

Transcript for **Technology addiction**

Alejandra: My name is Alejandra and I'm thirteen.

How much is too much?

Alejandra: In the morning, I'll go on my phone and I'll check my Instagram, Snapchat, Kik, Twitter, Tumblr, Vine.

78% of teens check their mobile devices at least hourly.

Alejandra: I get more excited than I should get.

Almost ¾ feel the need to immediately respond to messages.

Alejandra: When I hear a buzz, I'm like, oh, I have friends.

And 1 in 2 feel like they are addicted.

Alejandra: I guess it would be addicting because you always have to be on it.

85% of parents feel their teens' device use has not harmed their relationship.

Alejandra: My mom, she doesn't really have, like, rules, I guess.

Yet 1 in 3 teens argue with their parents daily about it.

Alejandra: I hope she thinks I have it under control because I think I do.

What do you think?

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