

How Many Hours Do Kids Spend on Technology?

Overview

The amount of time kids spend on technology varies depending on age, location, and family guidelines. The following estimates are based on recent studies and trends.

Average Daily Screen Time

Children Aged 8-12

- Typically spend **4 to 6 hours per day** using screen-based technology.
- Activities include watching TV, playing video games, using computers, tablets, and smartphones.

Teens Aged 13-18

- Often spend **7 to 9 hours per day** on screens for entertainment, social media, gaming, and other activities.
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Additional Notes

- These figures **do not include** time spent on screens for schoolwork or educational purposes.
 - Online learning and homework can add extra hours to daily screen time.
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Summary

Kids and teens are spending a significant portion of their day using technology for entertainment and communication. Awareness of these trends can help families make informed decisions about screen time and digital habits.