

## Social Media and Relationships

Most teens feel that, on balance, using social media has helped rather than hurt their relationships. About half of all teens (54%) say social networking has helped them feel more connected with family and friends (2% say it's made them feel less connected, and the rest say it hasn't made much difference one way or the other). A similar proportion say social networking has mainly helped their relationships with their friends (52%), while just 4% say it has mainly hurt those relationships. Nearly nine out of 10 teens (88%) say social networking has helped them keep in touch with friends they can't see regularly, 69% say it has helped them get to know other students at their school better, and 57% say it has connected them with new people with whom they share a common interest or hobby.

In other words, while the reports of tensions and worse caused by social media are no doubt very real, they are much more the exception than the rule, and **for the vast majority of teens, the overall impact of social networking has been positive.**

At the same time, many teens do perceive an impact of social networking on the time they are able to spend with friends in person. About a third of social network users (34%) either strongly or somewhat agree that using their social network site takes away from the time they have for socializing in person, and even more (44%) say social networking often distracts them from the people they're with when they're together. As one 13-year-old boy put it, "It's boring to talk to someone that has to check Facebook every 5 minutes."

**Table 17: Impact of Social Networking on Relationships**

Among the 75% of 13- to 17-year-olds with a social networking site, percent who say social networking has mainly helped or mainly hurt their relationships with their:

	Mainly helped	Mainly hurt
Friends	52% <sup>a</sup>	4% <sup>b</sup>
Family members (other than parents)	37% <sup>a</sup>	2% <sup>b</sup>
Parents	8%	7%
Teachers	6%	2%

Note: Items with different superscripts differ significantly at the level of  $p < .05$ .

**Table 18: Social Networking and Friendships**

Among the 75% of 13- to 17-year-olds with a social networking site, percent who strongly or somewhat agree that social networking has helped them:

Keep in touch with friends they can't see regularly	88%
Get to know other students at their school better	69%
Connect with people who share a common interest	57%

**Table 19: Social Networking and Face-to-Face Time**

Among the 75% of 13- to 17-year-olds with a social networking site, percent who strongly or somewhat agree that social networking:

Often distracts them from people they're with	44%
Takes away from time for in-person socializing	34%