

## Being a screenager

Today's teenagers were born into the digital world, a world where screens are everywhere – TV screens, smartphone screens, tablet screens, laptop screens... The average American teen spends 8.5 hours per day in front of a screen. In Britain it's a little less, about 7 hours per day. These screenagers don't look at only one screen – they usually multitask. They video-chat on their smartphone, play a game on their tablet and watch a program on TV, all at the same time.

Not every teen is like this of course, and many have hobbies and interests away from their screens. But digital technology is part of every teen's world and the attraction of TV, video games and social media is strong. Most teens feel the pressure to do as their friends do. About 60% of teenagers today watch at least 20 hours of TV per week. About 94% of teenagers have social media accounts. So what are the pros and cons of being a screenager?

