## bark 🛃

## Bark's Annual Report on Children and Technology

In 2019, Bark analyzed more than **873.8 million messages** across texts, email, YouTube, and 30+ apps and social media platforms. These findings exclude school-based accounts.

Our data can give parents and guardians important insights into what it's like to grow up on the internet today, allowing them to better protect their children while they use technology.





## Cyberbullying

**76.2%** of tweens and **78.4%** of teens experienced cyberbullying as a bully, victim, or witness.



## Mental Health

**55.1%** of tweens and **67.1%** of teens engaged in conversations about depression.



Violence

**86.8%** of tweens and **89.6%** of teens expressed or experienced violent subject matter/thoughts.



Drugs/Alcohol

**75.5%** of tweens and **84.6%** of teens engaged in conversations surrounding drugs/alcohol.



Self-Harm/Suicide

**35.1%** of tweens and **54.4%** of teens were involved in a self-harm/suicidal situation.



**Sexual Content** 

**70.7%** of tweens and **84.0%** of teens encountered nudity or content of a sexual nature.

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Bark is an essential tool for parenting in the digital age. Visit <u>bark.us</u> to sign up for a free, one-week trial.