How Much Time Should Teenagers Spend Online?

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As technology evolves and our lives become increasingly digital, deciding how much teenagers should spend online is a difficult problem for any concerned parent.

While much has been said about the potential detrimental effects of spending too much time on the internet, a new study has found that teens who spend time online are better at coping with stress.

The research, published in [Clinical Psychological Science](#), studied 200 adolescents aged 13-17 living in low socioeconomic settings.

The participants were given [iPhones](#) to use as they would their own phones. They were asked to report the hours they used their devices, as well as any stressors, and their emotions at least five times a day for a week.

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