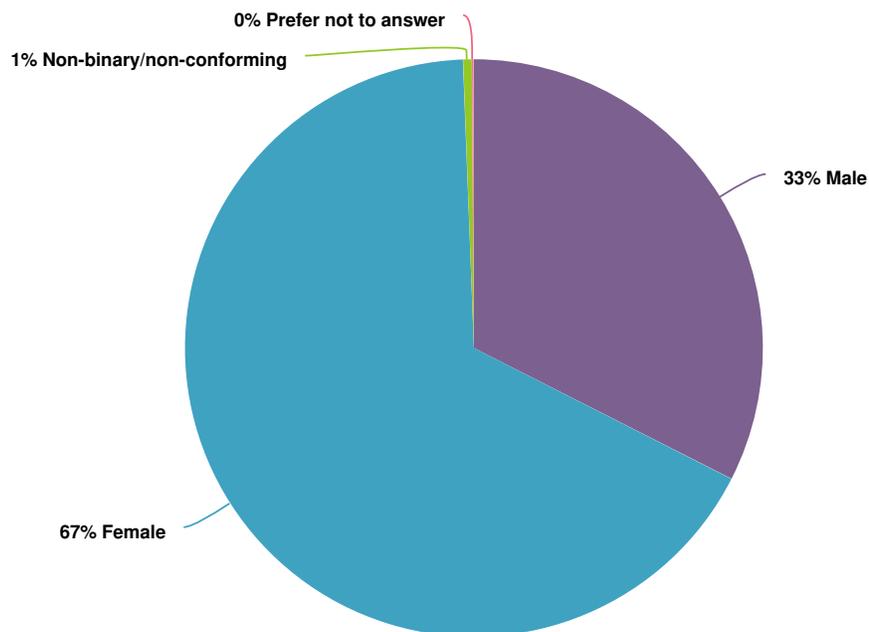


# Parents' Perspectives: Summer Media Use and the Return to School

For more information, please visit <http://www.digitalwellnesslab.org>

## Parent Demographics

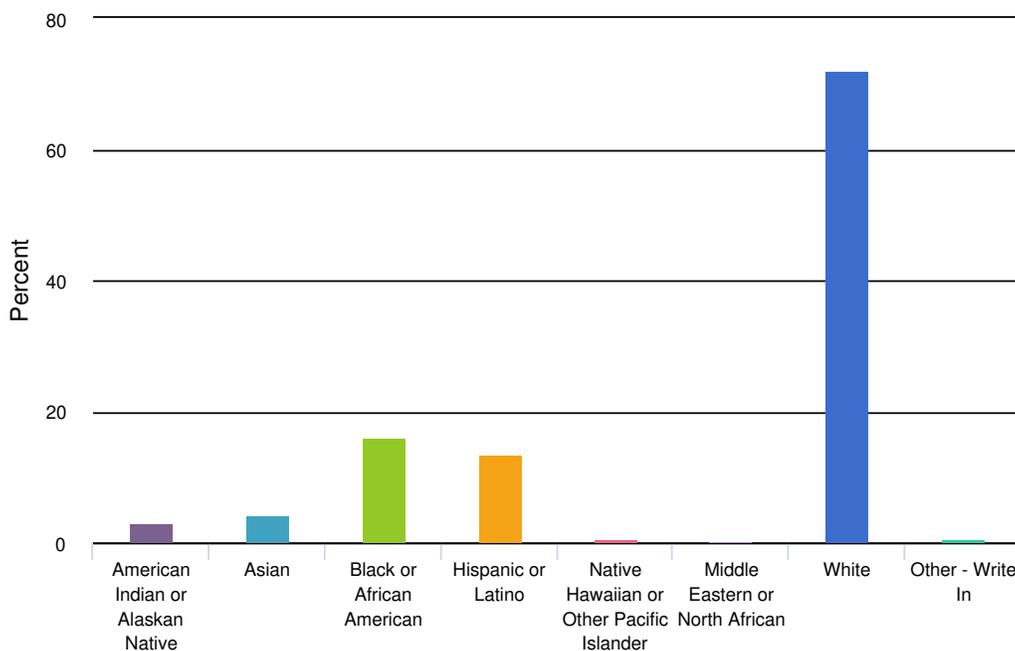
1. What is your gender identity?



Value	Percent	Responses
Male	32.5%	469
Female	66.9%	966
Non-binary/non-conforming	0.5%	7
Prefer not to answer	0.1%	2

Totals: 1,444

## 2. What is your race/ethnicity? (check all that apply)



NOTE: In the table above, respondents who selected multiple categories are counted multiple times. To adjust for this, any respondent who selected "Hispanic" was included in only the Hispanic category. Others who selected multiple choices are included in the "Mixed race" category. This approach results in the following, mutually exclusive categories:

- American Indian or Alaskan Native= 2.8%
- Asian= 4.1%
- Black/non-Hispanic= 12.8%
- Hispanic or Latino= 13.2%
- Native Hawaiian or Other Pacific Islander= 0.3%
- Middle Eastern or North African= 0.3%
- White/non-Hispanic= 64.6%
- Mixed race= 1.1%
- Other= 0.6%

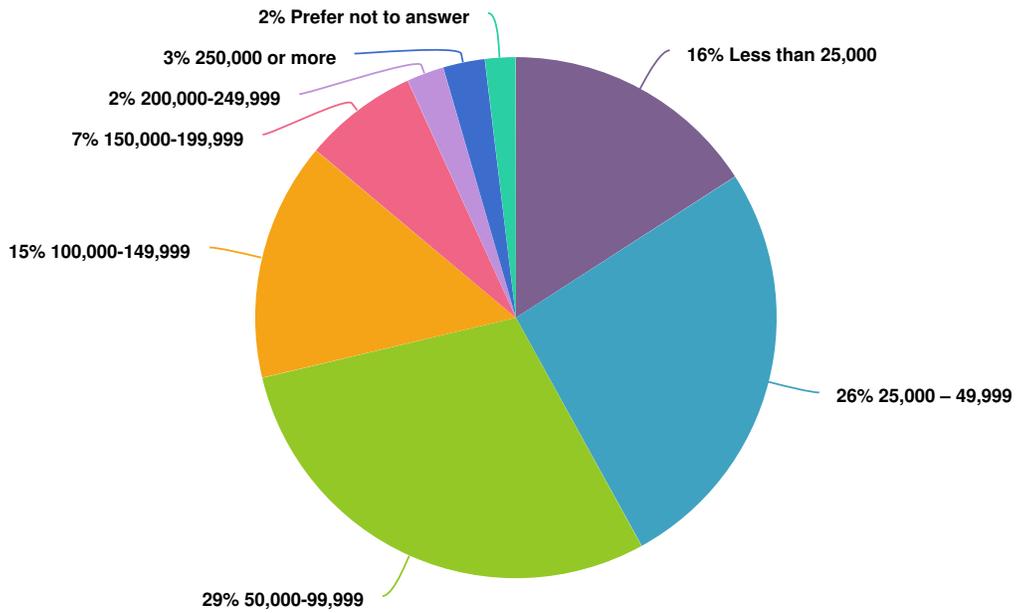
### 3. What is the highest degree of education you have obtained?



Value	Percent	Responses
No degree	3.3%	48
High school degree or GED	34.1%	493
Associate's degree (e.g. community college, trade school, etc.)	20.2%	293
Bachelor's degree (4- year college or university)	24.1%	349
Master's degree	15.4%	223
PhD/ MD/ JD or other advanced degree	2.8%	41

Totals: 1,447

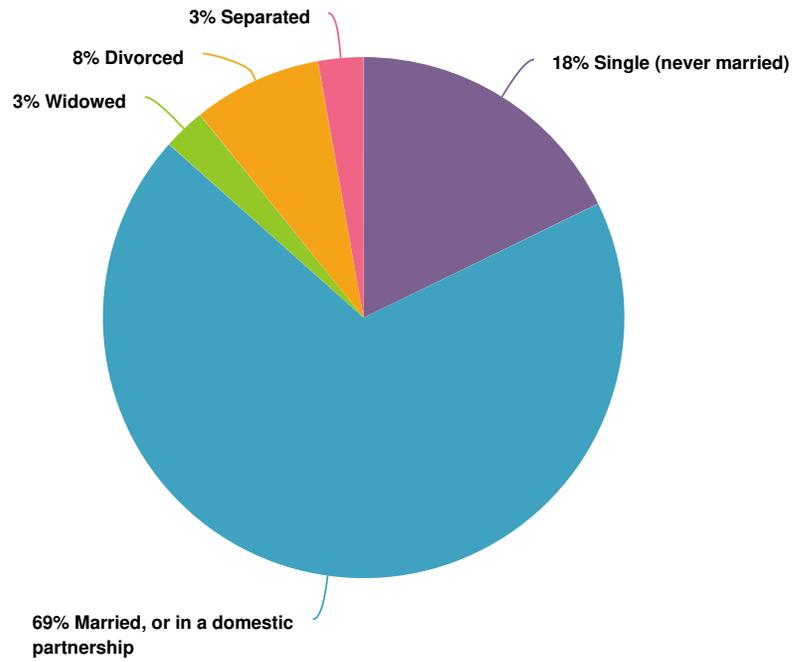
### 4. What is your current household yearly income?



Value	Percent	Responses
Less than 25,000	15.9%	230
25,000 – 49,999	26.1%	378
50,000-99,999	29.3%	424
100,000-149,999	14.8%	214
150,000-199,999	7.1%	102
200,000-249,999	2.3%	33
250,000 or more	2.6%	37
Prefer not to answer	1.9%	28

Totals: 1,446

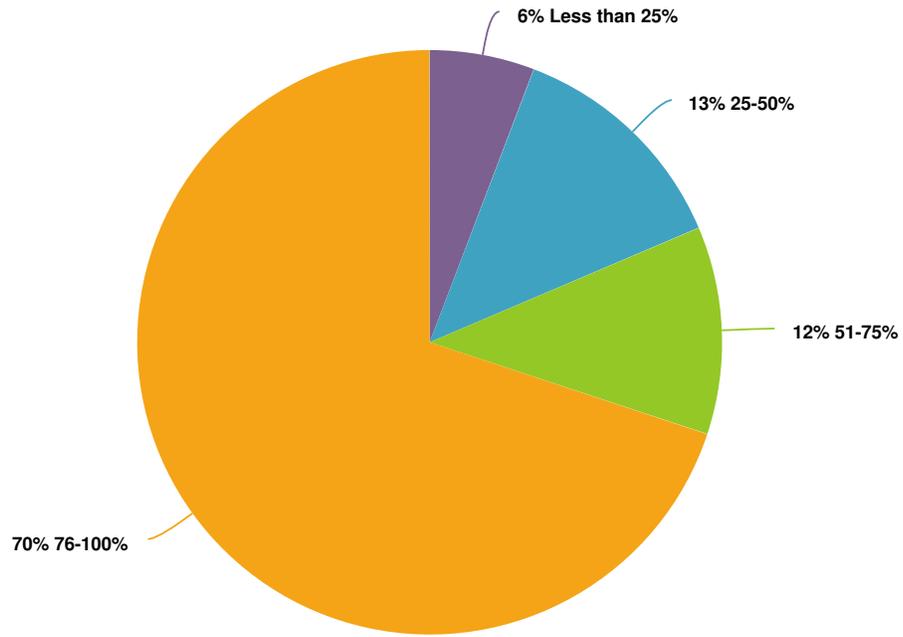
5. What is your marital status?



Value	Percent	Responses
Single (never married)	17.8%	257
Married, or in a domestic partnership	68.8%	993
Widowed	2.6%	37
Divorced	8.0%	115
Separated	2.8%	41

Totals: 1,443

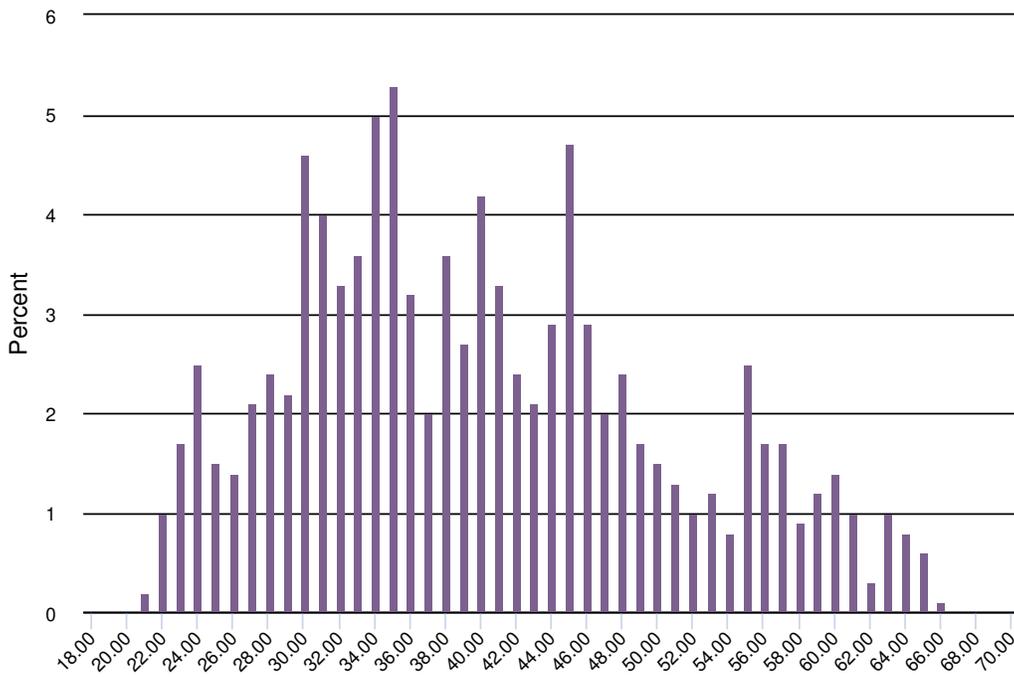
6. If divorced or separated, what percentage of the time does your child live with you?



Value	Percent	Responses
Less than 25%	5.8%	9
25-50%	12.8%	20
51-75%	11.5%	18
76-100%	69.9%	109

Totals: 156

7. Please enter YOUR age in years.



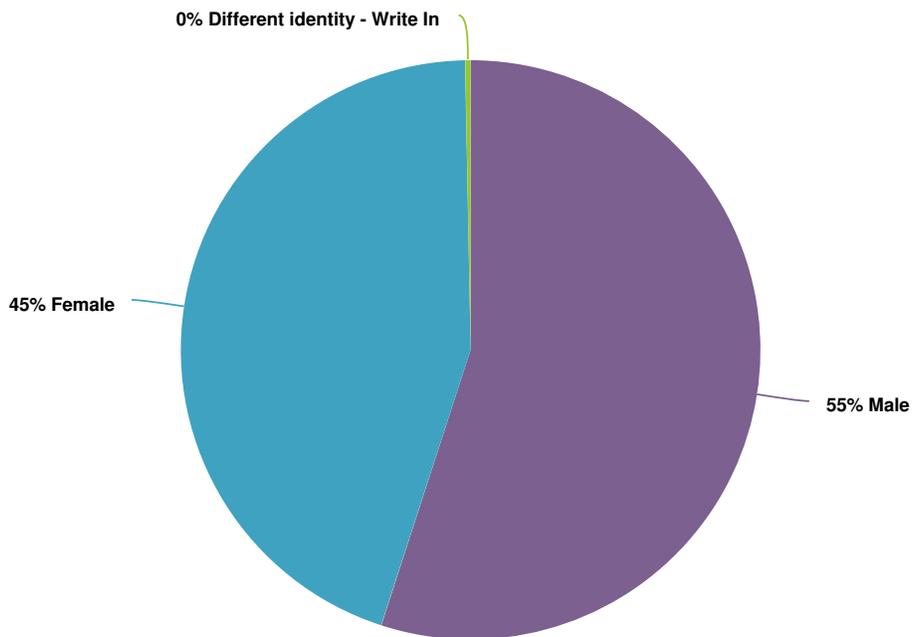
### Statistics

Average

40.0

### Child Demographics

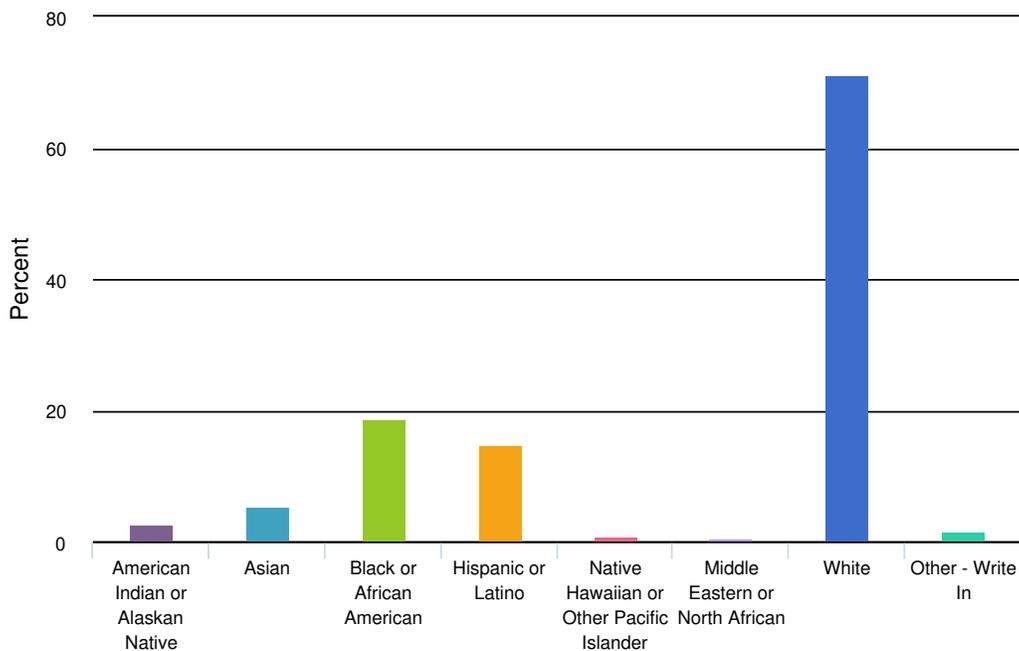
8. Is your child:



Value		Percent	Responses
Male		55.0%	794
Female		44.7%	645
Different identity - Write In		0.3%	4

Totals: 1,443

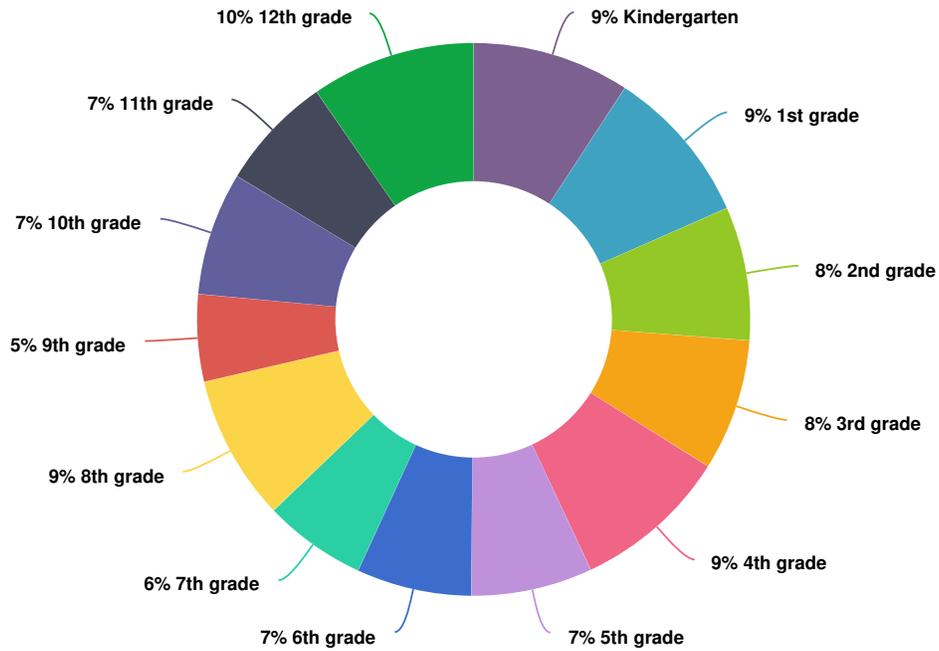
### 9. What is your child's race/ethnicity? (check all that apply)



NOTE: In the table above, respondents who selected multiple categories are counted multiple times. To adjust for this, any respondent who selected "Hispanic" was included in only the Hispanic category. Others who selected multiple choices are included in the "Mixed race" category. This approach results in the following, mutually exclusive categories:

- American Indian or Alaskan Native= 2.4%
- Asian= 5.0%
- Black/non-Hispanic= 12.3%
- Hispanic or Latino= 14.7%
- Native Hawaiian or Other Pacific Islander= 0.4%
- Middle Eastern or North African= 0.3%
- White/non-Hispanic= 60.0%
- Mixed race= 3.0%
- Other= 1.7%

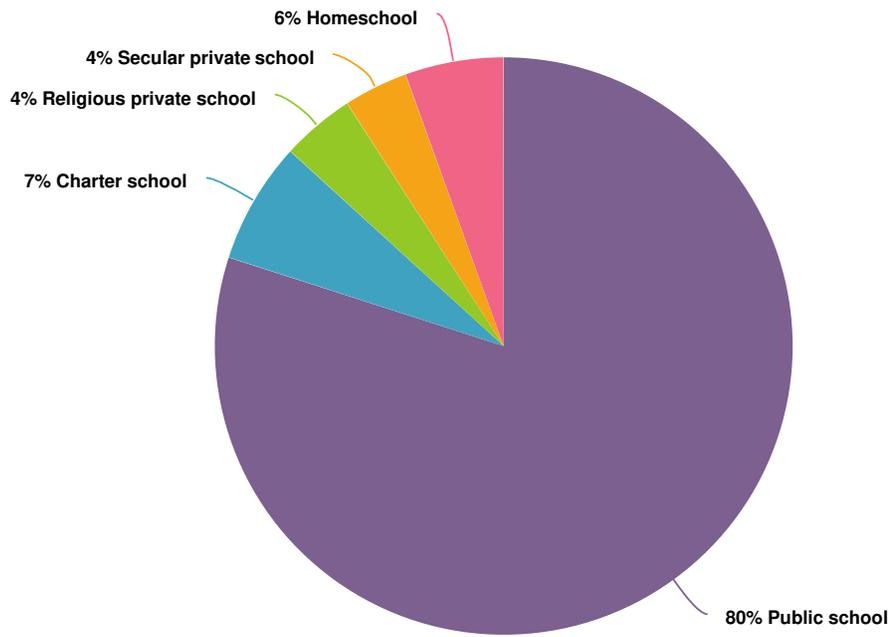
### 10. What grade will your child be starting in Fall 2021?



Value	Percent	Responses
Kindergarten	9.2%	132
1st grade	9.2%	132
2nd grade	7.8%	113
3rd grade	7.7%	111
4th grade	9.1%	131
5th grade	7.1%	103
6th grade	6.7%	97
7th grade	6.0%	86
8th grade	8.5%	123
9th grade	5.1%	74
10th grade	7.2%	104
11th grade	6.7%	96
12th grade	9.6%	139

Totals: 1,441

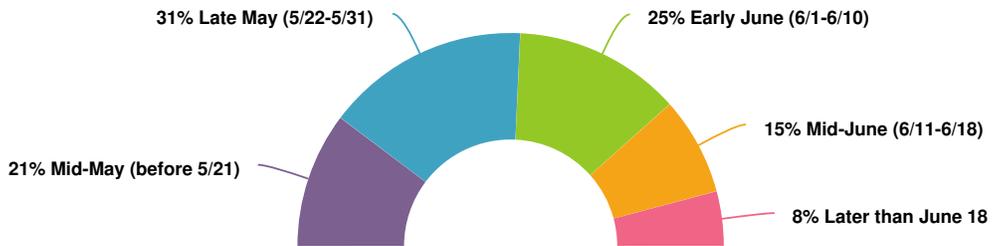
11. What kind of school will your child be attending in Fall 2021?



Value	Percent	Responses
Public school	79.9%	1,041
Charter school	6.8%	89
Religious private school	4.1%	54
Secular private school	3.6%	47
Homeschool	5.5%	72

Totals: 1,303

12. About when did your child's most recent school year end?



Value	Percent	Responses
Mid-May (before 5/21)	20.6%	297
Late May (5/22-5/31)	30.9%	445
Early June (6/1-6/10)	25.4%	366
Mid-June (6/11-6/18)	14.9%	215
Later than June 18	8.3%	119

Totals: 1,442

## Overall use of screen media this summer

13. On a typical day this summer, about how much time does your child spend using screen media (e.g., phones, TV, computers, video games)? Please estimate to the nearest half hour.

### Statistics

Average

8.4

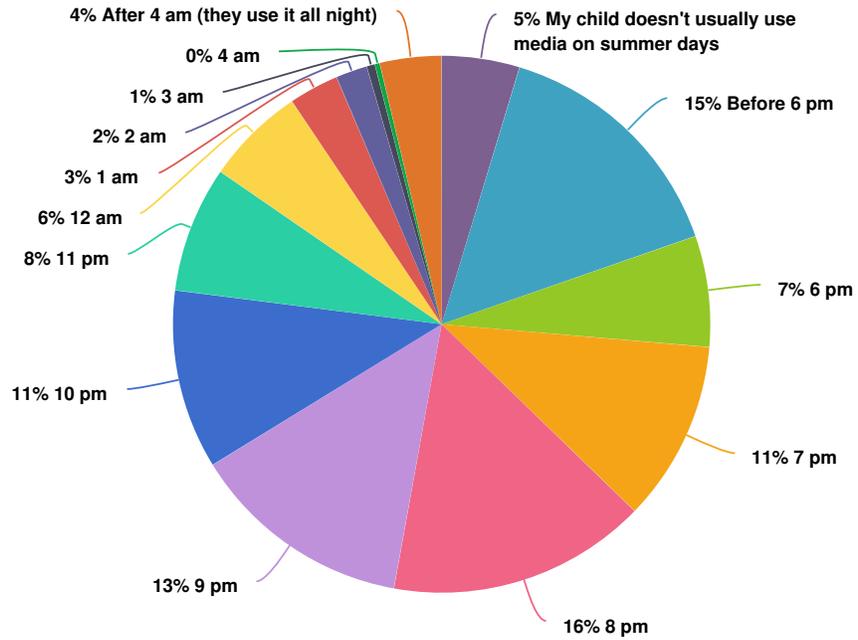
14. What is your opinion about the amount of time your child spends using screen media?



Value	Percent	Responses
Not enough time	0.8%	12
Just the right amount of time	38.8%	561
A little too much time	39.9%	577
Way too much time	20.5%	296

Totals: 1,446

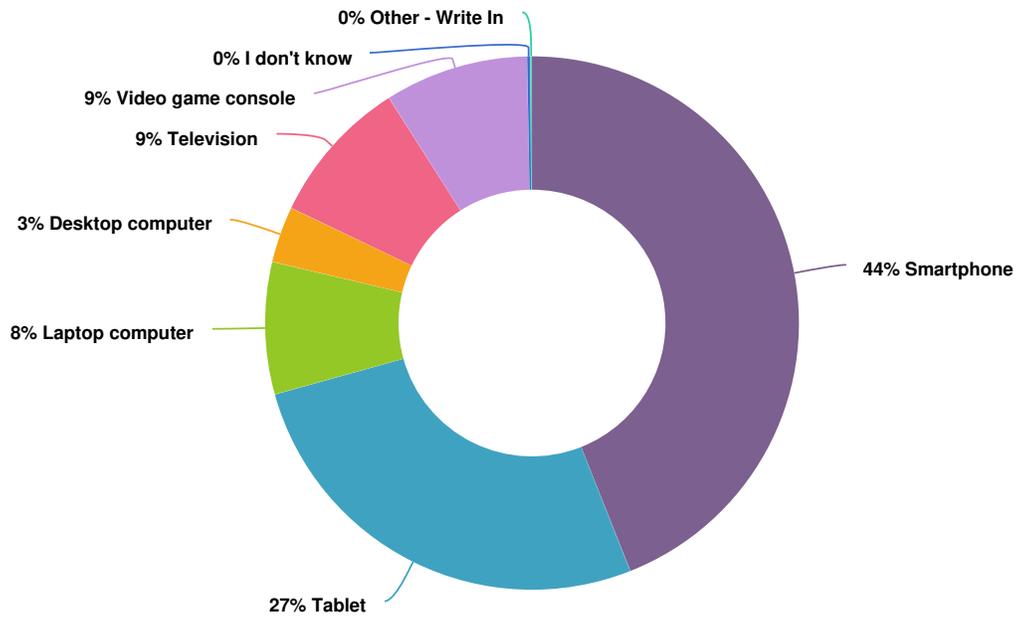
15. On a typical summer day, what time does your child stop using media?



Value	Percent	Responses
My child doesn't usually use media on summer days	4.7%	68
Before 6 pm	15.0%	215
6 pm	6.7%	96
7 pm	10.9%	157
8 pm	15.6%	224
9 pm	13.4%	192
10 pm	10.8%	155
11 pm	7.6%	109
12 am	6.0%	86
1 am	3.0%	43
2 am	1.9%	27
3 am	0.5%	7
4 am	0.3%	4
After 4 am (they use it all night)	3.7%	53

Totals: 1,436

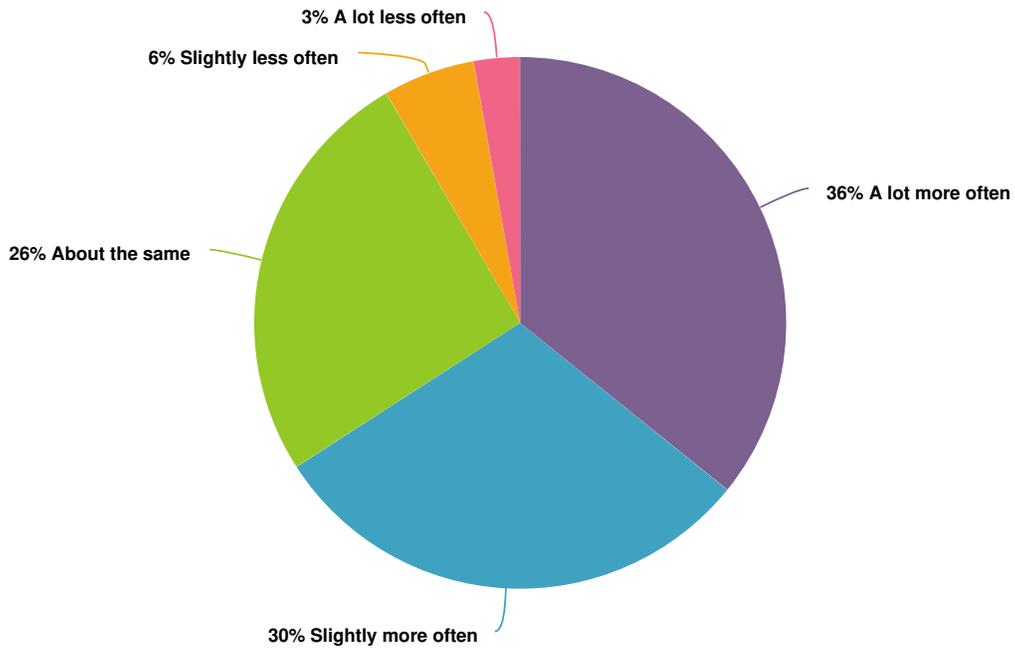
16. What type of screen device does your child use the most?



Value	Percent	Responses
Smartphone	44.0%	635
Tablet	26.7%	386
Laptop computer	8.0%	115
Desktop computer	3.4%	49
Television	8.9%	129
Video game console	8.7%	125
I don't know	0.2%	3
Other - Write In	0.1%	2

Totals: 1,444

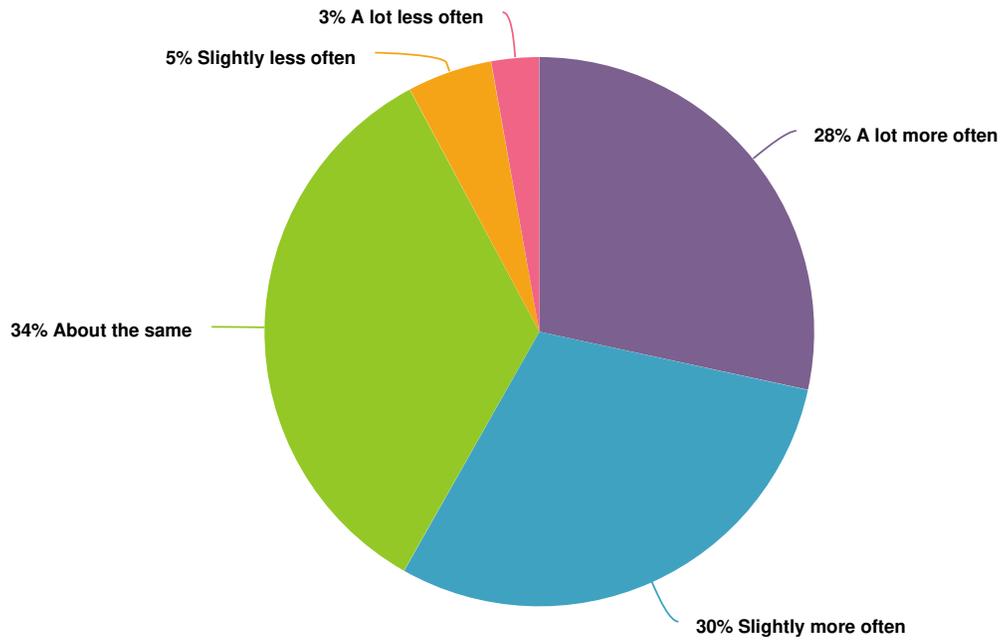
17. Has your child used screen media more often during this summer than during the most recent school year (2020-2021)? Please do not consider school-related screen media use such as remote schooling.



Value	Percent	Responses
A lot more often	35.8%	515
Slightly more often	30.1%	434
About the same	25.7%	370
Slightly less often	5.6%	81
A lot less often	2.8%	40

Totals: 1,440

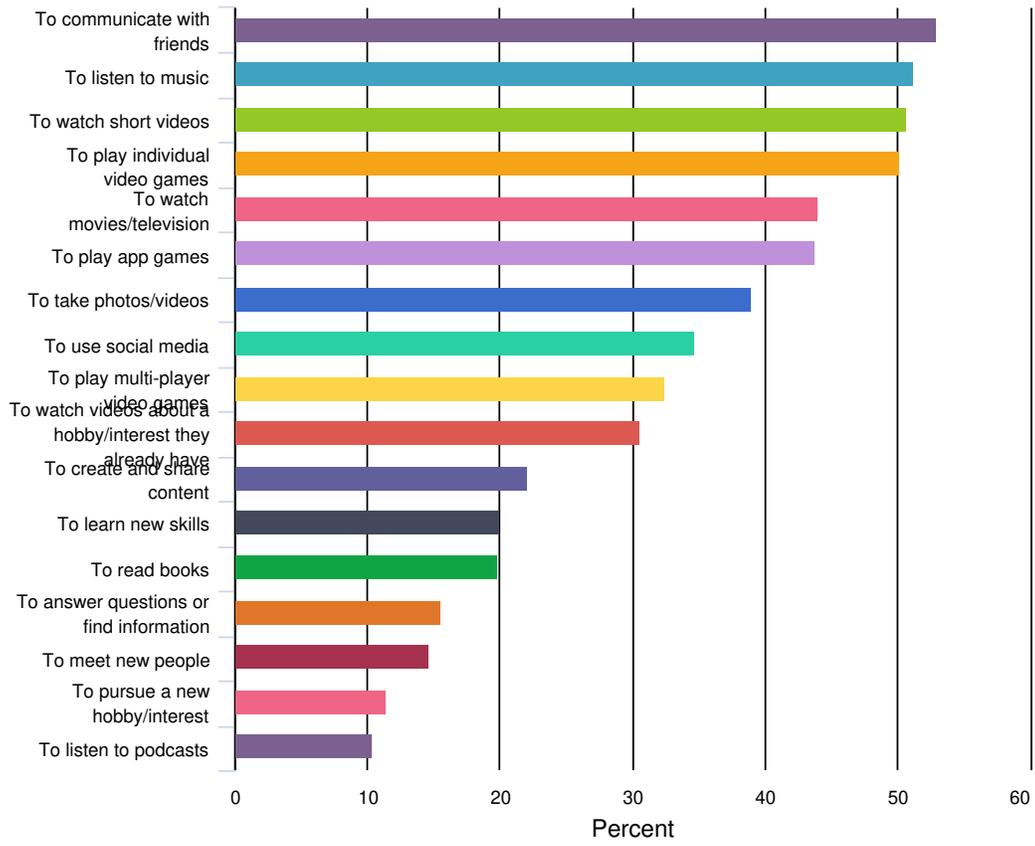
18. Has your child used screen media more often this summer than last summer (2020)?



Value	Percent	Responses
A lot more often	28.4%	409
Slightly more often	29.8%	429
About the same	34.0%	489
Slightly less often	5.0%	72
A lot less often	2.8%	40

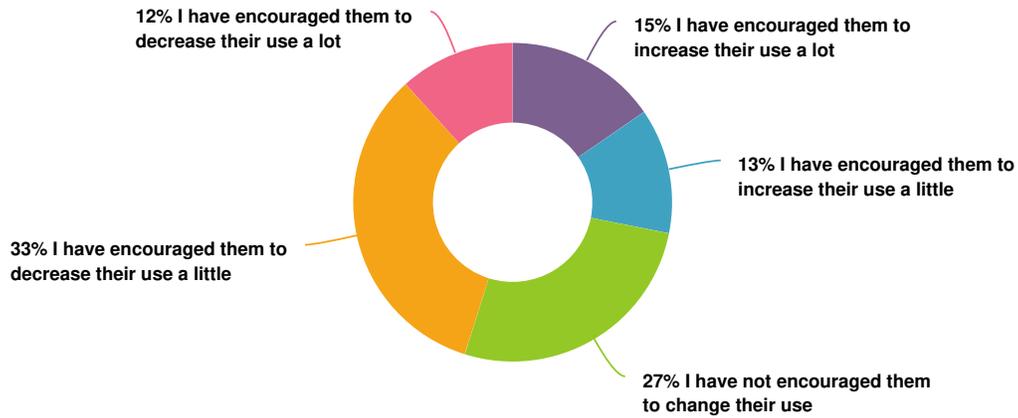
Totals: 1,439

19. On a typical day this summer, your child uses screen media to \_\_\_\_\_.  
(check all that apply)



Value		Percent	Responses
To communicate with friends		53.0%	766
To listen to music		51.2%	741
To watch short videos		50.7%	733
To play individual video games		50.1%	724
To watch movies/television		44.0%	636
To play app games		43.8%	633
To take photos/videos		39.0%	564
To use social media		34.7%	502
To play multi-player video games		32.5%	470
To watch videos about a hobby/interest they already have		30.6%	442
To create and share content		22.1%	320
To learn new skills		20.0%	289
To read books		19.8%	286
To answer questions or find information		15.5%	224
To meet new people		14.7%	212
To pursue a new hobby/interest		11.4%	165
To listen to podcasts		10.4%	151

20. During this summer, have you encouraged your child to change the amount of time they spend using screen media?



Value	Percent	Responses
I have encouraged them to increase their use a lot	15.4%	222
I have encouraged them to increase their use a little	12.7%	183
I have not encouraged them to change their use	26.7%	385
I have encouraged them to decrease their use a little	33.4%	482
I have encouraged them to decrease their use a lot	11.7%	169

Totals: 1,441

21. When your child is using screen media (e.g., watching TV, using their phone, using the computer), what percentage of the time are they also using another screen?

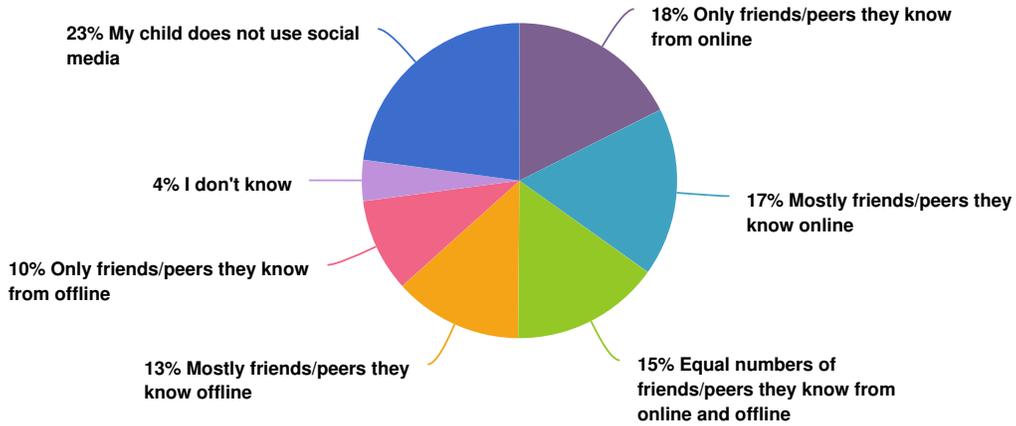
### Statistics

Average 37.1

22. How often has your child used the following ways to connect with FRIENDS during the summer?



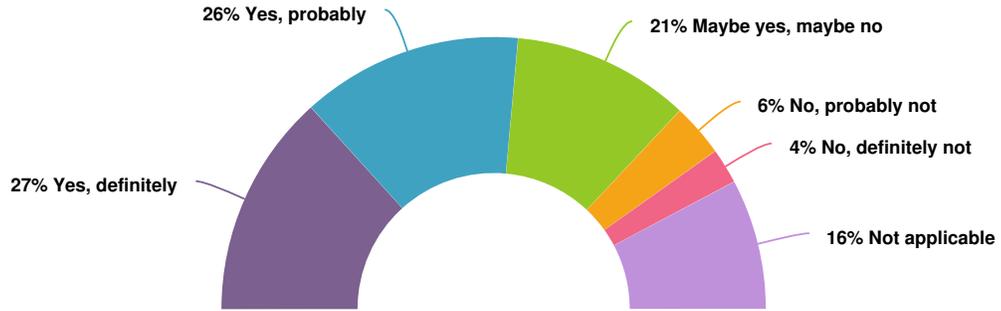
23. Does your child use social media to communicate with friends/peers they know online (e.g. met playing online games, through TikTok, Instagram or other) or offline (e.g. friends from school, camp, sports etc.)?



Value	Percent	Responses
Only friends/peers they know from online	17.6%	254
Mostly friends/peers they know online	17.3%	250
Equal numbers of friends/peers they know from online and offline	15.3%	221
Mostly friends/peers they know offline	13.2%	190
Only friends/peers they know from offline	9.6%	138
I don't know	4.2%	60
My child does not use social media	22.9%	331

Totals: 1,444

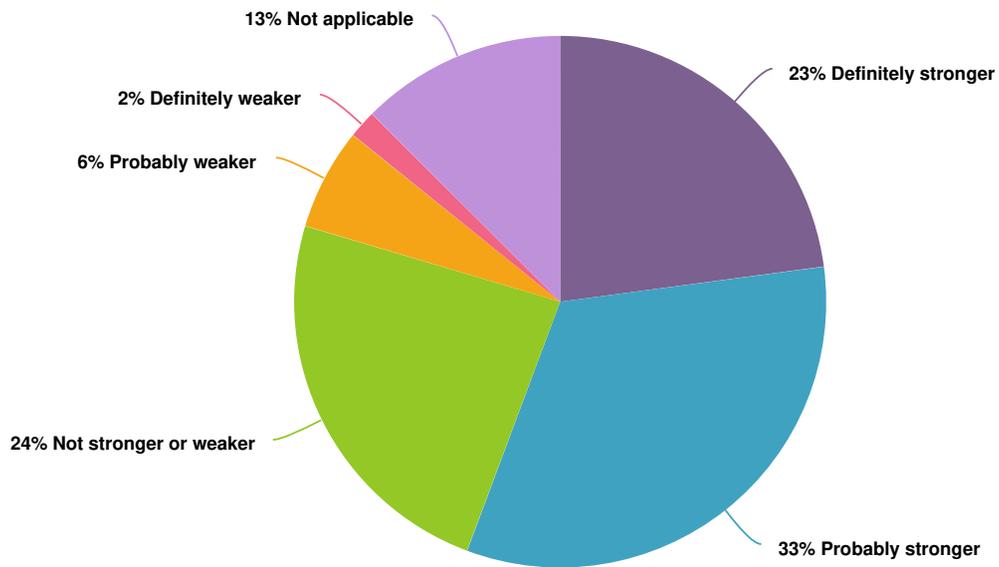
24. Does online communication provide your child with social and emotional support from peers?



Value	Percent	Responses
Yes, definitely	26.6%	384
Yes, probably	26.3%	379
Maybe yes, maybe no	21.1%	304
No, probably not	6.3%	91
No, definitely not	4.2%	60
Not applicable	15.5%	224

Totals: 1,442

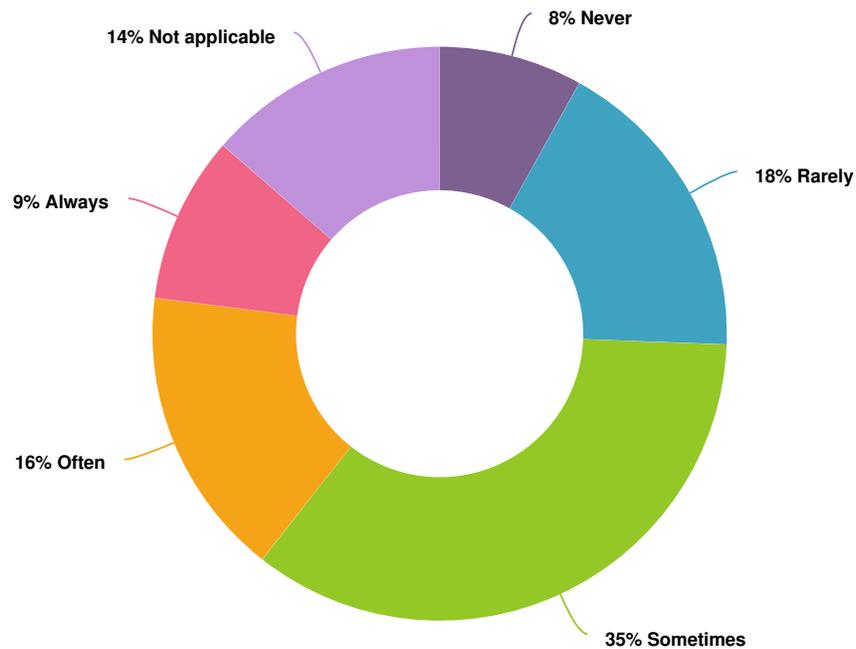
25. Do you think that your child's online communication and game play leads to stronger or weaker friendship ties?



Value	Percent	Responses
Definitely stronger	22.9%	331
Probably stronger	32.8%	474
Not stronger or weaker	23.9%	346
Probably weaker	6.2%	90
Definitely weaker	1.7%	24
Not applicable	12.5%	180

Totals: 1,445

26. How often does your child's online communication and game play leads to more face-to-face interactions with their friends?



Value	Percent	Responses
Never	8.1%	117
Rarely	17.5%	252
Sometimes	35.0%	505
Often	16.4%	237
Always	9.4%	136
Not applicable	13.6%	197

Totals: 1,444

## Effects of media use this summer

27. Over the summer, has your child's use of social media (e.g., Instagram, chatting while playing video games, video calls) to communicate with other people hurt or helped each of the following:

	Hurt a lot	Hurt a little	Neither hurt nor helped	Helped a little	Helped a lot	I don't know	Not applicable	Responses
Physical health Count Row %	87 6.0%	192 13.3%	493 34.2%	177 12.3%	202 14.0%	49 3.4%	242 16.8%	1,442
Mental health Count Row %	64 4.4%	146 10.1%	409 28.3%	287 19.8%	295 20.4%	46 3.2%	199 13.8%	1,446
Behavior Count Row %	76 5.3%	191 13.2%	463 32.1%	239 16.6%	245 17.0%	40 2.8%	188 13.0%	1,442
Family relationships Count Row %	57 3.9%	185 12.8%	444 30.7%	250 17.3%	305 21.1%	38 2.6%	167 11.5%	1,446
Friend relationships Count Row %	45 3.1%	98 6.8%	350 24.2%	352 24.4%	381 26.4%	36 2.5%	182 12.6%	1,444
Readiness for school Count Row %	84 5.8%	160 11.1%	418 29.1%	271 18.8%	296 20.6%	53 3.7%	156 10.8%	1,438
Attention Count Row %	100 6.9%	230 15.9%	400 27.7%	249 17.2%	267 18.5%	47 3.3%	151 10.5%	1,444
Memory Count Row %	52 3.6%	117 8.1%	485 33.6%	286 19.8%	290 20.1%	54 3.7%	158 11.0%	1,442
Impulsiveness Count Row %	63 4.4%	168 11.7%	551 38.3%	211 14.7%	196 13.6%	63 4.4%	188 13.1%	1,440
Totals Total Responses								1446

28. Over this summer, has your child's recreational screen media use (e.g., playing video games, watching videos) hurt or helped each of the following:

	Hurt a lot	Hurt a little	Neither hurt nor helped	Helped a little	Helped a lot	I don't know	Responses
Physical health Count Row %	90 6.2%	240 16.6%	624 43.2%	210 14.5%	176 12.2%	104 7.2%	1,444
Mental health Count Row %	68 4.7%	169 11.7%	528 36.6%	357 24.8%	226 15.7%	94 6.5%	1,442
Behavior Count Row %	86 6.0%	231 16.0%	557 38.6%	293 20.3%	211 14.6%	64 4.4%	1,442
Family relationships Count Row %	62 4.3%	228 15.8%	549 38.1%	316 21.9%	224 15.5%	62 4.3%	1,441
Friend relationships Count Row %	54 3.8%	103 7.2%	495 34.4%	431 30.0%	275 19.1%	81 5.6%	1,439
Readiness for school Count Row %	75 5.2%	186 12.9%	544 37.7%	337 23.4%	236 16.4%	65 4.5%	1,443
Attention Count Row %	79 5.5%	238 16.5%	519 36.1%	306 21.3%	236 16.4%	61 4.2%	1,439
Memory Count Row %	54 3.8%	140 9.7%	597 41.5%	336 23.3%	242 16.8%	71 4.9%	1,440
Impulsiveness Count Row %	64 4.5%	185 12.9%	671 46.7%	257 17.9%	168 11.7%	93 6.5%	1,438
Totals Total Responses							1444

29. To what extent do you find the following uses of screen media hurtful or helpful to your child's overall well-being?

	Very hurtful	Somewhat hurtful	Neither hurtful nor helpful	Somewhat helpful	Very helpful	Responses
Communicating with friends/peers Count Row %	52 3.6%	141 9.8%	475 33.0%	536 37.2%	236 16.4%	1,440
Meeting new people Count Row %	63 4.4%	158 10.9%	650 45.0%	383 26.5%	190 13.2%	1,444
Taking photos/videos Count Row %	44 3.0%	86 6.0%	585 40.5%	464 32.1%	265 18.4%	1,444
Creating and sharing content Count Row %	45 3.1%	101 7.0%	597 41.3%	446 30.9%	256 17.7%	1,445
Using social media Count Row %	56 3.9%	127 8.8%	678 47.1%	351 24.4%	228 15.8%	1,440
Listening to music Count Row %	27 1.9%	69 4.8%	446 30.9%	532 36.9%	368 25.5%	1,442
Listening to podcasts Count Row %	34 2.4%	83 5.8%	779 54.1%	316 21.9%	228 15.8%	1,440
Playing individual video games Count Row %	35 2.4%	103 7.1%	580 40.2%	482 33.4%	244 16.9%	1,444
Playing multi-player video games Count Row %	40 2.8%	117 8.1%	643 44.5%	385 26.7%	259 17.9%	1,444
Playing app games Count Row %	37 2.6%	107 7.4%	595 41.4%	475 33.0%	224 15.6%	1,438
Watching short videos Count Row %	41 2.8%	106 7.3%	548 38.0%	503 34.9%	245 17.0%	1,443

	Very hurtful	Somewhat hurtful	Neither hurtful nor helpful	Somewhat helpful	Very helpful	Responses
Watching movies/television Count Row %	38 2.6%	90 6.2%	609 42.1%	462 32.0%	247 17.1%	1,446
Reading books Count Row %	61 4.2%	120 8.3%	463 32.1%	421 29.2%	379 26.2%	1,444
Pursuing a new hobby/interest Count Row %	49 3.4%	107 7.4%	492 34.1%	457 31.7%	338 23.4%	1,443
Watching videos about a hobby/interest they already have Count Row %	44 3.0%	84 5.8%	466 32.2%	502 34.7%	351 24.3%	1,447
Learning new skills Count Row %	35 2.4%	88 6.1%	395 27.4%	506 35.1%	418 29.0%	1,442
Answering questions or finding information Count Row %	46 3.2%	82 5.7%	410 28.4%	471 32.6%	435 30.1%	1,444
Totals Total Responses						1447

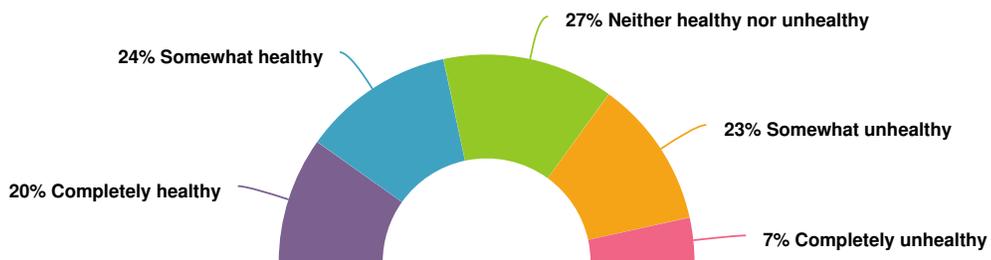
30. This summer, has your child's screen media use encouraged or interfered with each of the following activities:

	Encouraged a lot	Encouraged a little	Did not encourage or interfere	Interfered a little	Interfered a lot	I don't know	Responses
Outdoor time Count Row %	193 13.4%	172 11.9%	396 27.5%	307 21.3%	300 20.8%	74 5.1%	1,442
Spending time in person with friends Count Row %	186 12.9%	255 17.7%	487 33.7%	265 18.4%	183 12.7%	67 4.6%	1,443
Spending time in person with family Count Row %	222 15.4%	215 14.9%	431 29.8%	323 22.3%	210 14.5%	45 3.1%	1,446
Pursuing hobbies/interests Count Row %	238 16.5%	327 22.6%	433 30.0%	224 15.5%	172 11.9%	50 3.5%	1,444
Sleeping Count Row %	172 11.9%	150 10.4%	519 35.9%	352 24.3%	214 14.8%	39 2.7%	1,446
Totals Total Responses							1446

31. After a typical day of screen media use this summer, how often does your child experience any of the following?

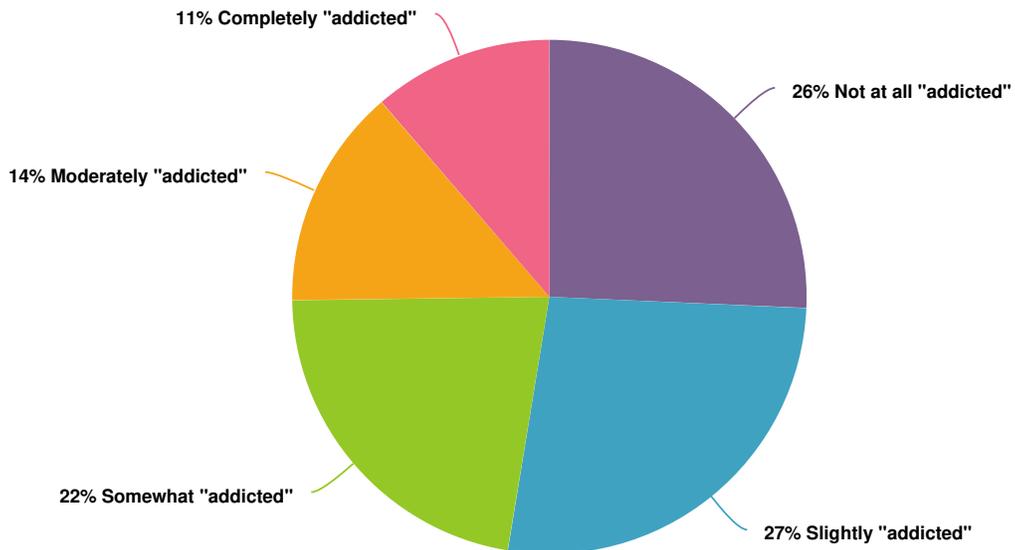
	Never	Rarely	Sometimes	Often	Always	I don't know	Responses
Eye strain or other eye or sight-related problems Count Row %	335 23.2%	276 19.1%	403 27.9%	183 12.7%	133 9.2%	114 7.9%	1,444
Back or neck pain or related problems Count Row %	471 32.6%	280 19.4%	308 21.3%	183 12.7%	96 6.6%	107 7.4%	1,445
Headaches Count Row %	490 33.9%	296 20.5%	308 21.3%	160 11.1%	108 7.5%	82 5.7%	1,444
Fatigue Count Row %	471 32.6%	271 18.8%	341 23.6%	180 12.5%	112 7.8%	70 4.8%	1,445
Irritability Count Row %	427 29.6%	267 18.5%	383 26.5%	211 14.6%	109 7.5%	48 3.3%	1,445
Totals Total Responses							1445

32. How healthy do you think your child's use of screen media is?



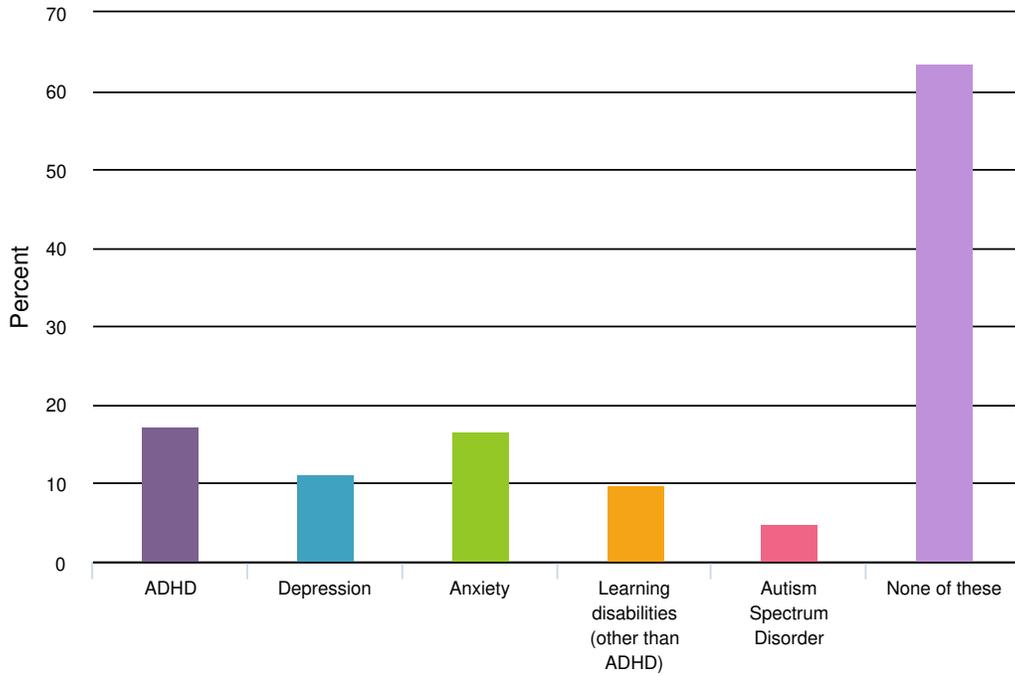
Value		Percent	Responses
Completely healthy		19.7%	284
Somewhat healthy		23.7%	342
Neither healthy nor unhealthy		26.7%	385
Somewhat unhealthy		23.1%	333
Completely unhealthy		6.9%	100
			<b>Totals: 1,444</b>

### 33. Do you think that your child is “addicted” to digital media?



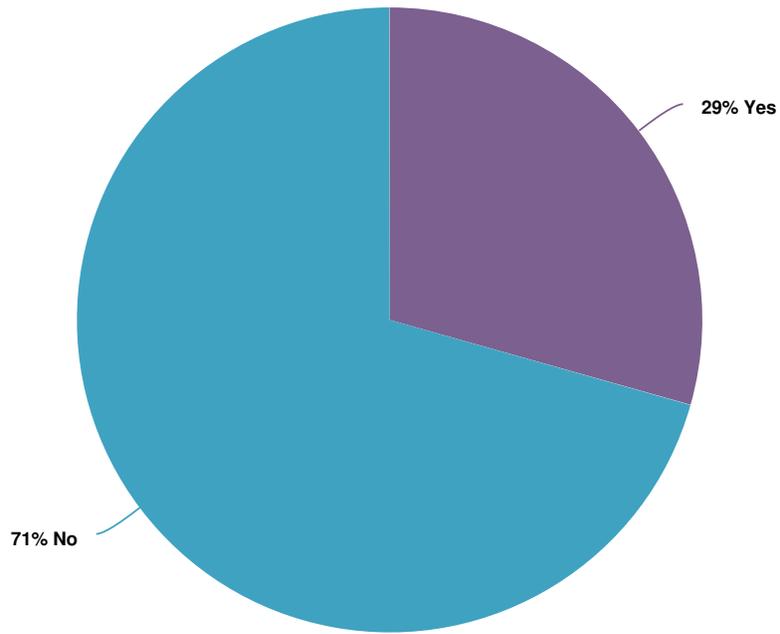
Value		Percent	Responses
Not at all "addicted"		25.7%	371
Slightly "addicted"		26.9%	388
Somewhat "addicted"		22.2%	321
Moderately "addicted"		13.9%	201
Completely "addicted"		11.3%	163
			<b>Totals: 1,444</b>

34. Has your child ever been FORMALLY DIAGNOSED by a doctor with any of the following? (check all that apply)



Value	Percent	Responses
ADHD	17.3%	248
Depression	11.3%	162
Anxiety	16.7%	240
Learning disabilities (other than ADHD)	9.8%	141
Autism Spectrum Disorder	4.9%	70
None of these	63.4%	911

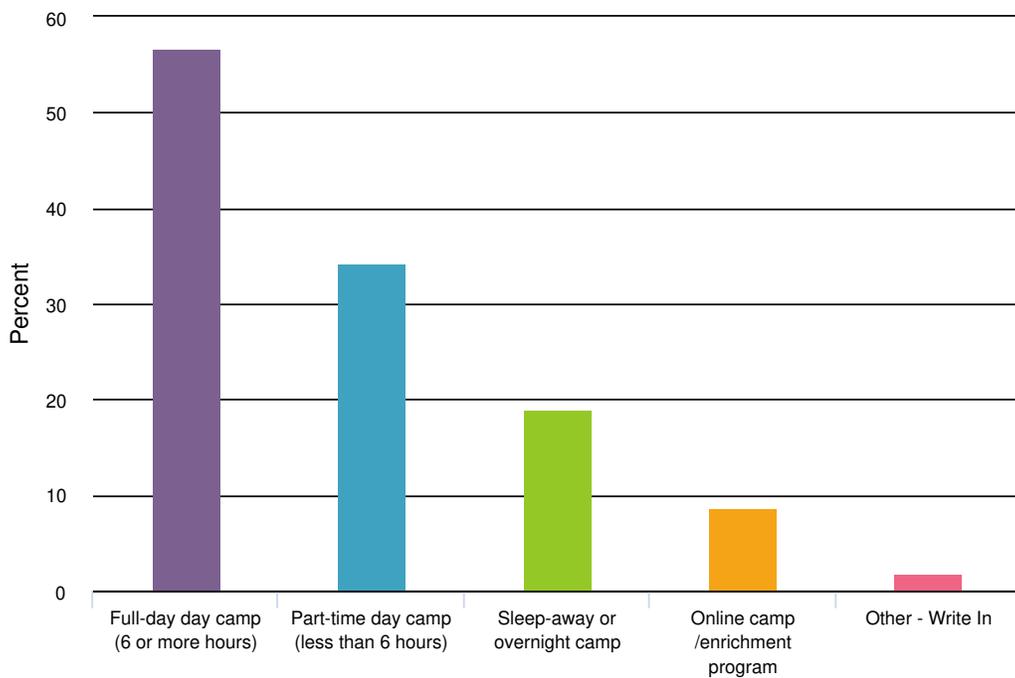
35. Has your child attended camp(s) this summer?



Value	Percent	Responses
Yes	29.4%	424
No	70.6%	1,018

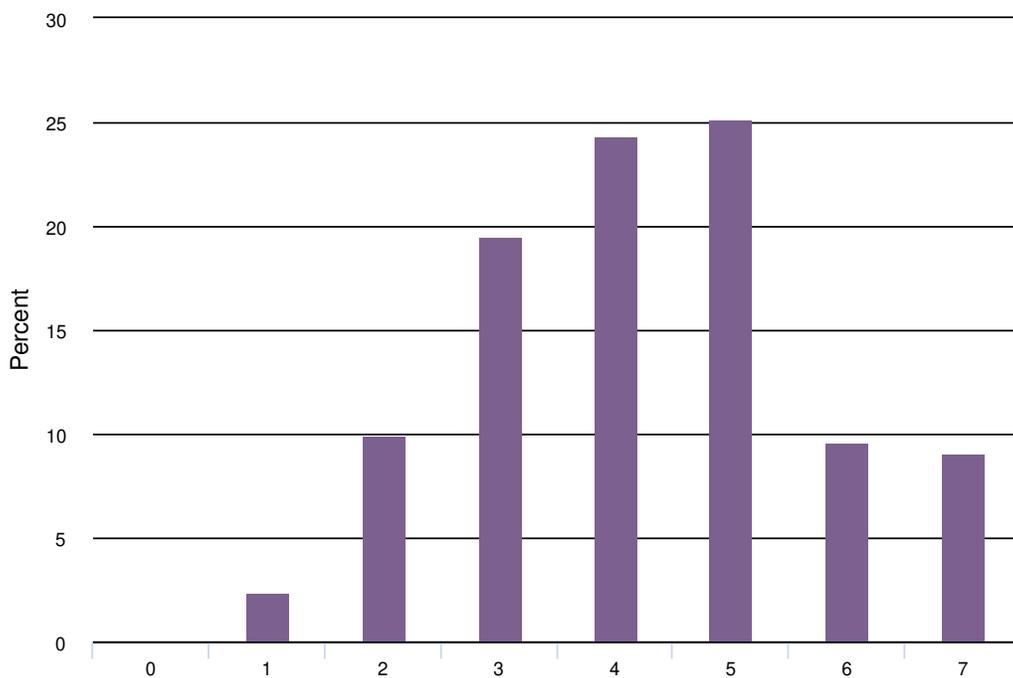
Totals: 1,442

36. What kind(s) of camp have they attended this summer? (check all that apply)



Value		Percent	Responses
Full-day day camp (6 or more hours)		56.7%	240
Part-time day camp (less than 6 hours)		34.3%	145
Sleep-away or overnight camp		18.9%	80
Online camp /enrichment program		8.7%	37
Other - Write In		1.9%	8

37. How many days a week have they typically attended camp this summer?



### Statistics

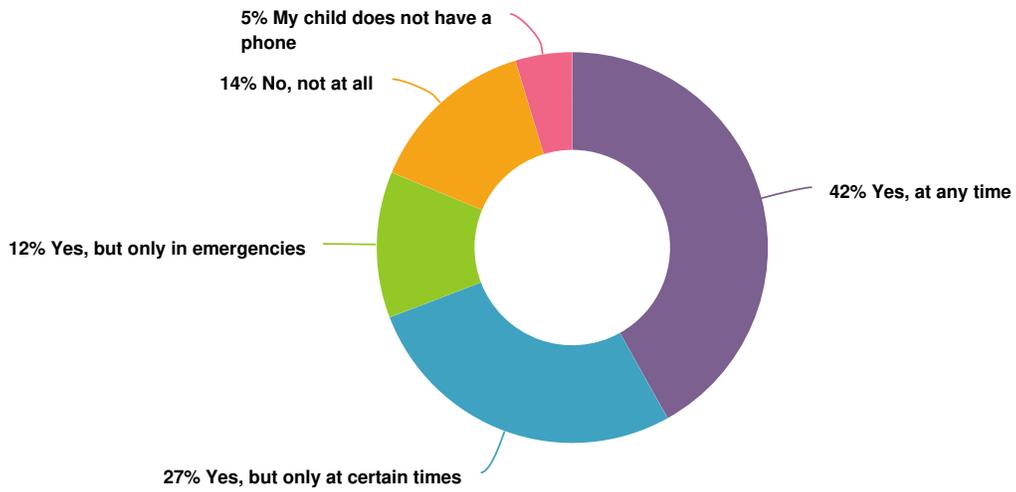
Average 4.3

38. How many weeks have they attended camp this summer?

### Statistics

Average 6.6

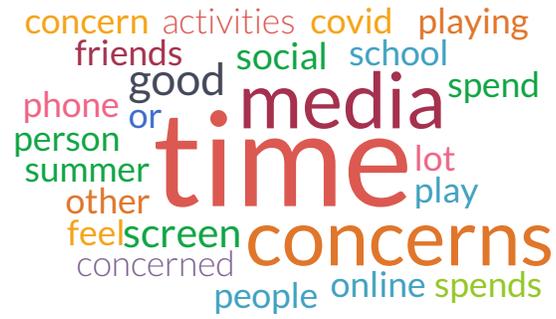
39. Did the camp permit your child to use his/her phone while at the camp (if your child attended multiple camps, answer about the most recent that he/she attended)?



Value	Percent	Responses
Yes, at any time	41.9%	177
Yes, but only at certain times	27.3%	115
Yes, but only in emergencies	12.1%	51
No, not at all	14.0%	59
My child does not have a phone	4.7%	20

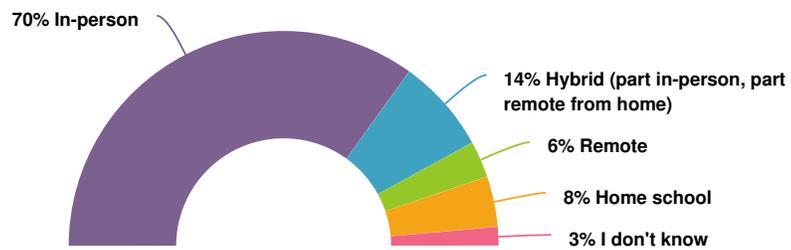
Totals: 422

40. In general, what concerns do you have regarding your child's use of media over the summer?



## Media use and the return to school

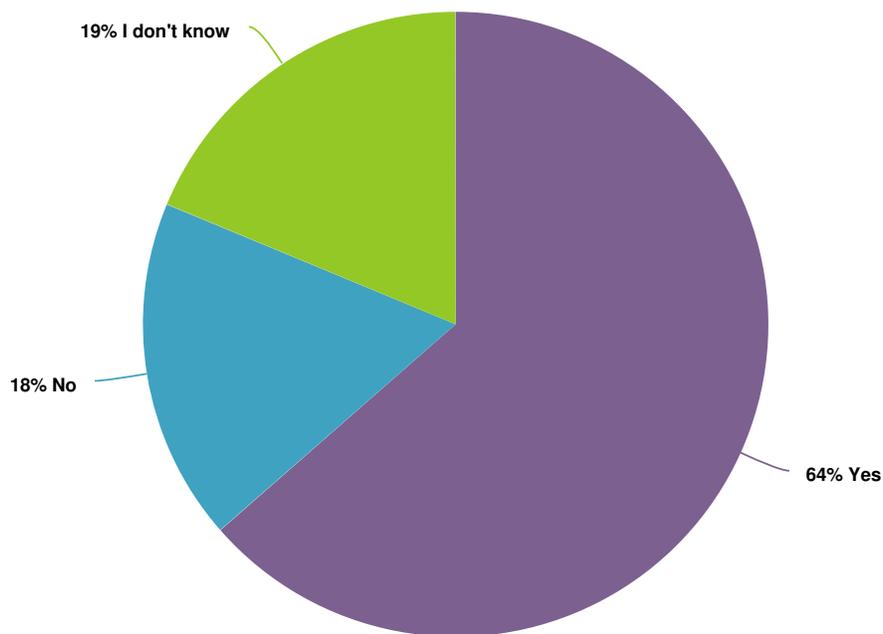
41. In the Fall 2021, how will your child be attending school?

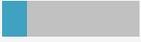


Value		Percent	Responses
In-person		69.9%	1,000
Hybrid (part in-person, part remote from home)		14.2%	203
Remote		5.5%	79
Home school		7.6%	109
I don't know		2.8%	40

Totals: 1,431

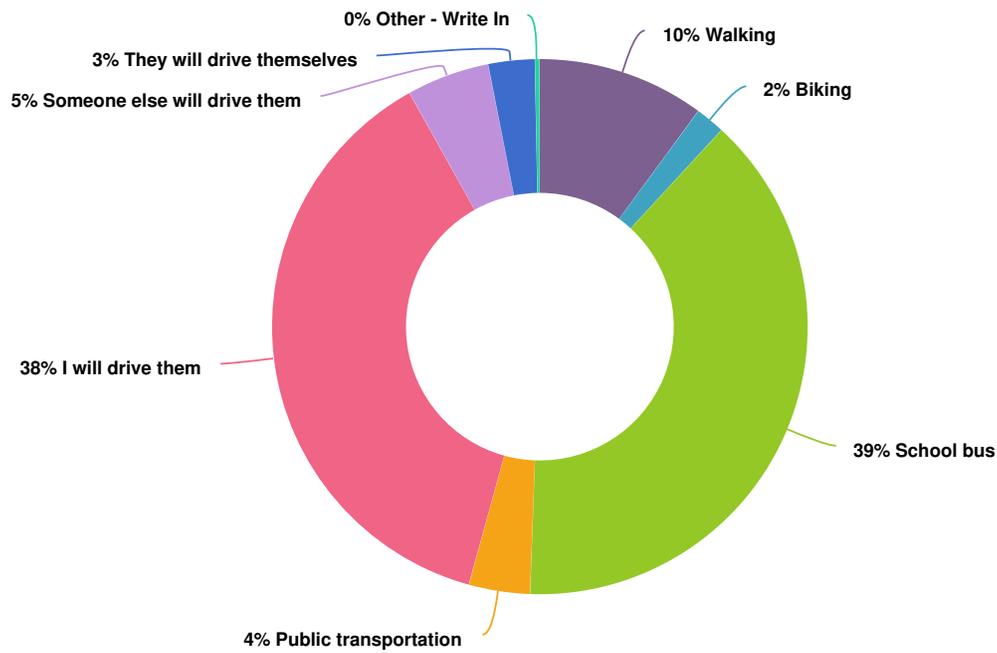
42. Will your child be required to wear a mask when they return to school?



Value		Percent	Responses
Yes		63.5%	760
No		17.7%	212
I don't know		18.7%	224

Totals: 1,196

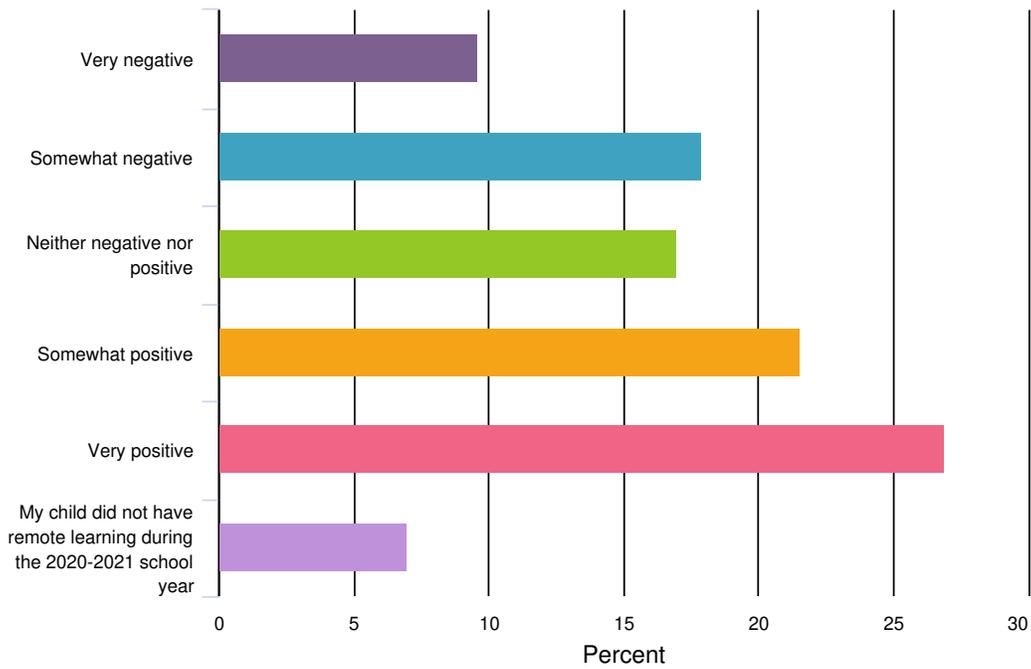
43. How will your child typically get to school in the fall?



Value	Percent	Responses
Walking	10.1%	121
Biking	1.8%	22
School bus	38.8%	465
Public transportation	3.7%	44
I will drive them	37.7%	452
Someone else will drive them	5.0%	60
They will drive themselves	2.8%	33
Other - Write In	0.3%	3

Totals: 1,200

44. In general, how was your child's experience with remote learning in the 2020-2021 school year?



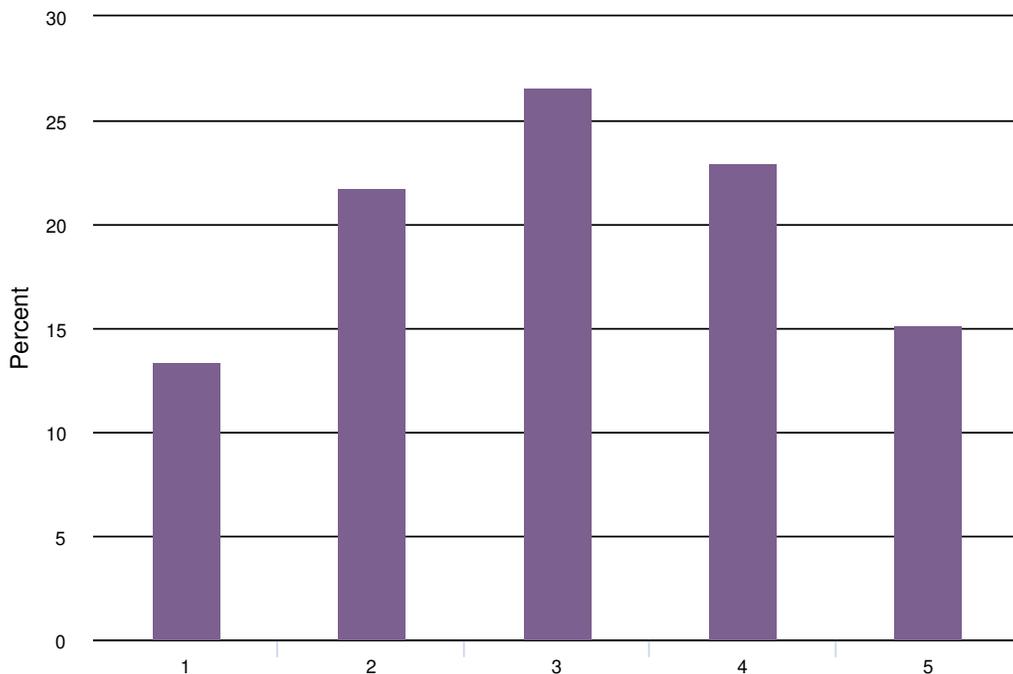
Value	Percent	Responses
Very negative	9.6%	137
Somewhat negative	17.9%	256
Neither negative nor positive	17.0%	243
Somewhat positive	21.6%	308
Very positive	26.9%	384
My child did not have remote learning during the 2020-2021 school year	7.0%	100

Totals: 1,428

45. How prepared is your child to go back to school in the following ways:?

	Not at all prepared	Slightly prepared	Somewhat prepared	Moderately prepared	Completely prepared	Responses
Behaviorally prepared Count Row %	66 4.6%	190 13.3%	292 20.4%	344 24.1%	537 37.6%	1,429
Socially prepared Count Row %	65 4.5%	173 12.1%	288 20.1%	350 24.5%	555 38.8%	1,431
Academically prepared Count Row %	72 5.0%	156 10.9%	298 20.8%	348 24.3%	557 38.9%	1,431
Totals Total Responses						1431

46. On a scale of 1 to 5 (1 being not at all anxious, 5 being very anxious), how anxious is your child about starting school this year?



### Statistics

Average

3.0

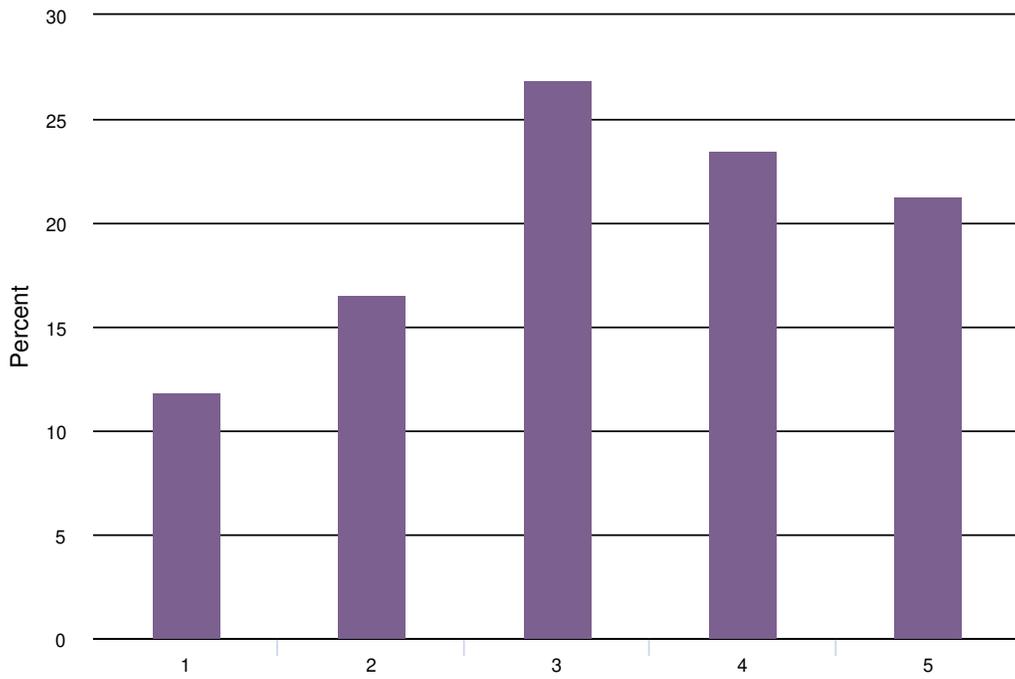
47. Do you feel your child is more anxious about starting school this year than on a typical year?



Value	Percent	Responses
A lot more anxious	18.0%	257
Slightly more anxious	23.3%	333
About the same	42.1%	602
Slightly less anxious	7.0%	100
A lot less anxious	9.7%	139

Totals: 1,431

48. On a scale of 1 to 5 (1 being not at all anxious, 5 being very anxious), how anxious are you about your child starting school this year?



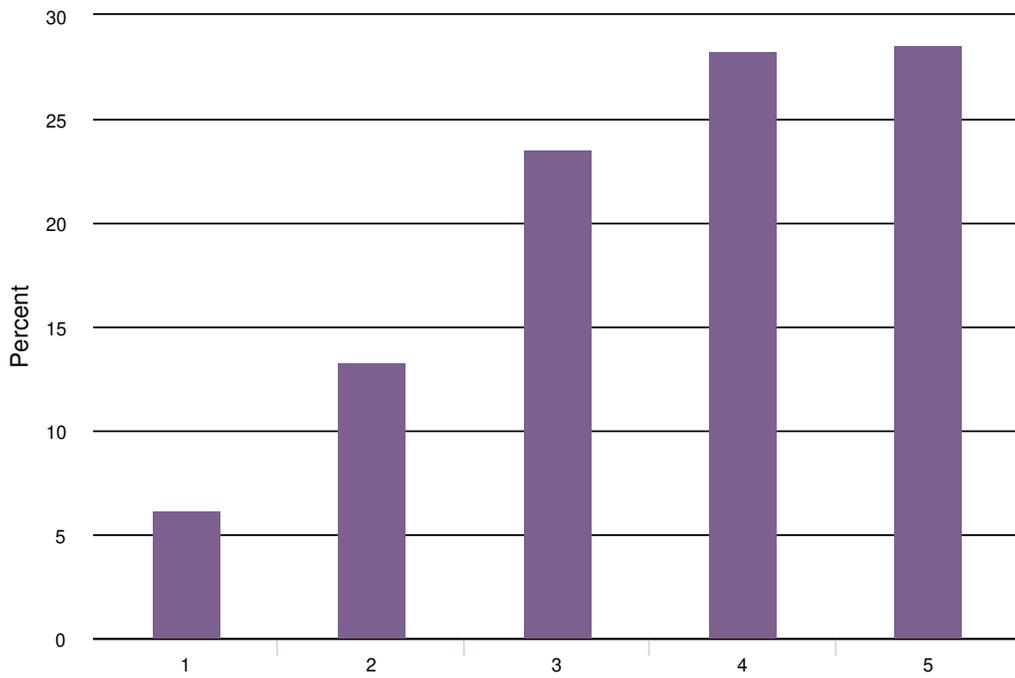
### Statistics

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Average

3.3

49. On a scale of 1 to 5 (1 being not at all excited, 5 being very excited), how excited is your child about starting school this year?



## Statistics

Average

3.6

50. Do you feel your child is more excited about starting school this year than on a typical year?



Value		Percent	Responses
A lot more excited		25.3%	363
Slightly more excited		23.3%	334
About the same		35.9%	515
Slightly less excited		7.5%	107
A lot less excited		8.0%	115

Totals: 1,434

51. Do you think your child's media use this summer has made them more or less prepared for their return to school?

