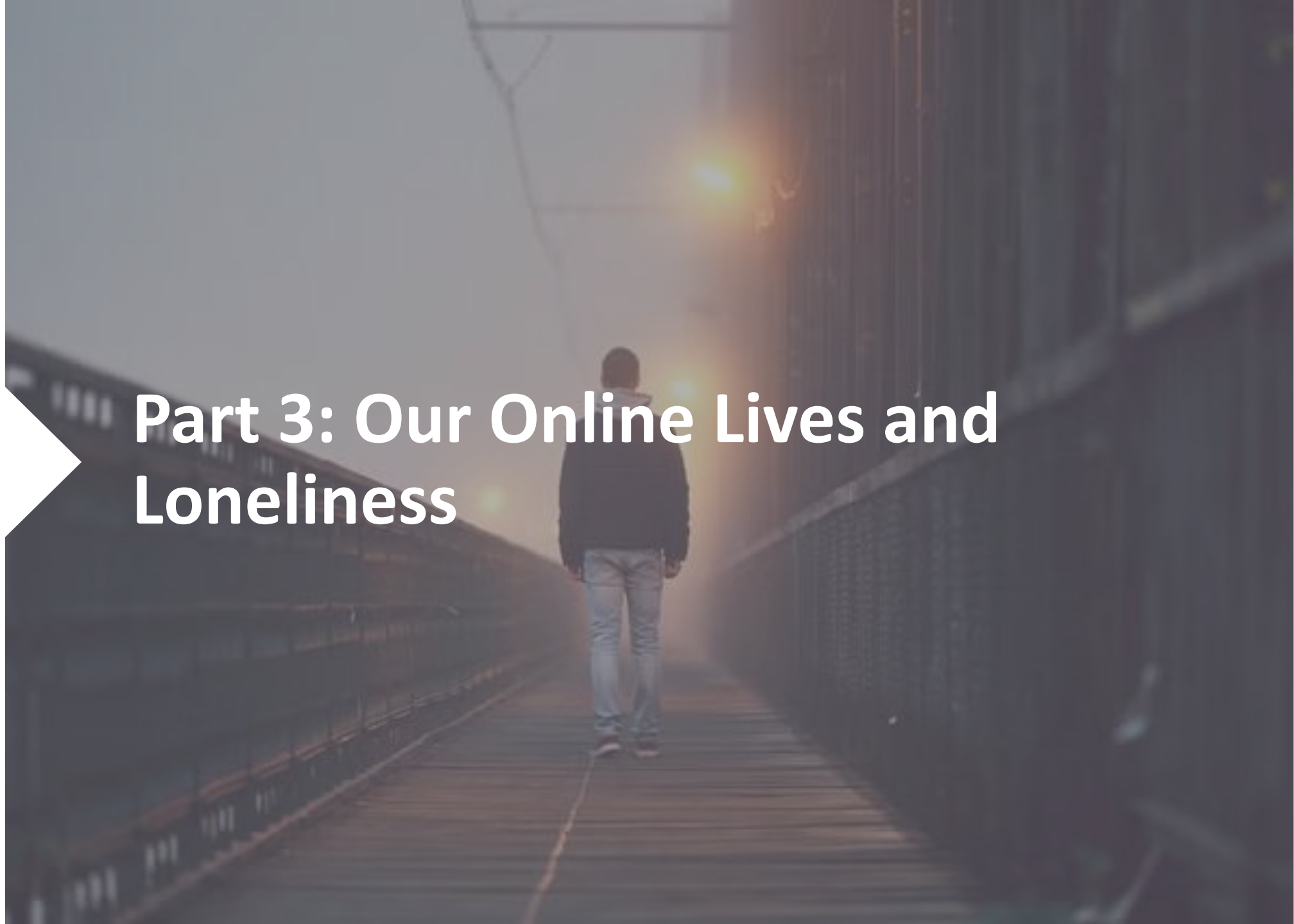




Part 3: Our Online Lives and Loneliness



Younger generations believe life online is as real as in-person.



*My relationships online
are as real and
meaningful as
relationships I have with
people in person*

% Agree

Overall

43%

Gen Z (18-28)

64%

Millennials (29-44)

51%

Gen X (45-60)

45%

Baby Boomers/
Silent Generation (61-97)

27%

Do you agree or disagree with the following statement?

Lonely younger men in particular believe online relationships are as real and meaningful.

% Agree

*My relationships online
are as real and
meaningful as
relationships I have with
people in person*

Overall

43%

Lonely Men 18-44

57%

Lonely Men 45+

28%

Lonely Women 18-44

49%

Lonely Women 45+

43%

Do you agree or disagree with the following statement?

Younger Americans, lonely or not, are hyper-engaged on social media.



| | | % Yes/Applies | | | |
|---|---------|---------------------|-------------------------|--------------------------|------------------------------|
| | Overall | Lonely Men 18-44 | Not Lonely Men 18-44 | Lonely Women 18-44 | Not Lonely Women 18-44 |
| Use Social Media Once a Day + | 83% | 91% | 92% | 92% | 95% |
| Use TikTok Once a Day + | 35% | 48% | 55% | 66% | 61% |
| Use YouTube Once a Day + | 66% | 93% | 87% | 73% | 73% |
| Use Discord, Twitch, Reddit (1 or more) | 45% | 80% | 76% | 71% | 65% |

Younger Americans who are more lonely—especially women—find agreement with this more radical idea.



| | % Strongly Agree With Statement | | | | |
|--|---------------------------------|---------------------|-------------------------|--------------------------|------------------------------|
| | Overall | Lonely Men 18-44 | Not Lonely Men 18-44 | Lonely Women 18-44 | Not Lonely Women 18-44 |
| It May Be Necessary at Some Point for Citizens to Take Up Arms Against the Government | 19% | 29% | 18% | 40% | 21% |

And these younger lonely Americans feel more alienated in our society.



| | % Strongly Agree With Statement | | | | |
|--|---------------------------------|---------------------|-------------------------|--------------------------|------------------------------|
| | Overall | Lonely Men 18-44 | Not Lonely Men 18-44 | Lonely Women 18-44 | Not Lonely Women 18-44 |
| I Feel More and More Like a Stranger in My Own Country | 30% | 43% | 24% | 36% | 20% |