

What Youth Are Saying About SCREEN TIME

PAYS 2025 Data

What is PAYS?

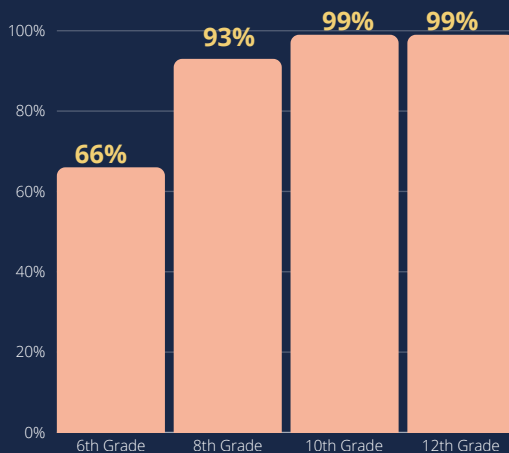
The Pennsylvania Youth Survey (PAYS) is a student survey administered in odd-numbered years (e.g. 2021, 2023, 2025) to youth in 6th, 8th, 10th, and 12th grades in participating schools throughout the state. The questions asked in the survey cover many types of attitudes, knowledge, behaviors, and experiences.

2025 DASD PAYS Participation

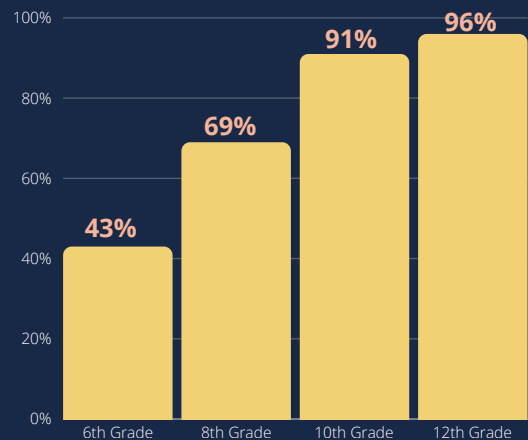
6th	924
8th	842
10th	798
12th	544

Total student
participation:
3,108

DASD Youth Reported They:



Have an internet capable
phone.



Have their own social
media account.



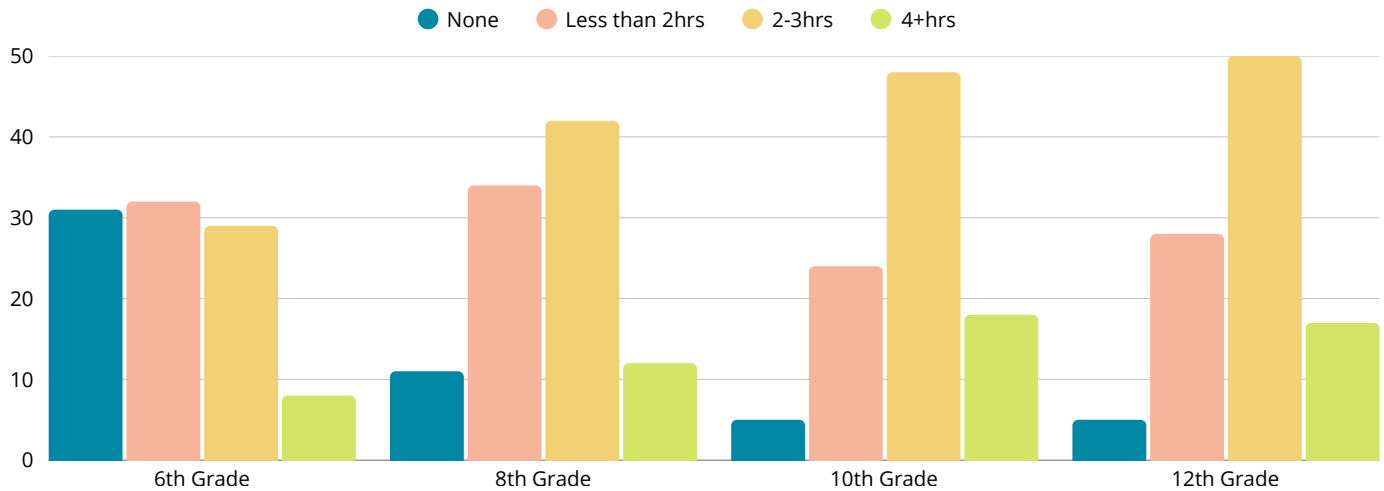
43% of DASD students reported
spending **2-3 hours** on their
electronic devices (non-schoolwork
related) per school day.



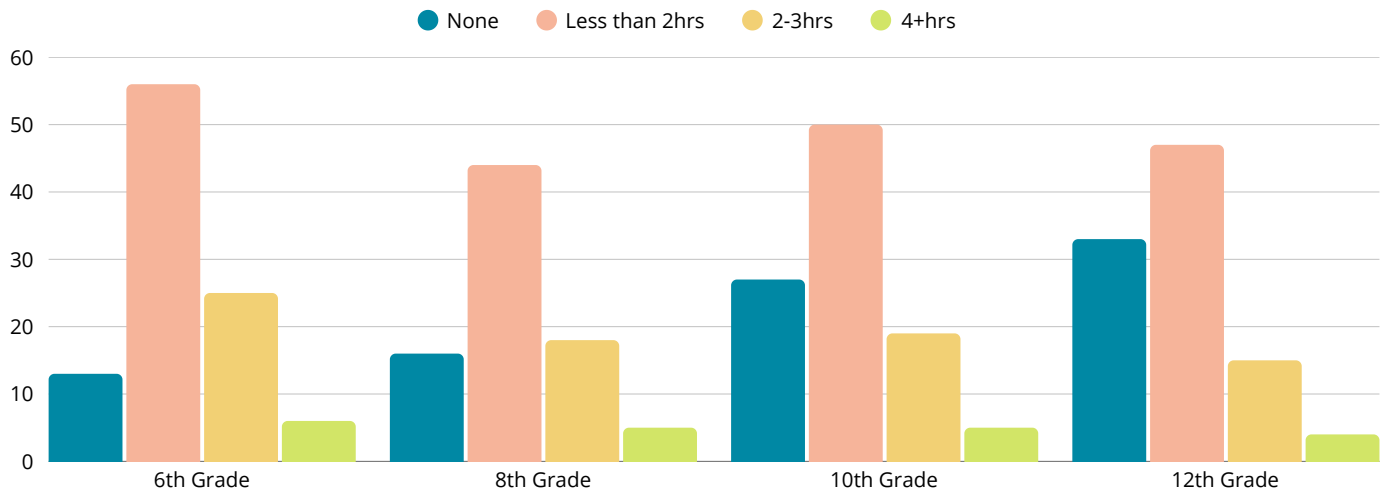
21% of DASD students
reported that they **never**
have to follow rules about
screen time.

Excessive screen time or frequent exposure to negative online interactions can contribute to increased stress, disrupted sleep, and difficulty maintaining focus at school.

DASD Youth Reported:



Hours spent on social media per school day.



Hours spent playing games on electronic devices per school day.



Screen use - particularly before bedtime - can interfere with healthy sleep routines, which can affect concentration, academic performance, and overall well-being. Clear expectations and rules around screen time and online behavior can help youth develop balanced habits and create a safer digital environment.



Learn more about youth screen time use on our website (www.downtownctc.org - scan QR) & follow us on social media:



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CTC is funded in part by the Chester County Department of Drug & Alcohol Services.