



Internet and Social Media Fact Sheet 2025

Washington State, Grade 8

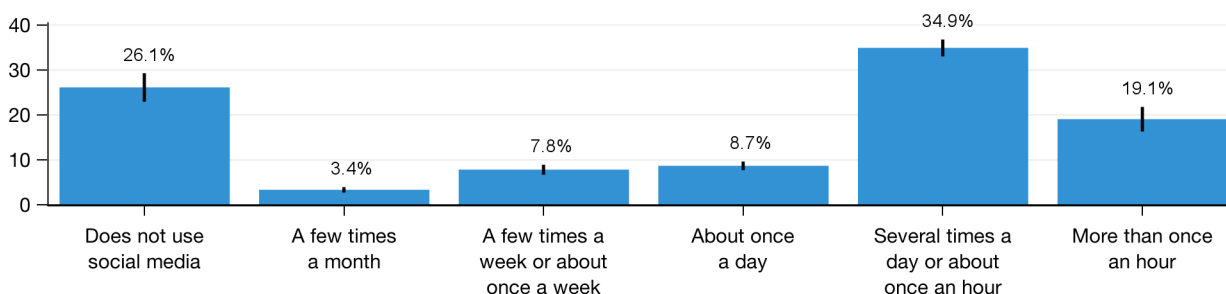
Students surveyed = 8,481

Introduction

- Internet use and social media use have been on the rise among youth over the past several years.
- Social media and internet use could have benefits for youth mental health - social media enables youth to connect with friends and family, learn about faraway places, learn about hobbies, etc. ¹
- Problematic internet use (PIU) is use that is risky, excessive, or impulsive that can lead to adverse consequences in an individual's life, including physical, emotional, social, or functional impairment. ²
- PIU has been linked to stress, fewer positive health behaviors, and poor academic performance.
- PIU is assessed using a 3-item Problematic and Risky Internet Use Screening Scale (PRIUSS) on the HYS. Students who reported a score of 3 or more were categorized as "at risk" for PIU.

Time Spent on Social Media - Grade 8, 2025

% of Students

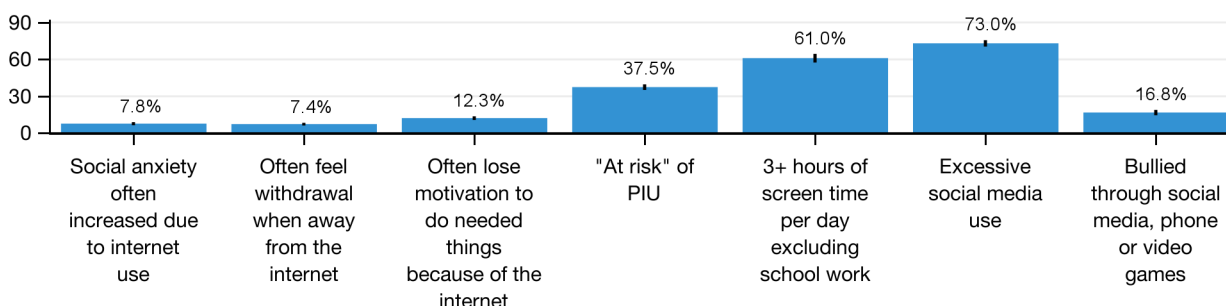


The bar chart above shows Time Spent on Social Media for Grade 8, 2025. The measures and values are:

Measure	Value	Measure	Value
Does not use social media	26.1% $\pm$ 3.2%	About once a day	8.7% $\pm$ 1.0%
A few times a month	3.4% $\pm$ 0.6%	Several times a day or about once an hour	34.9% $\pm$ 1.9%
A few times a week or about once a week	7.8% $\pm$ 1.1%	More than once an hour	19.1% $\pm$ 2.7%

Social Media and Internet Use Indicators - Grade 8, 2025

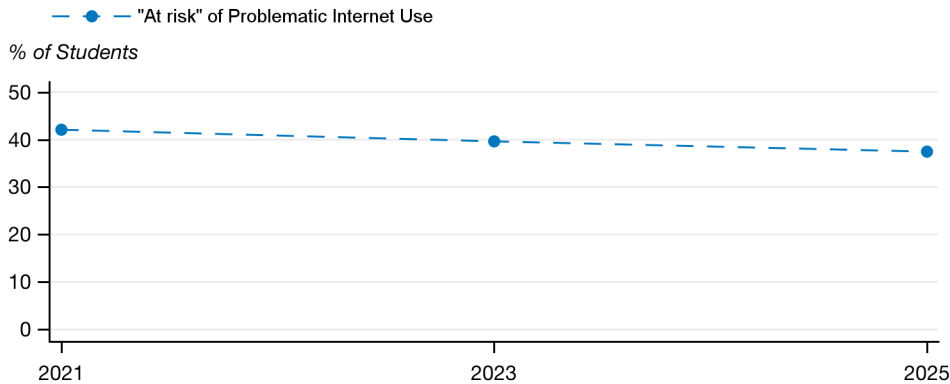
% of Students



The bar chart above shows Social Media and Internet Use Indicators for Grade 8, 2025. The measures and values are:

Measure	Value	Measure	Value
Social anxiety often increased due to internet use	7.8% $\pm$ 1.3%	3+ hours of screen time per day excluding school work	61.0% $\pm$ 3.5%
Often feel withdrawal when away from the internet	7.4% $\pm$ 1.1%	Excessive social media use	73.0% $\pm$ 2.6%
Often lose motivation to do needed things because of the internet	12.3% $\pm$ 1.5%	Bullied through social media, phone or video games	16.8% $\pm$ 2.2%
"At risk" of PIU	37.5% $\pm$ 2.3%		

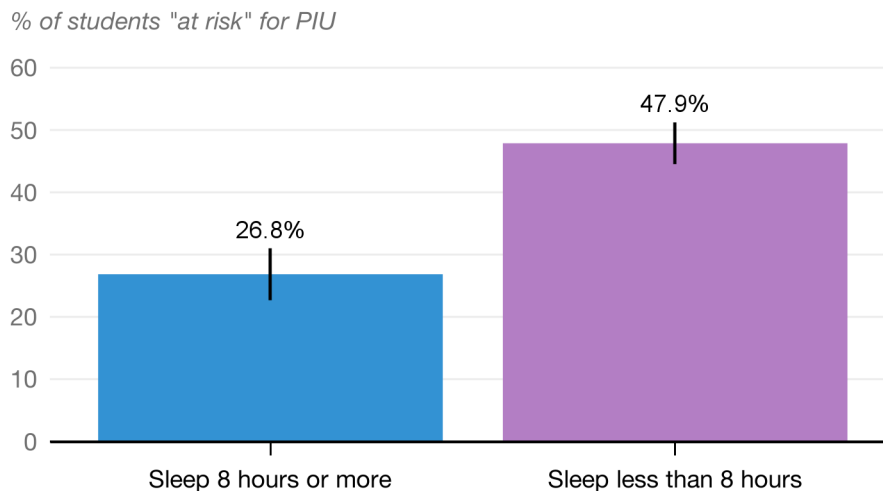
"At Risk" of Problematic Internet Use (PIU) - 2021-2025, Grade 8



The trend plot above shows measure of "At Risk" of Problematic Internet Use (PIU) between 2021 and 2025 for Grade 8. The measure and values are:

Measure	2021	2023	2025
"At risk" of Problematic Internet Use	42.1% ±1.8%	39.6% ±1.9%	37.5% ±2.3%

Statewide Relationship between "At Risk" of PIU and Sleep, Grade 8

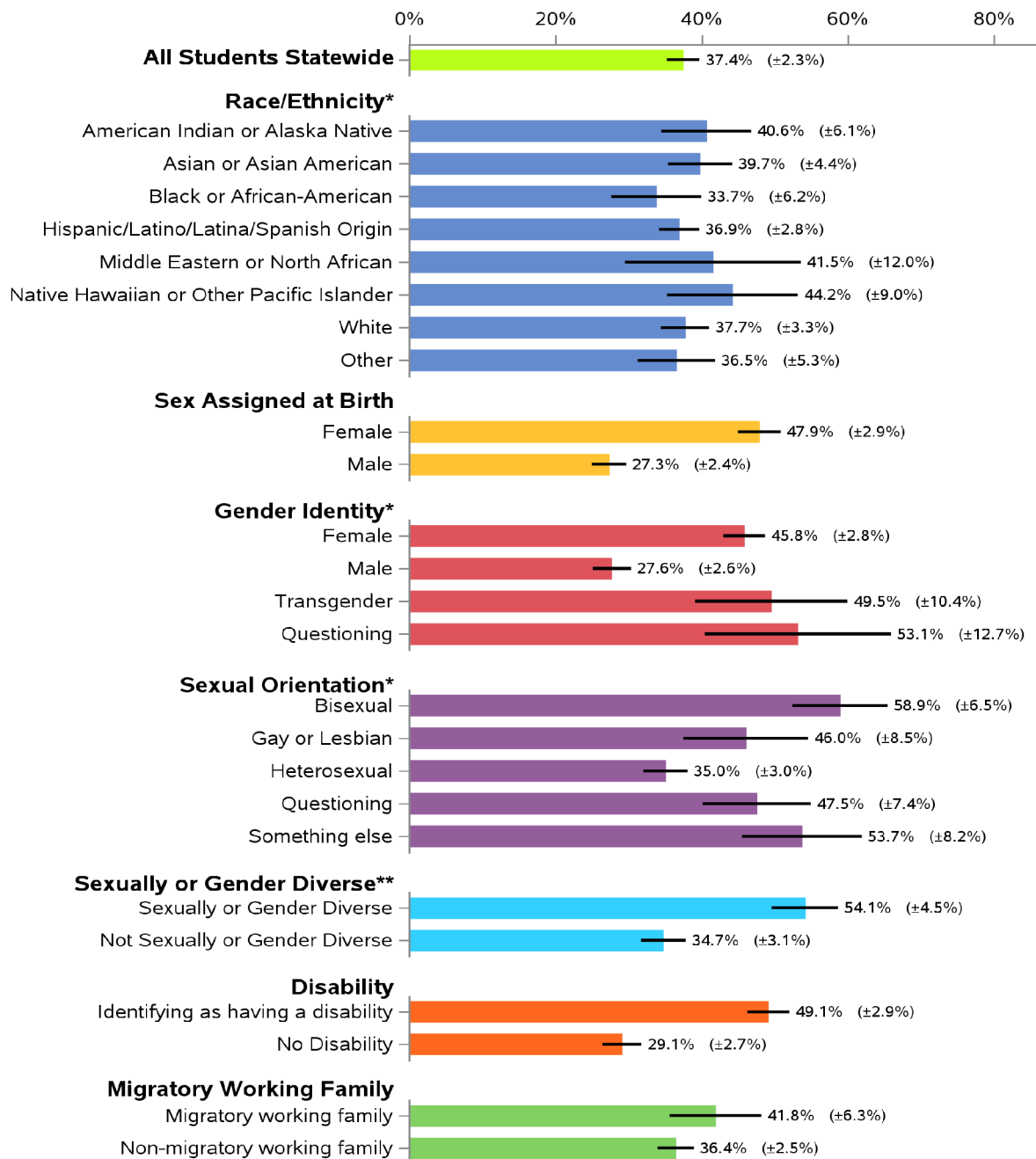


The bar chart above shows the statewide relationship between "at risk" of PIU and sleep for Grade 8 in 2025

Statewide, more 8th graders who get less than 8 hours of sleep report being at risk for PIU compared to those who get 8 hours of sleep or more.

Student group	Results
For those who sleep 8 hours or more	26.8% "at risk" for PIU (±4.2%)
For those who sleep less than 8 hours	47.9% "at risk" for PIU (±3.3%)

Statewide Relationship between "At-risk" of PIU and Demographics, Grade 8, 2025



*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

**Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.

The bar chart above shows the statewide relationship between "At-risk" of PIU and Demographics for Grade 8, 2025

- Results for race/ethnicity, gender identity, and sexual orientation are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.
- Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.
- Suppressed is displayed for results that are suppressed because less than 5 students answered this way.

The demographic categories and values are:

All Students Statewide 37.4% $\pm$ 2.3%

By Race/Ethnicity

American Indian or Alaska Native	40.6% $\pm$ 6.1%
Asian or Asian American	39.7% $\pm$ 4.4%
Black or African-American	33.7% $\pm$ 6.2%
Hispanic/Latino/Latina/Spanish Origin	36.9% $\pm$ 2.8%
Middle Eastern or North African	41.5% $\pm$ 12.0%
Native Hawaiian or Other Pacific Islander	44.2% $\pm$ 9.0%
White	37.7% $\pm$ 3.3%
Other	36.5% $\pm$ 5.3%

By Sex Assigned at Birth

Female	47.9% $\pm$ 2.9%
Male	27.3% $\pm$ 2.4%

By Gender Identity

Female	45.8% $\pm$ 2.8%
Male	27.6% $\pm$ 2.6%
Transgender	49.5% $\pm$ 10.4%
Questioning	53.1% $\pm$ 12.7%

By Sexual Orientation

Bisexual	58.9% $\pm$ 6.5%
----------	------------------

By Sexual Orientation

Gay or Lesbian	46.0% $\pm$ 8.5%
Heterosexual	35.0% $\pm$ 3.0%
Questioning	47.5% $\pm$ 7.4%
Something else	53.7% $\pm$ 8.2%

By Sexually or Gender Diverse

Sexually or Gender Diverse	54.1% $\pm$ 4.5%
Not Sexually or Gender Diverse	34.7% $\pm$ 3.1%

By Disability

Identifying as having a disability	49.1% $\pm$ 2.9%
No Disability	29.1% $\pm$ 2.7%

By Migratory Working Family

Migratory working family	41.8% $\pm$ 6.3%
Non-migratory working family	37.1% $\pm$ 2.4%
Non-migratory working family	37.1% $\pm$ 2.4%

For More Information

- Resources for teens, educators, clinicians and parents on social media and youth mental health from the American Academy of Pediatrics - **Center of Excellence on Social Media and Youth Mental Health (aap.org)**
- The 5 Cs of Social Media Use: guide for clinicians and parents - **The 5 Cs of Media Use (aap.org)**
- A comprehensive K-12 digital citizenship curriculum which includes lesson plans, class activities, and paired materials to send home with families - **Common Sense Education's Digital Citizenship Curriculum**
- To view the full text of the questions presented in this fact sheet, you can view the survey in its entirety here: <https://www.askhys.net/Resources/SurveyQuestionnaires>

Data Notes

Prevalence on charts is displayed with 95% confidence intervals (as $\pm$ or black bar)

▲ ▼ indicates a significant change from the previous year, $p < 0.05$. Color indicates a **positive** or **negative** difference

Missing Codes:

- S = results suppressed due to insufficient reporting from students of school
- N/G = grade not available
- N/S = question was not surveyed this year
- N/A = question was not asked of this grade
- ns = no significant difference between groups in the Statewide relationship charts

Acknowledgements

The Healthy Youth Survey (HYS) is a collaborative effort of the Office of the Superintendent of Public Instruction, the Department of Health, the Health Care Authority - Division of Behavioral Health and Recovery, and the Liquor and Cannabis Board.

References

1. American Academy of Pediatrics Center of Excellence on Social Media and Youth Mental Health, 2023, <https://www.aap.org/en/patient-care/media-and-children/center-of-excellence-on-social-media-and-youth-mental-health/>
2. Moreno, Megan A. et al. (2012) Problematic Internet Use Among Older Adolescents: A Conceptual Framework. Journal of Adolescent Health, 52(2); S86.



Internet and Social Media Fact Sheet 2025

Washington State, Grade 10

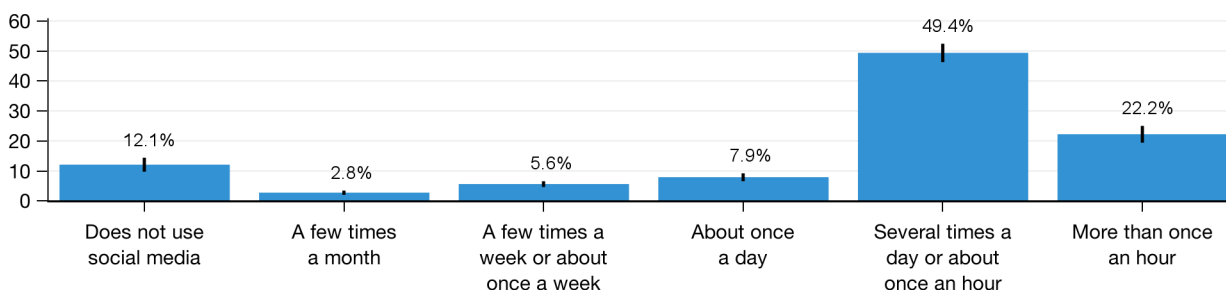
Students surveyed = 7,141

Introduction

- Internet use and social media use have been on the rise among youth over the past several years.
- Social media and internet use could have benefits for youth mental health - social media enables youth to connect with friends and family, learn about faraway places, learn about hobbies, etc. ¹
- Problematic internet use (PIU) is use that is risky, excessive, or impulsive that can lead to adverse consequences in an individual's life, including physical, emotional, social, or functional impairment. ²
- PIU has been linked to stress, fewer positive health behaviors, and poor academic performance.
- PIU is assessed using a 3-item Problematic and Risky Internet Use Screening Scale (PRIUSS) on the HYS. Students who reported a score of 3 or more were categorized as "at risk" for PIU.

Time Spent on Social Media - Grade 10, 2025

% of Students

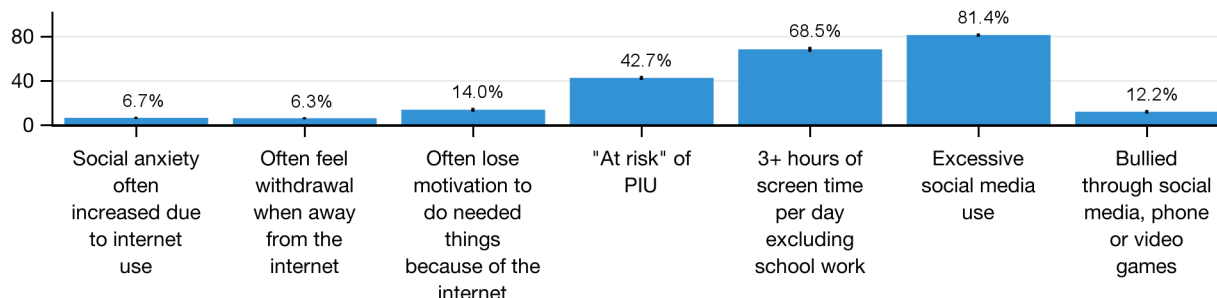


The bar chart above shows Time Spent on Social Media for Grade 10, 2025. The measures and values are:

Measure	Value	Measure	Value
Does not use social media	12.1% $\pm$ 2.3%	About once a day	7.9% $\pm$ 1.3%
A few times a month	2.8% $\pm$ 0.7%	Several times a day or about once an hour	49.4% $\pm$ 3.1%
A few times a week or about once a week	5.6% $\pm$ 1.0%	More than once an hour	22.2% $\pm$ 2.8%

Social Media and Internet Use Indicators - Grade 10, 2025

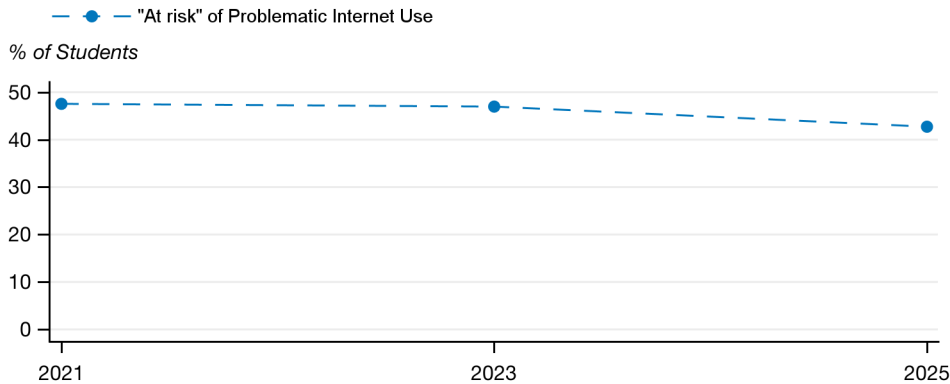
% of Students



The bar chart above shows Social Media and Internet Use Indicators for Grade 10, 2025. The measures and values are:

Measure	Value	Measure	Value
Social anxiety often increased due to internet use	6.7% $\pm$ 1.0%	3+ hours of screen time per day excluding school work	68.5% $\pm$ 2.3%
Often feel withdrawal when away from the internet	6.3% $\pm$ 1.0%	Excessive social media use	81.4% $\pm$ 1.4%
Often lose motivation to do needed things because of the internet	14.0% $\pm$ 1.8%	Bullied through social media, phone or video games	12.2% $\pm$ 1.6%
"At risk" of PIU	42.7% $\pm$ 1.8%		

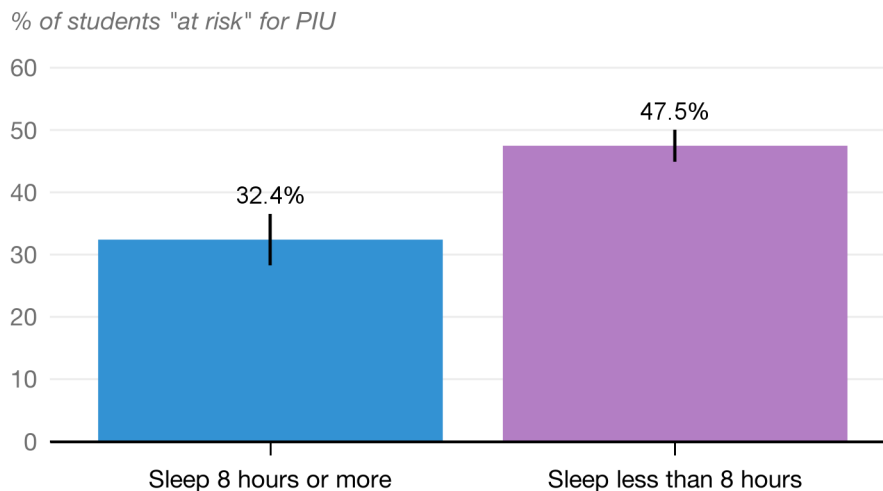
"At Risk" of Problematic Internet Use (PIU) - 2021-2025, Grade 10



The trend plot above shows measure of "At Risk" of Problematic Internet Use (PIU) between 2021 and 2025 for Grade 10. The measure and values are:

Measure	2021	2023	2025
"At risk" of Problematic Internet Use	47.5% $\pm$ 2.3%	47% $\pm$ 3.3%	42.7% $\pm$ 1.8%

Statewide Relationship between "At Risk" of PIU and Sleep, Grade 10

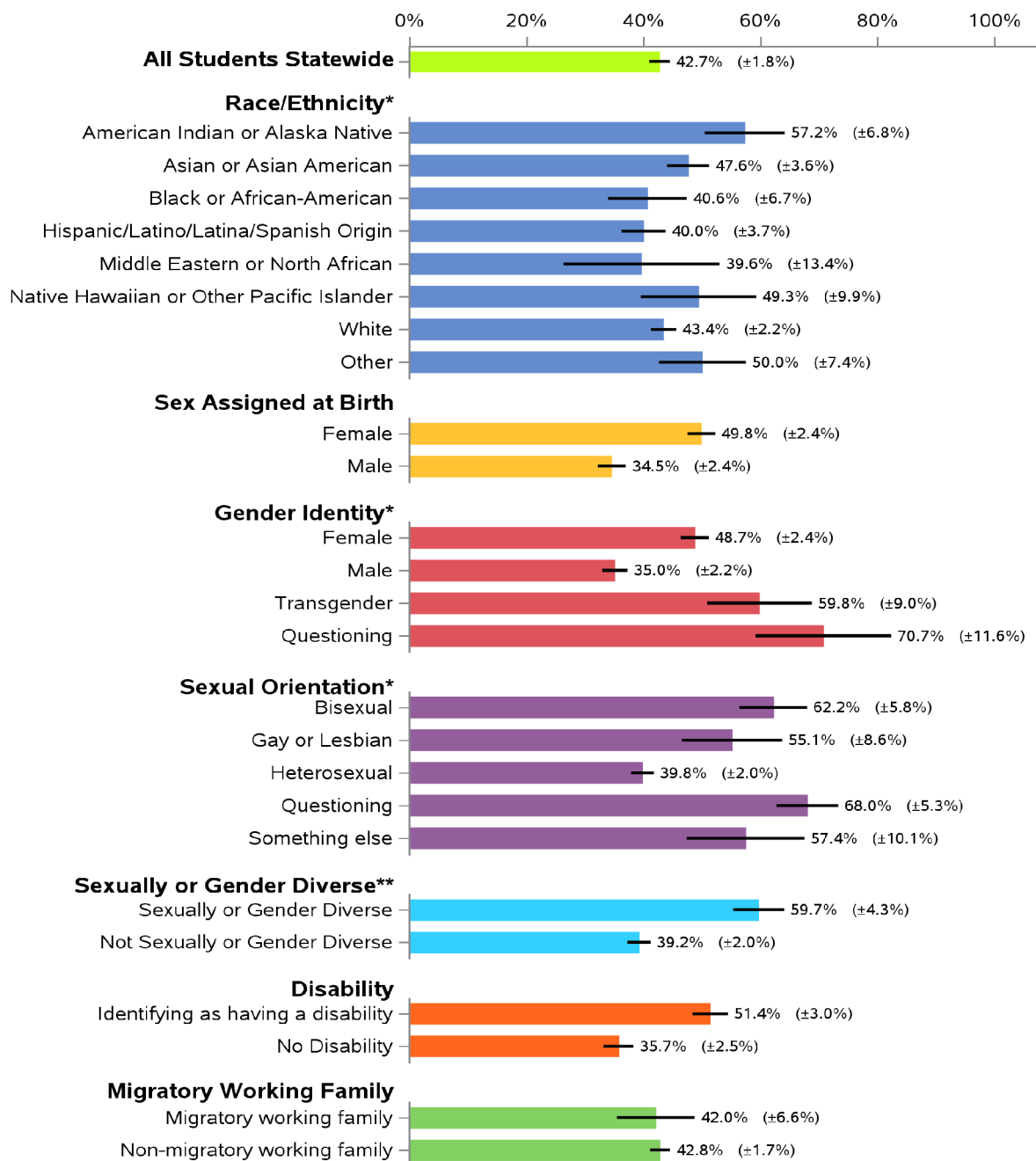


The bar chart above shows the statewide relationship between "at risk" of PIU and sleep for Grade 10 in 2025

Statewide, more 10th graders who get less than 8 hours of sleep report being at risk for PIU compared to those who get 8 hours of sleep or more.

Student group	Results
For those who sleep 8 hours or more	32.4% "at risk" for PIU ($\pm$ 4.1%)
For those who sleep less than 8 hours	47.5% "at risk" for PIU ($\pm$ 2.6%)

Statewide Relationship between "At-risk" of PIU and Demographics, Grade 10, 2025



*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

**Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.

The bar chart above shows the statewide relationship between "At-risk" of PIU and Demographics for Grade 10, 2025

- Results for race/ethnicity, gender identity, and sexual orientation are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.
- Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.
- Suppressed is displayed for results that are suppressed because less than 5 students answered this way.

The demographic categories and values are:

All Students Statewide 42.7% $\pm$ 1.8%

By Race/Ethnicity

American Indian or Alaska Native	57.2% $\pm$ 6.8%
Asian or Asian American	47.6% $\pm$ 3.6%
Black or African-American	40.6% $\pm$ 6.7%
Hispanic/Latino/Latina/Spanish Origin	40.0% $\pm$ 3.7%
Middle Eastern or North African	39.6% $\pm$ 13.4%
Native Hawaiian or Other Pacific Islander	49.3% $\pm$ 9.9%
White	43.4% $\pm$ 2.2%
Other	50.0% $\pm$ 7.4%

By Sex Assigned at Birth

Female	49.8% $\pm$ 2.4%
Male	34.5% $\pm$ 2.4%

By Gender Identity

Female	48.7% $\pm$ 2.4%
Male	35.0% $\pm$ 2.2%
Transgender	59.8% $\pm$ 9.0%
Questioning	70.7% $\pm$ 11.6%

By Sexual Orientation

Bisexual	62.2% $\pm$ 5.8%
----------	------------------

By Sexual Orientation

Gay or Lesbian	55.1% $\pm$ 8.6%
Heterosexual	39.8% $\pm$ 2.0%
Questioning	68.0% $\pm$ 5.3%
Something else	57.4% $\pm$ 10.1%

By Sexually or Gender Diverse

Sexually or Gender Diverse	59.7% $\pm$ 4.3%
Not Sexually or Gender Diverse	39.2% $\pm$ 2.0%

By Disability

Identifying as having a disability	51.4% $\pm$ 3.0%
No Disability	35.7% $\pm$ 2.5%

By Migratory Working Family

Migratory working family	42.0% $\pm$ 6.6%
Non-migratory working family	42.7% $\pm$ 1.8%
Non-migratory working family	42.7% $\pm$ 1.8%

For More Information

- Resources for teens, educators, clinicians and parents on social media and youth mental health from the American Academy of Pediatrics - **Center of Excellence on Social Media and Youth Mental Health (aap.org)**
- The 5 Cs of Social Media Use: guide for clinicians and parents - **The 5 Cs of Media Use (aap.org)**
- A comprehensive K-12 digital citizenship curriculum which includes lesson plans, class activities, and paired materials to send home with families - **Common Sense Education's Digital Citizenship Curriculum**
- To view the full text of the questions presented in this fact sheet, you can view the survey in its entirety here: <https://www.askhys.net/Resources/SurveyQuestionnaires>

Data Notes

Prevalence on charts is displayed with 95% confidence intervals (as $\pm$ or black bar)

▲ ▼ indicates a significant change from the previous year, $p < 0.05$. Color indicates a **positive** or **negative** difference

Missing Codes:

- S = results suppressed due to insufficient reporting from students of school
- N/G = grade not available
- N/S = question was not surveyed this year
- N/A = question was not asked of this grade
- ns = no significant difference between groups in the Statewide relationship charts

Acknowledgements

The Healthy Youth Survey (HYS) is a collaborative effort of the Office of the Superintendent of Public Instruction, the Department of Health, the Health Care Authority - Division of Behavioral Health and Recovery, and the Liquor and Cannabis Board.

References

1. American Academy of Pediatrics Center of Excellence on Social Media and Youth Mental Health, 2023, <https://www.aap.org/en/patient-care/media-and-children/center-of-excellence-on-social-media-and-youth-mental-health/>
2. Moreno, Megan A. et al. (2012) Problematic Internet Use Among Older Adolescents: A Conceptual Framework. Journal of Adolescent Health, 52(2); S86.



Internet and Social Media Fact Sheet 2025

Washington State, Grade 12

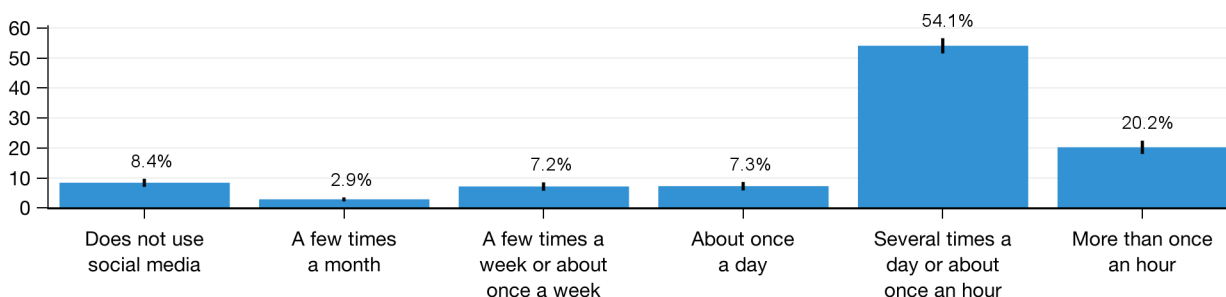
Students surveyed = 4,471

Introduction

- Internet use and social media use have been on the rise among youth over the past several years.
- Social media and internet use could have benefits for youth mental health - social media enables youth to connect with friends and family, learn about faraway places, learn about hobbies, etc. ¹
- Problematic internet use (PIU) is use that is risky, excessive, or impulsive that can lead to adverse consequences in an individual's life, including physical, emotional, social, or functional impairment. ²
- PIU has been linked to stress, fewer positive health behaviors, and poor academic performance.
- PIU is assessed using a 3-item Problematic and Risky Internet Use Screening Scale (PRIUSS) on the HYS. Students who reported a score of 3 or more were categorized as "at risk" for PIU.

Time Spent on Social Media - Grade 12, 2025

% of Students

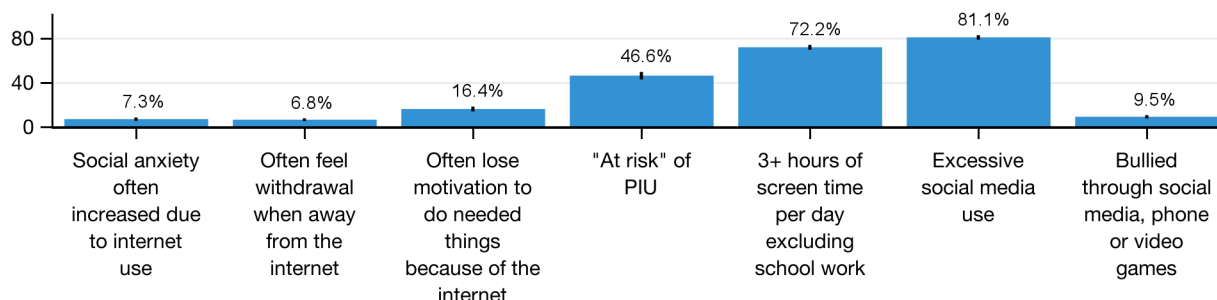


The bar chart above shows Time Spent on Social Media for Grade 12, 2025. The measures and values are:

Measure	Value	Measure	Value
Does not use social media	8.4% $\pm$ 1.3%	About once a day	7.3% $\pm$ 1.4%
A few times a month	2.9% $\pm$ 0.7%	Several times a day or about once an hour	54.1% $\pm$ 2.5%
A few times a week or about once a week	7.2% $\pm$ 1.4%	More than once an hour	20.2% $\pm$ 2.2%

Social Media and Internet Use Indicators - Grade 12, 2025

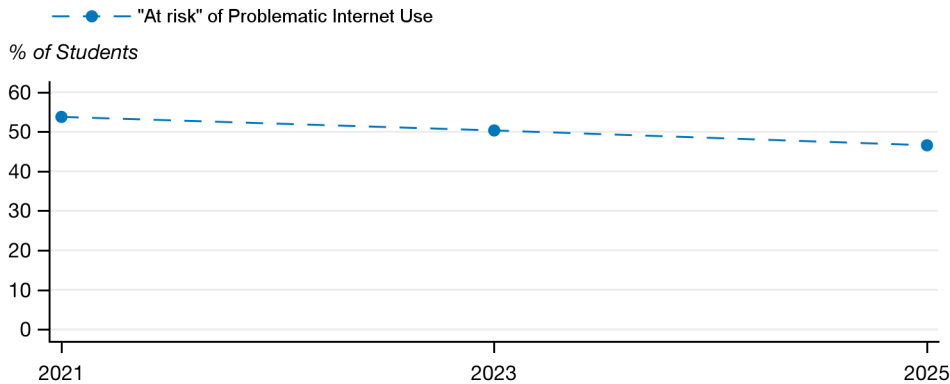
% of Students



The bar chart above shows Social Media and Internet Use Indicators for Grade 12, 2025. The measures and values are:

Measure	Value	Measure	Value
Social anxiety often increased due to internet use	7.3% $\pm$ 1.5%	3+ hours of screen time per day excluding school work	72.2% $\pm$ 2.2%
Often feel withdrawal when away from the internet	6.8% $\pm$ 1.3%	Excessive social media use	81.1% $\pm$ 2.0%
Often lose motivation to do needed things because of the internet	16.4% $\pm$ 2.2%	Bullied through social media, phone or video games	9.5% $\pm$ 1.5%
"At risk" of PIU	46.6% $\pm$ 3.4%		

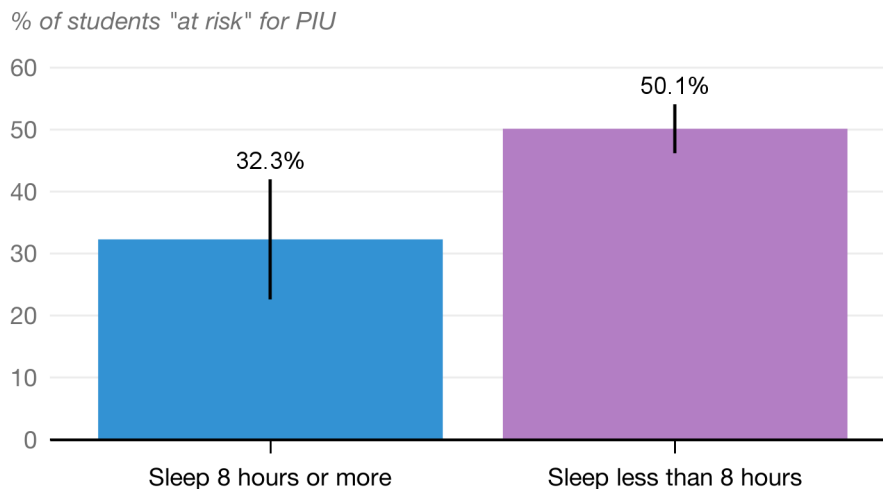
"At Risk" of Problematic Internet Use (PIU) - 2021-2025, Grade 12



The trend plot above shows measure of "At Risk" of Problematic Internet Use (PIU) between 2021 and 2025 for Grade 12. The measure and values are:

Measure	2021	2023	2025
"At risk" of Problematic Internet Use	53.8% ±3.4%	50.3% ±3.1%	46.6% ±3.4%

Statewide Relationship between "At Risk" of PIU and Sleep, Grade 12

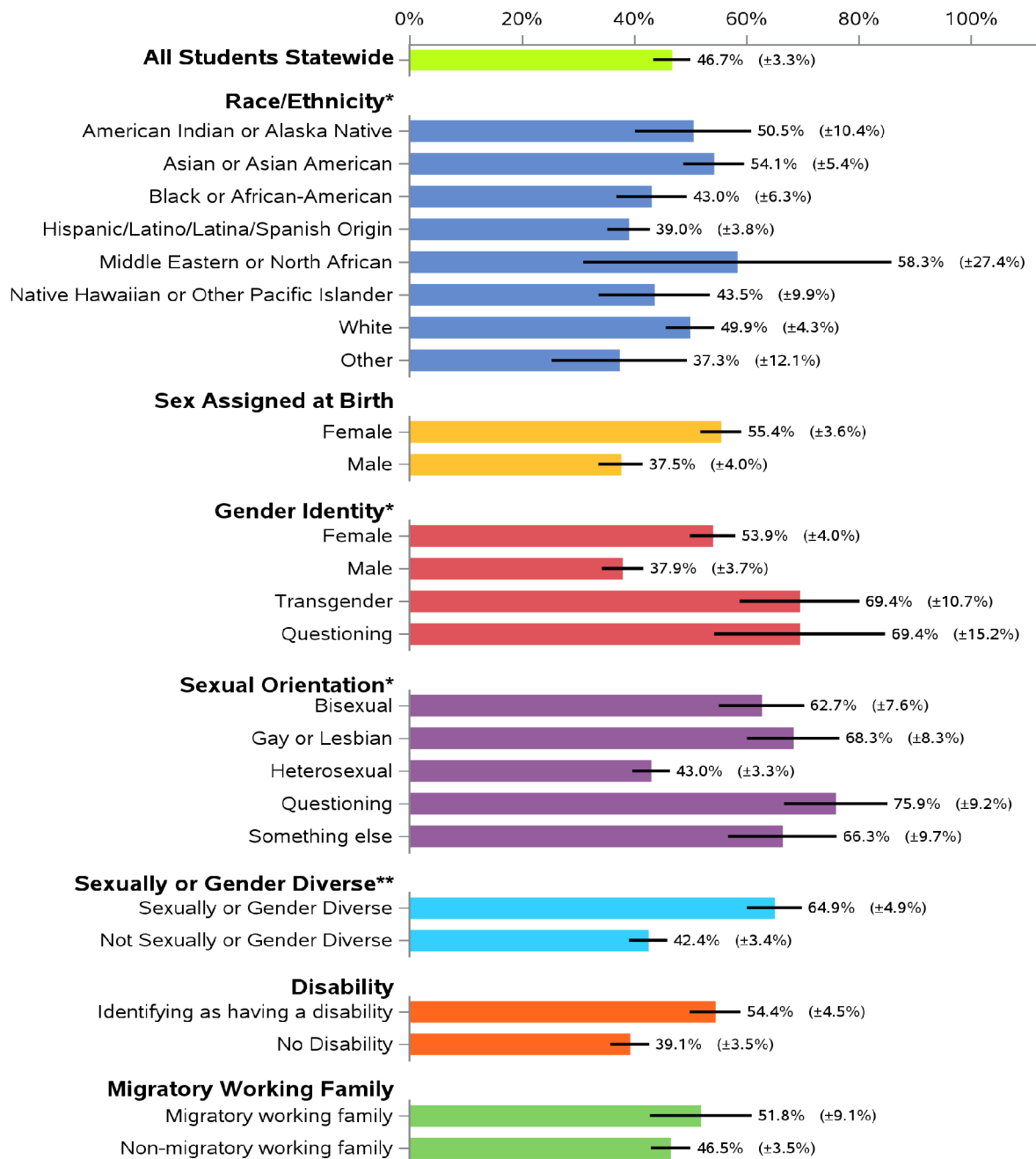


The bar chart above shows the statewide relationship between "at risk" of PIU and sleep for Grade 12 in 2025

Statewide, more 12th graders who get less than 8 hours of sleep report being at risk for PIU compared to those who get 8 hours of sleep or more.

Student group	Results
For those who sleep 8 hours or more	32.3% "at risk" for PIU (±9.7%)
For those who sleep less than 8 hours	50.1% "at risk" for PIU (±3.9%)

Statewide Relationship between "At-risk" of PIU and Demographics, Grade 12, 2025



*Categories in this demographic factor are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.

**Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.

The bar chart above shows the statewide relationship between "At-risk" of PIU and Demographics for Grade 12, 2025

- Results for race/ethnicity, gender identity, and sexual orientation are presented alone or in combination with other categories of the same factor; students who select more than one response are shown under each response.
- Sexually or gender diverse youth are defined as any student selecting "transgender", "questioning/not sure", "something else fits better", or multiple options for gender identity, or any student selecting "gay or lesbian", "bisexual", "questioning/not sure", "something else fits better", or multiple response options for sexual orientation.
- Suppressed is displayed for results that are suppressed because less than 5 students answered this way.

The demographic categories and values are:

All Students Statewide 46.7% $\pm$ 3.3%

By Race/Ethnicity

American Indian or Alaska Native	50.5% $\pm$ 10.4%
Asian or Asian American	54.1% $\pm$ 5.4%
Black or African-American	43.0% $\pm$ 6.3%
Hispanic/Latino/Latina/Spanish Origin	39.0% $\pm$ 3.8%
Middle Eastern or North African	58.3% $\pm$ 27.4%
Native Hawaiian or Other Pacific Islander	43.5% $\pm$ 9.9%
White	49.9% $\pm$ 4.3%
Other	37.3% $\pm$ 12.1%

By Sex Assigned at Birth

Female	55.4% $\pm$ 3.6%
Male	37.5% $\pm$ 4.0%

By Gender Identity

Female	53.9% $\pm$ 4.0%
Male	37.9% $\pm$ 3.7%
Transgender	69.4% $\pm$ 10.7%
Questioning	69.4% $\pm$ 15.2%

By Sexual Orientation

Bisexual	62.7% $\pm$ 7.6%
----------	------------------

By Sexual Orientation

Gay or Lesbian	68.3% $\pm$ 8.3%
Heterosexual	43.0% $\pm$ 3.3%
Questioning	75.9% $\pm$ 9.2%
Something else	66.3% $\pm$ 9.7%

By Sexually or Gender Diverse

Sexually or Gender Diverse	64.9% $\pm$ 4.9%
Not Sexually or Gender Diverse	42.4% $\pm$ 3.4%

By Disability

Identifying as having a disability	54.4% $\pm$ 4.5%
No Disability	39.1% $\pm$ 3.5%

By Migratory Working Family

Migratory working family	51.8% $\pm$ 9.1%
Non-migratory working family	46.4% $\pm$ 3.4%
Non-migratory working family	46.4% $\pm$ 3.4%

For More Information

- Resources for teens, educators, clinicians and parents on social media and youth mental health from the American Academy of Pediatrics - **Center of Excellence on Social Media and Youth Mental Health (aap.org)**
- The 5 Cs of Social Media Use: guide for clinicians and parents - **The 5 Cs of Media Use (aap.org)**
- A comprehensive K-12 digital citizenship curriculum which includes lesson plans, class activities, and paired materials to send home with families - **Common Sense Education's Digital Citizenship Curriculum**
- To view the full text of the questions presented in this fact sheet, you can view the survey in its entirety here: <https://www.askhys.net/Resources/SurveyQuestionnaires>

Data Notes

Prevalence on charts is displayed with 95% confidence intervals (as $\pm$ or black bar)

▲ ▼ indicates a significant change from the previous year, $p < 0.05$. Color indicates a **positive** or **negative** difference

Missing Codes:

- S = results suppressed due to insufficient reporting from students of school
- N/G = grade not available
- N/S = question was not surveyed this year
- N/A = question was not asked of this grade
- ns = no significant difference between groups in the Statewide relationship charts

Acknowledgements

The Healthy Youth Survey (HYS) is a collaborative effort of the Office of the Superintendent of Public Instruction, the Department of Health, the Health Care Authority - Division of Behavioral Health and Recovery, and the Liquor and Cannabis Board.

References

1. American Academy of Pediatrics Center of Excellence on Social Media and Youth Mental Health, 2023, <https://www.aap.org/en/patient-care/media-and-children/center-of-excellence-on-social-media-and-youth-mental-health/>
2. Moreno, Megan A. et al. (2012) Problematic Internet Use Among Older Adolescents: A Conceptual Framework. Journal of Adolescent Health, 52(2); S86.