

## **Survey finds teens spend a lot of time with screens**

SCOTT SIMON, HOST: And a new study from a group called Common Sense Media reports that teenagers now spend up to nine hours a day on various screen devices. That's probably more than they sleep. We're joined by Jim Steyer, founder of Common Sense Media, which tries to help schools and families. Thanks so much for being with us.

JIM STEYER: Great to be here, Scott.

SIMON: So what do they watch for nine hours? Or what do they do?

STEYER: Well, first of all, the sheer volume is just phenomenal. The idea that nine hours a day, not including time spent in school, is how much time our teens are spending with media and technology just shows you how central it is to their lives. It's really like the air they breathe now. And they do various different kinds of thing. So some are heavy video game players. Some love social media. Others just like to sit back and watch TV or listen to music. There are stark differences between boys and girls. But the other fact you mention, the fact that only a third of kids like social media, is really startling. It's much more of a utility to them. It's not something like TV or music that they just love to do and spend time with. It's something they feel they have to do. And I think that's one of most interesting statistics of the entire study.

SIMON: What did you find in this survey that might worry you the most?

STEYER: As the parent of four kids and as a longtime educator, I think that stat that really struck me in a concerning way was the fact that 2 out of 3 students in this massive survey said that they multitask while doing their homework. You cannot concentrate effectively on two things at once.