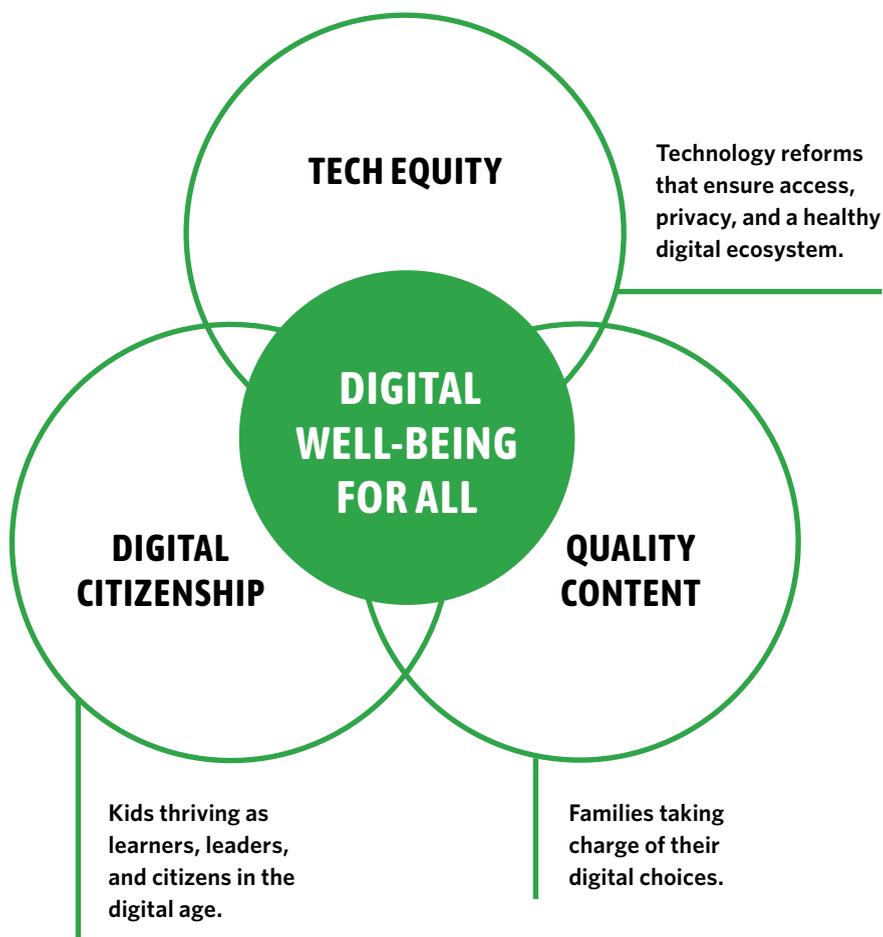




SOLUTIONS FOR DIGITAL WELL-BEING

Technology has forever changed the way we connect, communicate, educate, and learn. Ninety-eight percent of kids under 8 have access to a mobile device at home, and teens use an average of 9 hours of media daily. The media content kids consume and create has a real and lasting impact on social, emotional, cognitive, and physical development. With more of our lives moving online than ever before, policymakers and technology companies have a critical role to play in identifying and supporting solutions for kids' digital well-being.

DIGITAL WELL-BEING IS:



KIDS' DIGITAL WELL-BEING: ARE WE THERE YET?

Devices are everywhere.



95% of teens
in the United States
own a mobile device.

98% of kids age
0 to 8 live in homes
with devices.

Pew Research Center, May 2018, "Teens, Social Media & Technology."

Social media is powerful.



85%
of teens use
social media.



70%
check their feeds
multiple times a day.

Pew Research Center, May 2018, "Teens, Social Media & Technology."

Social movements grow stronger with media and tech.

#MeToo

#BlackLivesMatter

#MarchforOurLives

#NiUnaMas

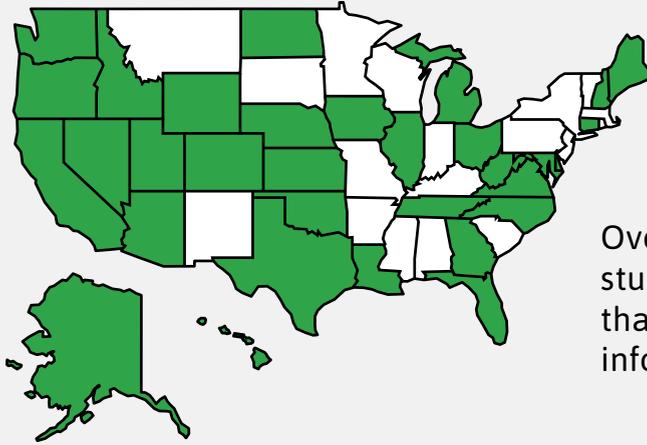
Kids are up against misinformation and hate.

56% of kids age 10 to 18
say they can't tell fake news
stories from real ones.

64% of teens say
they've encountered
hate speech online.

Privacy is a priority.

The EU and California have landmark privacy protections that safeguard kids' online data.



Over 30 states have student privacy laws that protect student information.

98% of parents and teens want tech companies to protect their personal information online.

The digital divide persists.



41% of high school teachers assign homework that requires access to computers and high-speed internet.



Only **72%** of kids in lower-income homes have access to a home computer, and **74%** have high-speed internet access (compared to **97%** and **96%** of their higher-income peers).

SOLUTIONS FOR DIGITAL WELL-BEING

To realize digital well-being for all, we are calling on policymakers and tech industry leaders to act. Here's how:



Lead with Research

There's still so much we don't know about how technology influences our brains and behavior. Further research is needed to inform product design and to determine how media and tech use affects kids' healthy development.

Tips for policymakers:

- Support research to inform policy proposals and reform efforts.
- Challenge academics, health care practitioners, and technologists to formulate evidence-based solutions to tech advances.

Tips for tech companies:

- Engage and fund (anonymously and without bias or influence) research projects investigating tech's role in learning and development; share the results.
- Use research findings to identify responsible design solutions.



Design for Privacy

When companies lead with privacy as a core value, they gain the trust of consumers.

Tips for policymakers:

- Make the practice of tracking and targeting kids off-limits.
- Ensure that consumers are in control of their data by requiring consent for its use or sale.
- Provide incentives for innovative privacy practices and penalties for those that fall short.

Tips for tech companies:

- Make strong privacy settings the default and always notify users and ask permission before collecting, using, sharing, or selling their personal data.
- Create easy-to-read, age-specific privacy notices.
- Minimize the collection and retention of personal information.



Elevate Quality

Content is a powerful tool that can influence individuals and societies. Together, we can ensure that our kids have access to quality, trustworthy content.

Tips for policymakers:

- Hold platforms accountable for the content they amplify.
- Prohibit practices that purposely mislead people to ads and inappropriate content.

Tips for tech companies:

- Address violence, hate speech, and cyberbullying.
- Label potential misinformation and fake accounts.
- Ensure quality, trustworthy content via moderators, smarter algorithms, and ethical design.
- Make educational and age-appropriate content easy to find.



Ensure Equity

Families everywhere need access to the immense opportunities of technology. Meaningful digital well-being reforms should prioritize our most vulnerable.

Tips for policymakers:

- Help close the homework gap by ensuring access to devices and high-speed internet for all.
- End unfair and deceptive practices that discriminate against marginalized communities.
- Ensure that tech companies pay their fair share.

Tips for tech companies:

- Consider access constraints for communities when building applications.
- Offer offline functionality of applications, making it easier for kids without connectivity to get their schoolwork done.
- Support public/private partnerships to build broadband networks.

**FIND OUT MORE AND GET INVOLVED AT
COMMONSENSE.ORG/DIGITAL-WELL-BEING**

Common Sense is the nation's leading nonprofit organization dedicated to improving the lives of kids and families by providing the trustworthy information, education, and independent voice they need to thrive in the 21st century.

➔ ***commonsense.org***

