

2026

U.S. Future Report

Voices on Growing Up
with Technology

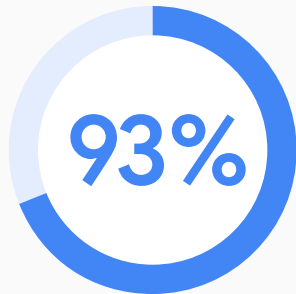
Young people are growing up during a period of extraordinary technological change. Artificial intelligence (AI) is joining search, social platforms, messaging, video, and other digital tools that are already embedded in how teens learn, create, communicate, find information, and navigate everyday life.

The public conversation about young people and technology often begins with competing assumptions about its benefits and risks. The U.S. Future

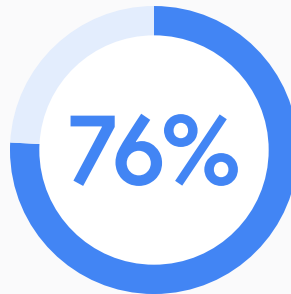
Report starts somewhere different: by listening to teens themselves.

The voices below reflect on what we can learn when young people's experiences are brought more directly into the conversation—and why listening to teens can help families, educators, technology companies, policymakers, and communities better understand how to best support the next generation in our increasingly digital world.

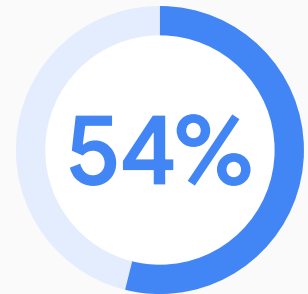
Teen Voices



of teens say AI tools have greatly or somewhat improved their visual art, such as drawing, graphic design, or digital art.



of teens report watching videos to help with their learning for school or fun at least weekly.



of teens report that videos help them understand a topic better.



AI can inspire you! It actually inspired me to create my own charts.

- 17-year-old, California



You can learn anything from online videos. From science to soccer drills, to learning how to cook new things.

- 17-year-old, Illinois



I can do research with search engines, or use online videos to learn new stuff. There's a lot of information out there.

- 17-year-old, Florida

Expert Voices

Reflections on the Research

“ Teens can and should play an active role in discussions about online safety. They understand more about technology and its impacts than we often give them credit for. This research shows how teens are thinking deeply and critically about AI and digital technology and how technology can shape their own lives and the world.

Ash Johnson

Senior Policy Manager



“ The U.S. Future Report findings give us a fuller picture of what teens value, what concerns them, and how they are making sense of new tools. Policymakers, technologists, and researchers need to listen to young people themselves to ground our conversations in their experiences rather than assumptions and outdated information. This report adds very helpful context to these conversations.

Taylor Barkley

Director of Federal Government Affairs & Policy Advisor



“ By centering the perspectives of young people, this report uncovers important nuances in how teens are navigating a rapidly changing technology environment. This matches what FOSI has learned from talking with teens—that they are incredibly thoughtful about how and when they use technology, their concerns about it, and how it benefits them in school and at play.

Sarah Bean

Director of Research & Programs



“ This research challenges the tendency to frame young people as passive recipients of technology. Teens are already making choices about when to trust information, when to question AI, when to step away, and when to seek help. At the same time, those skills are still developing and are not evenly distributed. That is an important distinction. Our responsibility is not simply to protect young people from technology, but to equip them with the judgment, confidence, critical-thinking skills, and support systems they need to navigate it well.

Dr. LeOndra Clark-Harvey

CEO

