



# Is Your Child Safe Online?

What parents of teens and preteens need to know.



**95%**  
of US teens own a smartphone; 46% of which are online “almost constantly”

**2x**  
Risk of depression & anxiety for teens on social media 3+ hrs/day.

*\*The average teenager spends 3.5 hours a day on social media*



**37%**  
of teens report being cyberbullied; primarily offensive name calling

**56%**  
of Roblox players are under 17 - chat is largely unmoderated



**1 in 5**  
youth receive unwanted sexual solicitations online/yr



## Top Risks To Know

**Everyday Apps = Real Risk**  
Group chats and fake accounts can escalate quickly.

**Online Grooming - Roblox, TikTok DMs**  
Public platforms are used to build trust before going to private. Thousands of cases documented.

**Mental Health Loops**  
Endless scrolling and notifications drive overuse.

**AI Misinformation and Scams**  
Deepfake brand deals, AI-clones pushing products - targeting kids who want to go viral.

**Addictive design & financial traps**  
Infinite scrolling, loot boxes, in-game currency that encourages overspending and impulse purchases.

*"He was 15 and being bullied in a group chat and on Snapchat. He reported it to his school — but they never told his parents. His family didn't find out until another parent showed them the messages."*

**Nate Bronstein Case**  
**CHICAGO, IL — 2022**

**What could have changed it:**  
A family conversation about who you're allowed to chat with online, and creating an open space

*Read more stories at [risereporting.com/socialstories](https://risereporting.com/socialstories)*

### Start the conversation.

- Ask your child(ren) about their favorite apps and review their usage together
- Talk about who they interact with online and discover what they enjoy about it
- Share about potentially harmful situations and review privacy settings
- Set clear screen-time boundaries, which should also reflect your family's goals.

### Take our survey.

**Scan to find out in 3 minutes:** Where is your child on the **Digital Media Literacy Scale?**



**Zone 1** | No Access / Unaware

**Zone 2** | Passive Consumer

**Zone 3** | Active and Influenced

**Zone 4** | Skill-Based Aspirational Creator