

1. Screen Time - Respondents

The next few questions are about "screen time" – that is, time spent using digital devices including televisions, video game consoles, computers and cell phone.

Would you say:

| | Total | Gender | | Age | | | | 3 Point Party ID | | |
|---|------------|------------|------------|------------|------------|------------|------------|------------------|-------------|------------|
| | | Male | Female | 18-29 | 30-44 | 45-64 | 65+ | Democrat | Independent | Republican |
| I spend too much time using those devices | 54% | 54% | 54% | 63% | 55% | 49% | 49% | 53% | 53% | 55% |
| I don't spend too much time using those devices | 36% | 36% | 37% | 25% | 31% | 44% | 44% | 38% | 34% | 39% |
| Not sure | 10% | 10% | 9% | 11% | 14% | 7% | 6% | 9% | 13% | 6% |
| Totals (Unweighted N) | 100% (998) | 100% (483) | 100% (515) | 100% (179) | 100% (271) | 100% (375) | 100% (173) | 100% (352) | 100% (416) | 100% (230) |

| | Total | Race | | | Family Income | | | Region | | | |
|---|------------|------------|------------|------------|---------------|------------|------------|------------|------------|------------|------------|
| | | White | Black | Hispanic | Under 40 | 40-80 | 80+ | Northeast | Midwest | South | West |
| I spend too much time using those devices | 54% | 56% | 42% | 53% | 54% | 51% | 62% | 46% | 60% | 55% | 52% |
| I don't spend too much time using those devices | 36% | 36% | 41% | 34% | 34% | 43% | 32% | 40% | 31% | 36% | 39% |
| Not sure | 10% | 8% | 17% | 13% | 12% | 6% | 6% | 14% | 9% | 9% | 8% |
| Totals (Unweighted N) | 100% (998) | 100% (755) | 100% (110) | 100% (133) | 100% (395) | 100% (263) | 100% (193) | 100% (160) | 100% (213) | 100% (381) | 100% (244) |

2. Screen Time - Children

Now, thinking about your children, would you say:

Asked of parents of children under 18

| | Gender | | | Age | | | | 3 Point Party ID | | |
|--|------------|-----------|------------|-----------|------------|-----------|----------|------------------|-------------|------------|
| | Total | Male | Female | 18-29 | 30-44 | 45-64 | 65+ | Democrat | Independent | Republican |
| They spend too much time using those devices | 53% | 60% | 48% | 22% | 54% | 67% | 70% | 57% | 55% | 40% |
| They don't spend too much time using those devices | 35% | 28% | 40% | 70% | 30% | 26% | 30% | 38% | 30% | 45% |
| Not sure | 12% | 12% | 12% | 8% | 16% | 7% | — | 5% | 15% | 15% |
| Totals (Unweighted N) | 100% (230) | 100% (97) | 100% (133) | 100% (38) | 100% (126) | 100% (61) | 100% (5) | 100% (77) | 100% (111) | 100% (42) |

| | Race | | | Family Income | | | Region | | | | |
|--|------------|------------|-----------|---------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| | Total | White | Black | Hispanic | Under 40 | 40-80 | 80+ | Northeast | Midwest | South | West |
| They spend too much time using those devices | 53% | 53% | 42% | 62% | 48% | 57% | 70% | 51% | 38% | 62% | 57% |
| They don't spend too much time using those devices | 35% | 34% | 36% | 35% | 41% | 38% | 23% | 41% | 35% | 29% | 37% |
| Not sure | 12% | 13% | 21% | 3% | 11% | 5% | 7% | 8% | 27% | 9% | 6% |
| Totals (Unweighted N) | 100% (230) | 100% (146) | 100% (34) | 100% (50) | 100% (98) | 100% (62) | 100% (51) | 100% (45) | 100% (47) | 100% (80) | 100% (58) |

3. Family Rules

Does your family have specific rules about how many hours of screen time your children can have each day?

Asked of parents of children under 18

| | Total | Gender | | Age | | | | 3 Point Party ID | | |
|--------------------------|---------------|--------------|---------------|--------------|---------------|--------------|-------------|------------------|---------------|--------------|
| | | Male | Female | 18-29 | 30-44 | 45-64 | 65+ | Democrat | Independent | Republican |
| Yes | 45% | 37% | 51% | 56% | 38% | 48% | 80% | 54% | 41% | 38% |
| No | 46% | 49% | 43% | 33% | 50% | 47% | 20% | 42% | 43% | 62% |
| Not sure | 9% | 14% | 6% | 11% | 12% | 5% | — | 3% | 16% | — |
| Totals (Unweighted N) | 100% (230) | 100% (98) | 100% (132) | 100% (38) | 100% (125) | 100% (62) | 100% (5) | 100% (77) | 100% (111) | 100% (42) |

| | Total | Race | | | Family Income | | | Region | | | |
|--------------------------|---------------|---------------|--------------|--------------|---------------|--------------|--------------|--------------|--------------|--------------|--------------|
| | | White | Black | Hispanic | Under 40 | 40-80 | 80+ | Northeast | Midwest | South | West |
| Yes | 45% | 35% | 41% | 74% | 45% | 46% | 46% | 39% | 37% | 47% | 52% |
| No | 46% | 55% | 43% | 24% | 45% | 51% | 52% | 50% | 42% | 47% | 45% |
| Not sure | 9% | 10% | 16% | 3% | 10% | 3% | 2% | 11% | 21% | 6% | 3% |
| Totals (Unweighted N) | 100% (230) | 100% (146) | 100% (34) | 100% (50) | 100% (99) | 100% (61) | 100% (51) | 100% (45) | 100% (47) | 100% (80) | 100% (58) |

4. More Screen Time

Who spends more time using digital devices, you or your children?

Asked of parents of children under 18

| | Gender | | | Age | | | | 3 Point Party ID | | |
|--|---------------|--------------|---------------|--------------|---------------|--------------|-------------|------------------|---------------|--------------|
| | Total | Male | Female | 18-29 | 30-44 | 45-64 | 65+ | Democrat | Independent | Republican |
| Me | 43% | 37% | 48% | 89% | 45% | 14% | 77% | 31% | 47% | 54% |
| My children | 33% | 42% | 26% | 6% | 27% | 59% | 13% | 37% | 32% | 30% |
| We spend about the same amount of time | 20% | 15% | 23% | 5% | 23% | 23% | 10% | 28% | 16% | 17% |
| Not sure | 4% | 6% | 3% | — | 5% | 5% | — | 4% | 6% | — |
| Totals (Unweighted N) | 100% (231) | 100% (98) | 100% (133) | 100% (38) | 100% (126) | 100% (62) | 100% (5) | 100% (77) | 100% (111) | 100% (43) |

| | Race | | | | Family Income | | | Region | | | |
|--|---------------|---------------|--------------|--------------|---------------|--------------|--------------|--------------|--------------|--------------|--------------|
| | Total | White | Black | Hispanic | Under 40 | 40-80 | 80+ | Northeast | Midwest | South | West |
| Me | 43% | 51% | 26% | 34% | 50% | 40% | 33% | 30% | 51% | 38% | 56% |
| My children | 33% | 29% | 37% | 41% | 24% | 34% | 49% | 36% | 19% | 39% | 33% |
| We spend about the same amount of time | 20% | 16% | 32% | 22% | 22% | 22% | 16% | 31% | 21% | 20% | 9% |
| Not sure | 4% | 4% | 5% | 4% | 4% | 4% | 2% | 3% | 10% | 3% | 2% |
| Totals (Unweighted N) | 100% (231) | 100% (147) | 100% (34) | 100% (50) | 100% (99) | 100% (62) | 100% (51) | 100% (45) | 100% (48) | 100% (80) | 100% (58) |

5. Cell Phone at Table

How often do you let your kids use their cell phones at the dinner table?

Asked of parents of children under 18

| | Gender | | | Age | | | | 3 Point Party ID | | |
|--------------------------------|--------|------|--------|-------|-------|-------|------|------------------|-------------|------------|
| | Total | Male | Female | 18-29 | 30-44 | 45-64 | 65+ | Democrat | Independent | Republican |
| Always | 5% | 6% | 5% | — | 6% | 8% | — | 10% | 3% | 4% |
| Sometimes | 10% | 10% | 10% | 3% | 10% | 14% | — | 14% | 8% | 7% |
| Rarely | 11% | 13% | 10% | 12% | 11% | 11% | — | 18% | 6% | 12% |
| Never | 43% | 40% | 45% | 43% | 40% | 45% | 60% | 33% | 45% | 56% |
| My kids don't have cell phones | 26% | 23% | 28% | 39% | 26% | 18% | 40% | 22% | 30% | 20% |
| Not sure | 6% | 10% | 3% | 3% | 7% | 5% | — | 3% | 9% | 1% |
| Totals | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% |
| (Unweighted N) | (231) | (98) | (133) | (38) | (126) | (62) | (5) | (77) | (111) | (43) |

| | Race | | | | Family Income | | | Region | | | |
|--------------------------------|-------|-------|-------|----------|---------------|-------|------|-----------|---------|-------|------|
| | Total | White | Black | Hispanic | Under 40 | 40-80 | 80+ | Northeast | Midwest | South | West |
| Always | 5% | 3% | 7% | 10% | 9% | 3% | 4% | 7% | 1% | 8% | 4% |
| Sometimes | 10% | 9% | 8% | 13% | 8% | 8% | 17% | 13% | 2% | 9% | 14% |
| Rarely | 11% | 7% | 17% | 17% | 8% | 18% | 7% | 11% | 9% | 8% | 18% |
| Never | 43% | 42% | 46% | 43% | 43% | 45% | 46% | 43% | 45% | 41% | 42% |
| My kids don't have cell phones | 26% | 32% | 15% | 15% | 29% | 22% | 25% | 16% | 34% | 31% | 20% |
| Not sure | 6% | 7% | 7% | 3% | 3% | 4% | 2% | 11% | 8% | 3% | 3% |
| Totals | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% |
| (Unweighted N) | (231) | (147) | (34) | (50) | (99) | (62) | (51) | (45) | (48) | (80) | (58) |

6. Cell Phone at Sleep

How often do you let your kids sleep next to their cell phone?

Asked of parents of children under 18

| | Total | Gender | | Age | | | | 3 Point Party ID | | |
|--------------------------------|-------|--------|--------|-------|-------|-------|------|------------------|-------------|------------|
| | | Male | Female | 18-29 | 30-44 | 45-64 | 65+ | Democrat | Independent | Republican |
| Always | 18% | 16% | 19% | 4% | 15% | 30% | 13% | 28% | 14% | 9% |
| Sometimes | 12% | 10% | 13% | 9% | 13% | 12% | — | 22% | 5% | 17% |
| Rarely | 7% | 6% | 8% | 13% | 7% | 3% | 7% | 5% | 8% | 6% |
| Never | 30% | 33% | 27% | 29% | 27% | 34% | 40% | 22% | 30% | 44% |
| My kids don't have cell phones | 31% | 31% | 30% | 41% | 33% | 20% | 40% | 24% | 37% | 23% |
| Not sure | 3% | 3% | 3% | 3% | 4% | 1% | — | 1% | 5% | 1% |
| Totals | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% |
| (Unweighted N) | (230) | (98) | (132) | (38) | (126) | (61) | (5) | (77) | (110) | (43) |

| | Total | Race | | | Family Income | | | Region | | | |
|--------------------------------|-------|-------|-------|----------|---------------|-------|------|-----------|---------|-------|------|
| | | White | Black | Hispanic | Under 40 | 40-80 | 80+ | Northeast | Midwest | South | West |
| Always | 18% | 16% | 21% | 19% | 14% | 22% | 20% | 29% | 5% | 23% | 11% |
| Sometimes | 12% | 9% | 18% | 17% | 13% | 8% | 11% | 11% | 21% | 7% | 12% |
| Rarely | 7% | 9% | — | 5% | 8% | 9% | 5% | 5% | 4% | 7% | 12% |
| Never | 30% | 23% | 43% | 39% | 33% | 27% | 35% | 27% | 26% | 27% | 39% |
| My kids don't have cell phones | 31% | 39% | 15% | 16% | 31% | 28% | 29% | 25% | 39% | 34% | 23% |
| Not sure | 3% | 3% | 2% | 3% | 1% | 6% | — | 3% | 5% | 2% | 3% |
| Totals | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% | 100% |
| (Unweighted N) | (230) | (146) | (34) | (50) | (99) | (61) | (51) | (45) | (48) | (80) | (57) |