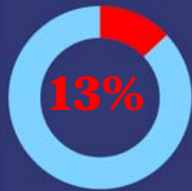


The Negative Impact of Technology Use

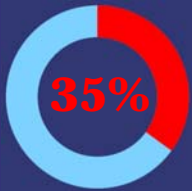
Cohasset Middle School (CMS)



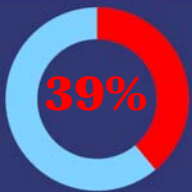
Of CMS students reported that 'how peers treated them online' was a significant source of stress*



Of CMS students reported that they had been bullied electronically in the past 12 months**



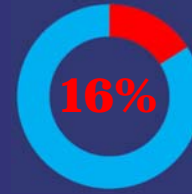
Of CMS students reported that they spent at least 3 hours per day playing video games or using a computer for non-educational purposes***



Of the 55%[†] of CMS students who reported that they do not typically get enough sleep, reported that social media/electronics got in the way of sleep^{††}



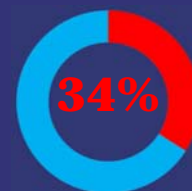
Cohasset High School (CHS)



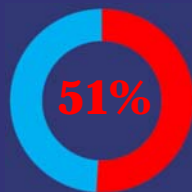
Of CHS students reported that 'how peers treated them online' was a significant source of stress*



Of CHS students reported that they had been bullied electronically in the past 12 months**



Of CHS students reported that they spent at least 3 hours per day playing video games or using a computer for non-educational purposes***



Of the 82%[†] of CHS students who reported that they do not typically get enough sleep, reported that social media/electronics got in the way of sleep^{††}

This information comes from the Youth Risk Behavior Survey (YRBS) that was administered to students at Cohasset Middle School & Cohasset High School in the spring of 2019.

For more info, visit:

<http://safeharborcohasset.org/resources/>



*Statement asked students to 'Rate sources of stress by level of significance.'

**Question asked 'During the past 12 months, have you ever been electronically bullied?'

***Question asked 'On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work?'

† Question asked 'Do you feel you typically get enough sleep?'

†† Question asked 'If you feel you are not getting enough sleep, what gets in the way? (select all that apply)'