



# What is your social media addiction?

CAN YOU PUT YOUR PHONE DOWN?

# What is your Social Media Addiction?

3.1 billion people are social media users worldwide

210 million people are estimated to suffer from internet & social media addictions

Over 240 million Americans check Facebook daily (74% of all Americans)



# What is your Social Media Addiction?

71% of People Sleep With or Next to Their Mobile Phone

50% of People Driving while using their Smartphone are checking social media

36% of people in a social media survey were willing to gain 10 lbs in order to keep their Facebook account for the next year.

21.5% of people were willing to forego air conditioning for a year in order to post their next meal on Instagram

# What is your Social Media Addiction?

57% said they would rather give up alcohol for a year and 51% would give up coffee if they could continue posting and liking for the next 12 months.

18% would have their relationship be long-distance for a year before giving up social media

8.1% would give up their pet in order to keep their social media accounts

48% of respondents say they spend too much time on social media and have taken a break from it



# What is your Social Media Addiction?

Americans spend an average of 5 hours per day on mobile devices.  
Most of that time is spent scrolling through social media newsfeeds.

The Average American has accounts on six social media platforms.

31% check their accounts 2-5 times a day

23% check their accounts 6-10 times a day

3% check their accounts more than 50 times a day

Look Up...Put your phone down.

Look Up

Gary Turk

<https://youtu.be/Z7dLU6fk9QY>