

2026

U.S. Future Report

Wellness and Technology -
Teens Are Actively
Managing Technology's
Role in Their Everyday Lives

The following data come from The U.S. Future Report, which draws insights from a nationally representative survey of 1,002 U.S. teens examining how they manage technology's role in their everyday lives, balance online and offline activities, and use digital tools to support their well-being.

Although teens' experiences are not uniform, the findings show that most teens are making active choices about technology's role in their lives. They are using a variety of tools and strategies to balance online and offline activities,

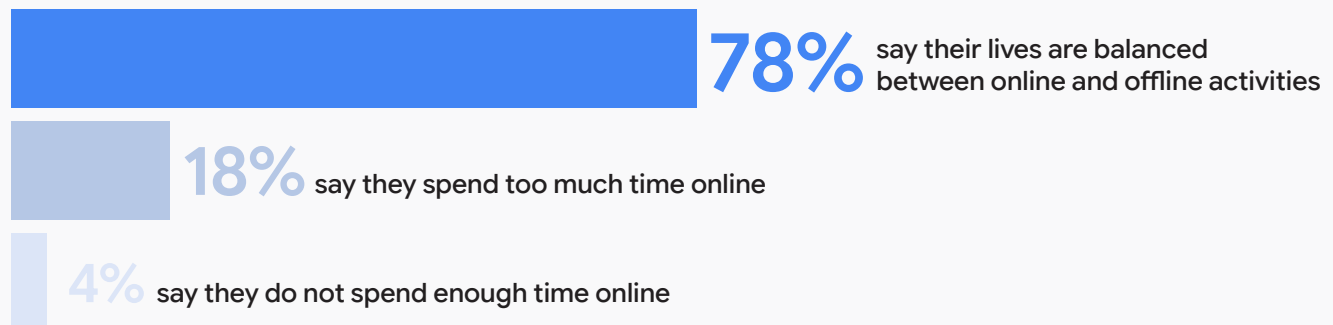
and turning to parents and other trusted adults for help managing their online activity and developing healthy tech-use habits.

[Click here or scan the QR code to read the full U.S. Future Report.](#)



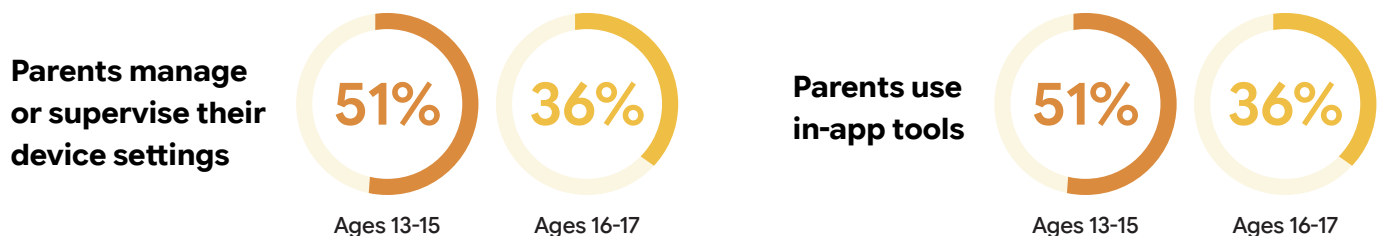
Key Findings

Most teens report they have a healthy balance between online and offline activities

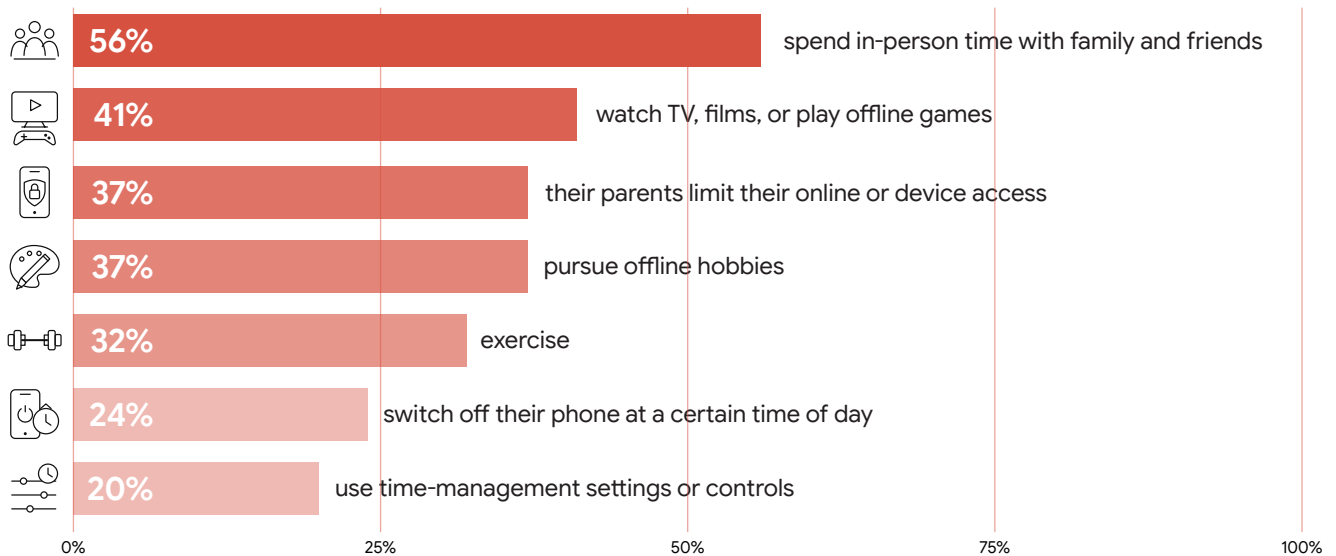


Teens manage their online habits with a mix of parental support and individual strategies

Teens report that they get support managing their online habits from several sources.

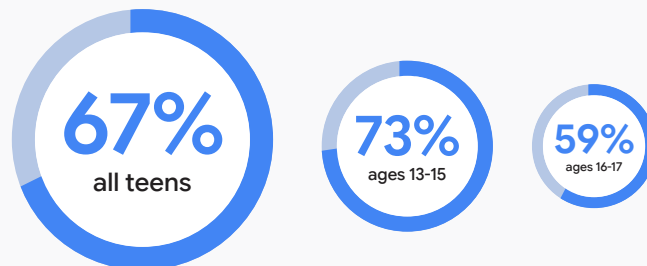


Teens report using a variety of steps to balance time spent online and offline



As teens learn to manage their online habits, parents and other trusted adults remain an important source of guidance

Teens' trust in their parents or other adults in their family for guidance on healthy online habits



When situations get serious, teens turn to parents or guardians



Methodology

RXN conducted a nationwide survey of 1,002 U.S. teens ages 13–17 between April 23 and May 26, 2026. The research also included separate samples of 1,000 teens in California, Florida, Georgia, Illinois, New York, and Texas, each with a margin of error of $\pm 3.1\%$. To provide additional context, RXN conducted six virtual focus groups between May 27 and June 10, 2026 — one in each participating state — with five to seven teens ages 13–17 in each group.