## Digital Well-Being Index

United States 2023

At Snap, nothing is more important than the safety and well-being of our Snapchat community. To offer insight into how teens and young adults are faring online, in 2022 we launched research into Generation Z's digital well-being. 2023 marks Year Two of that study. The study was adapted for the online environment to produce a Digital Well-Being Index (DWBI), a measure of Gen Z's online psychological well-being. We surveyed teens (aged 13-17), young adults (aged 18-24) and parents of teens, aged 13 to 19 in six countries: Australia, France, Germany, India, UK and the U.S. We asked respondents about their exposure to various online risks and, from those results and other attitudinal responses, devised a DWBI for each country and a combined reading across all six. The index leverages the PERNA model, a variation on an existing research vehicle, comprising 20 sentiment statements across five categories: Positive Emotion, Engagement, Relationships, Negative Emotion and Achievement. The Year Two Digital Well-Being Index stands at 62, unchanged from the previous year, a somewhat average reading on a scale of 0 to 100 – neither particularly favorable, nor especially worrisome. The Year Two research was conducted between April 28, 2023, and May 23, 2023. More information for the United States DWBI Index can be found in the graphic below.



