

# **Hailey Crossland: *Technological Communications and Mental Health of Teens***

We use devices constantly in everyday life; to talk to others and be connected, to learn, and more. For my study, I wanted to understand whether there is a correlation between the mental health of teenagers and their usage of technology, more specifically how they are communicating and with whom. My research question to get a better understanding of this is: "How is the way teenagers use technology to communicate affecting their well-being?" The survey was distributed to 14 to 18 year olds, asking the participant a variety of questions by mass spreading the link to the survey. The results that are concluded from the survey would allow me to better understand one fraction of the on-going conversation about technological effects. This is important because the study was done on one of the main uses of phones which is an extremely common device that people within my age group uses, giving me the most accurate data for my study. And as this only does take a look at one aspect of device usage, it still is key to understanding the bigger picture for a seemingly controversial topic in the media.