Non-Resilient), 14% (Resilient)
- **Once a Year or Less**: 6% (Total), 5% (Non-Resilient), 7% (Resilient)
THE STATE OF TEEN MENTAL HEALTH

Teens are more confident in their physical health than their mental health, with only 1 in 3 giving themselves an “A” for mental wellbeing during COVID.

Two-thirds believe, “mental health is a more important issue for my generation than physical health” (64%)

<table>
<thead>
<tr>
<th></th>
<th>Mental Health</th>
<th>Physical Health</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>Pre COVID-19</td>
<td>Pre COVID-19</td>
</tr>
<tr>
<td></td>
<td>A</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td>39%</td>
<td>45%</td>
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<tr>
<td></td>
<td>42% resilient vs 33% non-resilient</td>
<td>48% resilient vs 36% non-resilient</td>
</tr>
<tr>
<td></td>
<td>During COVID-19</td>
<td>During COVID-19</td>
</tr>
<tr>
<td></td>
<td>A</td>
<td>B</td>
</tr>
<tr>
<td></td>
<td>35%</td>
<td>47%</td>
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<tr>
<td></td>
<td>37% resilient vs 29% non-resilient</td>
<td>48% resilient vs 43% non-resilient</td>
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<tr>
<td></td>
<td>18%</td>
<td>20%</td>
</tr>
<tr>
<td></td>
<td>17% resilient vs 28% non-resilient</td>
<td>16% resilient vs 29% non-resilient</td>
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<tr>
<td></td>
<td>12%</td>
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</tr>
<tr>
<td></td>
<td>7% resilient vs 13% non-resilient</td>
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<td></td>
<td>8%</td>
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<td></td>
<td>8%</td>
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</table>

If you had to give yourself a letter grade for your physical and mental health, what would it be?
Teens also report feeling 3 times as likely to experience peer pressure to hide their feelings, then they do to drink or do drugs.

Have you ever felt pressure to do any of the following from others?

- 67% Keep my feelings to myself
- 67% Pretend to feel better to not worry anyone
- 65% Deal with my feelings on my own
- 64% Put my feelings aside to get something else done
- 19% Use drugs, drink alcohol, vape

75% say, “there is still a stigma around mental health issues in this country,” while 62% say they are “tired of pretending to be happy all the time, being sad or anxious sometimes is part of a human experience.”
THE STATE OF TEEN MENTAL HEALTH

Most are ignoring their feelings to cope, especially non-resilient teens

They are more likely to turn to screen time binging content and social media than talking to someone about their issues.

Which of the following do you use to help you when you feel anxious or depressed during normal times?

- **Unhealthy coping mechanisms**
- **Healthy coping mechanisms**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Unhealthy</th>
<th>Healthy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ignore my feelings and act like everything is normal</td>
<td>45%</td>
<td>50%</td>
</tr>
<tr>
<td>Spending more time alone</td>
<td>44%</td>
<td></td>
</tr>
<tr>
<td>Spending more time binging content</td>
<td>43%</td>
<td></td>
</tr>
<tr>
<td>Sleeping/spending time in bed</td>
<td>41%</td>
<td></td>
</tr>
<tr>
<td>Spending more time on social media</td>
<td>37%</td>
<td></td>
</tr>
<tr>
<td>Do something creative or a hobby</td>
<td>36%</td>
<td></td>
</tr>
<tr>
<td>Talking to someone</td>
<td>35%</td>
<td></td>
</tr>
<tr>
<td>Eating more food</td>
<td>32%</td>
<td></td>
</tr>
<tr>
<td>Exercising more/spending more time outside</td>
<td>31%</td>
<td></td>
</tr>
<tr>
<td>Reading and learning more about what makes me stressed/upset</td>
<td>25%</td>
<td></td>
</tr>
<tr>
<td>Shopping online/in person</td>
<td>24%</td>
<td></td>
</tr>
<tr>
<td>Meditating or practicing some form of mindfulness</td>
<td>21%</td>
<td></td>
</tr>
<tr>
<td>Talking to a therapist</td>
<td>17%</td>
<td>20%</td>
</tr>
<tr>
<td>Drinking more alcohol/doing drugs</td>
<td>13%</td>
<td>17%</td>
</tr>
</tbody>
</table>

53%

“I spend more time deciding what to listen to on Spotify than how to deal with my mental health.”
Screen time and sleep are also rising as teens turn to 'vices' to cope during COVID-19. 60% say, “it’s hard to have healthy coping mechanisms to deal with the stress of COVID-19 under the current stay-at-home orders”

Which of the following do you use to help you when you feel anxious or depressed during COVID-19?

<table>
<thead>
<tr>
<th>Unhealthy coping mechanisms</th>
<th>Healthy coping mechanisms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spending more time binging content</td>
<td>57%</td>
</tr>
<tr>
<td>Sleeping/spending time in bed</td>
<td>54%</td>
</tr>
<tr>
<td>Spending more time on social media</td>
<td>49%</td>
</tr>
<tr>
<td>Do something creative or a hobby</td>
<td>49%</td>
</tr>
<tr>
<td>Spending more time alone</td>
<td>46%</td>
</tr>
<tr>
<td>Exercising more/spending more time outside</td>
<td>43%</td>
</tr>
<tr>
<td>Shopping online/in person</td>
<td>34%</td>
</tr>
<tr>
<td>Talking to a therapist</td>
<td>15%</td>
</tr>
<tr>
<td>Drinking more alcohol/doing drugs</td>
<td>15%</td>
</tr>
</tbody>
</table>

42% of teens admit they’ve been leaning into their ‘vices’ (e.g., unhealthy food, vaping) and unhealthy coping mechanisms to deal with the impact of COVID-19.

Teens who do not feel resilient are twice as likely to turn to alcohol and drugs (22% vs 12% resilient teens)
For most, this cycle results in poor school performance and increased screen time. Non-resilient teens are especially likely to report isolation and withdrawal from activities.

<table>
<thead>
<tr>
<th>Common Stressors</th>
<th>57% non-resilient</th>
<th>48% non-resilient</th>
<th>43% non-resilient</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not doing my best on a test</td>
<td>60%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Increased time spent using screens</td>
<td>55%</td>
<td></td>
<td></td>
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<tr>
<td>Not being able to finish a homework assignment</td>
<td>52%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cancel plans with friends or family</td>
<td></td>
<td>45%</td>
<td></td>
</tr>
<tr>
<td>Lose relationships</td>
<td></td>
<td>42%</td>
<td></td>
</tr>
<tr>
<td>Stay home from school</td>
<td></td>
<td>39%</td>
<td></td>
</tr>
<tr>
<td>Not being able to participate in extracurriculars</td>
<td></td>
<td>31%</td>
<td></td>
</tr>
<tr>
<td>Increased financial stress on family</td>
<td></td>
<td>16%</td>
<td></td>
</tr>
<tr>
<td>Increased alcohol or drug use</td>
<td></td>
<td>16%</td>
<td></td>
</tr>
<tr>
<td>Not getting into college or getting job</td>
<td></td>
<td>14%</td>
<td></td>
</tr>
<tr>
<td>Lose job or other issues at work</td>
<td></td>
<td>8%</td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td></td>
<td>2%</td>
<td></td>
</tr>
<tr>
<td>None of the above</td>
<td></td>
<td>12%</td>
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</tbody>
</table>
In fact, teens report spending 75% of their waking hours on screens during COVID-19. Non-resilient teens are especially likely to report negative emotional consequences of screen time – and higher use of screens during the pandemic.

How does screen time usually make you feel?

6 Hours
Of screen time on a normal day
- 7 hours non-resilient

9 Hours
Of screen time in a day during COVID
- 10 hours non-resilient
THE STATE OF TEEN MENTAL HEALTH

Leading to concern among many teens that these issues will become more severe

Non-resilient teens are more likely to report concern of experiencing severe anxiety or depression and contemplating suicide

Have you ever been worried about experiencing any of the following yourself?

- Being severely depressed or anxious: 42% of non-resilient teens, 39% of resilient teens
- Being addicted to social media: 34% of non-resilient teens, 26% of resilient teens
- Contemplating suicide: 15% of non-resilient teens, 10% of resilient teens
- Starting smoking/vaping: 9% of non-resilient teens, 9% of resilient teens
- Becoming an alcoholic: 10% of non-resilient teens, 9% of resilient teens
- Overdosing on drugs: 9% of non-resilient teens, 9% of resilient teens

37% of teens are worried about their friends starting to smoke or vape, while 20% say they are worried their friends becoming alcoholics or overdosing on drugs.
PART 3:
The role of resilience in teen mental health
THE ROLE OF RESILIENCE IN TEEN MENTAL HEALTH

Despite today’s pressures, many teens do feel equipped to handle life’s challenges specifically, teens who identify as resilient tend to be more confident in combatting mental health issues.

- **68%**
  “I consider myself to be resilient.”
  72% resilient teens vs 57% non-resilient

- **67%**
  “I am confident in providing advice to help others with their mental health struggles.”
  72% resilient teens vs 57% non-resilient

- **61%**
  “I am confident solving my own mental health struggles.”
  68% resilient teens vs 46% non-resilient

- **58%**
  “I am confident in my ability to cope in a healthy way.”
  63% resilient vs 48% non-resilient teens
Resilient teens tend to have stronger empathy and esteem

Which helps equip them to deal with today’s pressures

<table>
<thead>
<tr>
<th>Ability</th>
<th>Resilient Teens</th>
<th>Non-Resilient Teens</th>
</tr>
</thead>
<tbody>
<tr>
<td>Actively listen to others</td>
<td>67%</td>
<td>55%</td>
</tr>
<tr>
<td>Problem solving skills</td>
<td>64%</td>
<td>45%</td>
</tr>
<tr>
<td>Feel empathy for others</td>
<td>63%</td>
<td>53%</td>
</tr>
<tr>
<td>Persevere in tough situations</td>
<td>58%</td>
<td>35%</td>
</tr>
<tr>
<td>Effectively question things/people</td>
<td>53%</td>
<td>42%</td>
</tr>
<tr>
<td>Self-confidence/self-esteem</td>
<td>45%</td>
<td>27%</td>
</tr>
<tr>
<td>Communicate my point assertively</td>
<td>44%</td>
<td>31%</td>
</tr>
</tbody>
</table>

Resilience Recognizes Resilience

Resilient teens are more likely to say their friends would describe them as a **problem solver** (58% resilient teens vs 44% non-resilient) and having **high self esteem** (43% resilient teens vs 30% non-resilient).
Resilient teens understand the importance of addressing mental health

They acknowledge it is a major issue, especially for their generation.

83% (87% resilient, 73% non-resilient) & 81% (87% resilient, 66% non-resilient) & 74% (80% resilient, 63% non-resilient)

“"It is important for people to take action with their mental health.”

“"Mental health issues are a significant issue for young people in the U.S.”

“"Mental health is a more important issue for my generation than previous generations.”
Resilient teens are more likely to turn to healthy coping mechanisms.

Teens who exhibit 4 or more resilience traits are finding healthier outlets to cope during COVID-19.

Which of the following do you use to help you when you feel anxious or depressed during COVID-19?

- **Doing Something Creative**
  - 53% resilient
  - vs 43% non-resilient

- **Exercising More**
  - 49% resilient
  - vs 36% non-resilient

- **Talking to Someone**
  - 42% resilient
  - vs 36% non-resilient

4-Hers are more likely than non 4-Hers to turn to information and meditation to copy during the pandemic:

- 38% say they have turned to reading and learning more about what makes them stressed or upset (vs 27% non 4-Hers), while and 34% are meditating or practicing mindfulness (vs 24% non 4-Hers).
They feel more equipped to tap into support networks, and provide advice

Though all teens feel more equipped to give advice than to seek it, leaving them to desire more outlets for discussion.

“I feel comfortable reaching out to others for support when they feel down.”

44% resilient
34% non-resilient

“I am always available for my friends and family when they want to talk about how they feel.”

82% resilient
65% non-resilient

All teens are craving more communication:
65% of teens say their family rarely talks about mental health issues, while
58% wish they had more outlets to talk about how they are feeling.
THE ROLE OF RESILIENCE IN TEEN MENTAL HEALTH

Resilient teens seek information on mental health from a variety of sources

The information they find on social media is perceived to be about as reliable as information from their therapist.

How do you normally learn about mental health and healthy coping mechanisms, and which provide the most reliable information? (% Resilient Teens)

- Social media/Online: 46% (Most Common Outlet)
- My parents and family/friends: 34% (Reliable Information)
- My teachers: 30% (Most Common Outlet), 30% (Reliable Information)
- My doctor/therapist: 23% (Most Common Outlet), 21% (Reliable Information)
- Books or magazines/ Podcasts/ TV: 33% (Most Common Outlet), 16% (Reliable Information)
- None of the above: 21% (Most Common Outlet), 18% (Reliable Information)
- Apps for mental health: 16% (Reliable Information)
- Celebrities: 14% (Reliable Information)

81% say, “I wish mental health care was easier to access for all U.S. teens.”

59% say “there aren’t enough accessible resources for young people to help them deal with mental health issues.”
**Resilient teens are also building their own networks of mental health support**

72% of resilient teens say they “are confident in providing advice to help others with their mental health struggles”

<table>
<thead>
<tr>
<th>Have you done/would you like to do any of the following?</th>
<th>(% Resilient Teens)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Let my friends and peers know I am available to talk to if they need someone</td>
<td>60% 23%</td>
</tr>
<tr>
<td>Followed or supported someone on social media who has openly talked about their mental health issues</td>
<td>43% 24%</td>
</tr>
<tr>
<td>Talked about or posted my own mental health journey on social media/forums</td>
<td>19% 22%</td>
</tr>
<tr>
<td>Purchased a product or service from a company that supports mental health for their employees or society in general</td>
<td>14% 13%</td>
</tr>
<tr>
<td>Donate money to charities that help teens with mental health</td>
<td>54% 37%</td>
</tr>
<tr>
<td>Join a club or class about mental health at school</td>
<td>25% 20%</td>
</tr>
<tr>
<td>Advocate for legislature about access to mental health care</td>
<td>39% 32%</td>
</tr>
<tr>
<td>Join an online community aimed at helping teens with mental health</td>
<td>35% 26%</td>
</tr>
</tbody>
</table>

27% 4-Hers vs 20% non 4-Hers
26% 4-Hers vs 14% non 4-Hers
20% 4-Hers vs 14% non 4-Hers
21% 4-Hers vs 10% non 4-Hers
25% 4-Hers vs 11% non 4-Hers
All teens want everyone to take more action to reduce stigma and open conversations around mental health – especially those who are resilient.

82% resilient, 71% non-resilient: “It's time for Americans to talk more openly and honestly about mental health issues in this country.”

79% resilient, 68% non-resilient: “As a culture, we should embrace both the ups and downs of mental health; it's okay to feel bad sometimes.”

80% resilient, 71% non-resilient: “I wish more young people were more comfortable asking for help when it comes to their mental health.”
They are especially looking for more outlets and mental health education from their schools

<table>
<thead>
<tr>
<th>Statement</th>
<th>Resilient Teens (%)</th>
<th>Non-Resilient Teens (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Everyone should feel they can be honest and themselves at school, with support from teachers and school staff.</td>
<td>80%</td>
<td>67%</td>
</tr>
<tr>
<td>I wish there was an inclusive environment (e.g., a safe space) for everyone in schools.</td>
<td>79%</td>
<td>71%</td>
</tr>
<tr>
<td>Schools should support &quot;mental health days&quot; to allow students to prioritize their health.</td>
<td>78%</td>
<td>68%</td>
</tr>
<tr>
<td>My school should offer more outlets for students struggling with mental health.</td>
<td>76%</td>
<td>68%</td>
</tr>
<tr>
<td>I wish I learned more about mental health and coping mechanisms in school.</td>
<td>70%</td>
<td>64%</td>
</tr>
</tbody>
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PART 4:
Appendix
Which of the following traits, if any describe you?

- Curious
- Problem-solver
- Good listener
- Tough/resilient
- Feel for others
- Good communicator
- High self-esteem

<table>
<thead>
<tr>
<th>Trait</th>
<th>Resilient</th>
<th>Non-Resilient</th>
</tr>
</thead>
<tbody>
<tr>
<td>Curious</td>
<td>68%</td>
<td>64%</td>
</tr>
<tr>
<td>Problem-solver</td>
<td>65%</td>
<td>52%</td>
</tr>
<tr>
<td>Good listener</td>
<td>64%</td>
<td>58%</td>
</tr>
<tr>
<td>Tough/resilient</td>
<td>58%</td>
<td>58%</td>
</tr>
<tr>
<td>Feel for others</td>
<td>57%</td>
<td>53%</td>
</tr>
<tr>
<td>Good communicator</td>
<td>53%</td>
<td>53%</td>
</tr>
<tr>
<td>High self-esteem</td>
<td>38%</td>
<td>30%</td>
</tr>
</tbody>
</table>
Which of the following traits, if any do others use to describe you?

- Good listener: 63% Resilient, 56% Non-Resilient
- Problem-solver: 58% Resilient, 44% Non-Resilient
- Tough/resilient: 58% Resilient, 42% Non-Resilient
- Feel for others: 56% Resilient, 48% Non-Resilient
- Good communicator: 50% Resilient, 43% Non-Resilient
- Curious: 47% Resilient, 42% Non-Resilient
- High self-esteem: 43% Resilient, 30% Non-Resilient
Are you trying to improve any of the following traits?

<table>
<thead>
<tr>
<th>Trait</th>
<th>Resilient</th>
<th>Non-Resilient</th>
</tr>
</thead>
<tbody>
<tr>
<td>High self-esteem</td>
<td>50%</td>
<td>48%</td>
</tr>
<tr>
<td>Good communicator</td>
<td>43%</td>
<td>38%</td>
</tr>
<tr>
<td>Problem-solver</td>
<td>34%</td>
<td>30%</td>
</tr>
<tr>
<td>Good listener</td>
<td>34%</td>
<td>29%</td>
</tr>
<tr>
<td>Tough/resilient</td>
<td>31%</td>
<td>37%</td>
</tr>
<tr>
<td>Feel for others</td>
<td>28%</td>
<td>23%</td>
</tr>
<tr>
<td>Curious</td>
<td>17%</td>
<td>14%</td>
</tr>
<tr>
<td>None of the above</td>
<td>10%</td>
<td>12%</td>
</tr>
</tbody>
</table>
PART 5:

Miscellaneous Findings
4-Hers have their own set of specific concerns during the COVID-19 pandemic

4-Hers are more likely to say that, during the COVID-19 pandemic, they have felt anxious or depressed due to the following:

- **Cancellation of Extracurriculars, Jobs, Internships**: 44% 4-Hers vs 32% non 4-Hers
- **Loss of Normalcy and Routine**: 40% 4-Hers vs 32% non 4-Hers
- **Worrying about Running out of Basics**: 27% 4-Hers vs 20% non 4-Hers
- **Not Being Able to go to Work**: 23% 4-Hers vs 16% non 4-Hers
- **College Tests and Tours**: 18% 4-Hers vs 13% non 4-Hers
Social media is viewed as more likely to be helpful than hurtful as it serves as a distraction in isolation

Screen time has increased for teens during the COVID-19 pandemic

Overall, do you think social media has been more helpful or hurtful to your mental health during COVID-19?

- Helpful: 39%
- Hurtful: 18%
- Neither: 30%
- Not Applicable: 12%

64%
“I have been using social media more to feel connected during COVID-19 pandemic.”

22% non-resilient vs. 16% resilient
Teens expect wide societal implications from the COVID-19 pandemic when it comes to mental health

Do you believe COVID-19 has negatively impacted the mental health of any of the following people?

- Society overall: 65%
- My friends: 39%
- Myself: 38%
- My family: 33%
- Other: 1%
- None: 19%

42% non-resilient vs. 36% resilient
MISCELLANEOUS FINDINGS

There is growing concern of becoming severely depressed, anxious, and addicted to social media

Have you ever been worried about any of the following groups experiencing the following?

- My Family
  - Being severely depressed or anxious: 22%
  - Being addicted to social media: 21%
  - Contemplating suicide: 14%
  - Starting smoking/vaping: 15%
  - Becoming an alcoholic: 20%
  - Overdosing on drugs: 11%

- My Friends
  - Being severely depressed or anxious: 43%
  - Being addicted to social media: 43%
  - Contemplating suicide: 32%
  - Starting smoking/vaping: 37%
  - Becoming an alcoholic: 20%
  - Overdosing on drugs: 20%

- Myself
  - Being severely depressed or anxious: 42%
  - Being addicted to social media: 39%
  - Contemplating suicide: 26%
  - Starting smoking/vaping: 15%
  - Becoming an alcoholic: 20%
  - Overdosing on drugs: 9%