

EVIDENCE FOR MENTAL & EMOTIONAL HEALTH



UNPLUGGED
REBELS
NZ

...increasing depression and anxiety in children

- A 2023 study of 27,969 18-24 year olds found that mental health outcomes were significantly better the older the young person was when they got a smartphone.

- Depression, feelings of aggression, suicidal thoughts, low self-confidence, poor self-image, detachment and weak relationships **increase for every year younger a child is given a smartphone** – even in those with no traumatic or adverse childhood experience.

...making children more likely to self- harm

- **194% increase** in emergency department visits for **self-harm** by 10-14 year olds girls (94% for boys)

The first generation of children who were given smartphones in primary school are now adults.

We now know **for every year younger** they were given smartphones by their parents, **the worse their mental health is today.**

...increasing loneliness in children

- Loneliness has doubled in children since 2012
- School loneliness is highest where access to smartphones and internet use is high

- Up to **30% of teenage girls report purposefully hurting themselves** without wanting to die in the last year