

IMPACT OF MOBILE PHONES ON TEENAGERS

29%



of girls and 17% of boys aged 15–24 were diagnosed with depression or anxiety in 2023.

Australian Bureau of Statistics



Emergency admissions for self-harm in girls aged 10–14 have more than tripled since 2009.

Dr John Gerrard Chief Health Officer, Queensland

89%
of homework
time lost

57%
of sleep
time lost

Activities displaced by screen use - Black Dog Institute



The suicide rate among teens aged 15–19 is now double what it was in 2005.

Australian Bureau of Statistics

62%
of chore
time lost

19%
of family
time lost

“Today’s teens are on track to become the loneliest and most socially isolated generation in history.”

Jonathon Haidt, *The Anxious Generation*



Australian children first encounter pornography around 13, with a third of these children seeing this content from a younger age.

Ms Inman Grant eSafety Commissioner

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One-third of young people have problematic social-media use, and half want to disconnect but fear missing out.

Headspace



80% of teens check their phones during the night and respond to notifications.

Screen Sanity Australia

LINKS BETWEEN SCREEN TIME, DEPRESSION AND ANXIETY

