

How Do Teen Girls Really Feel About TikTok?



Our new report, “Teens and Mental Health: How Girls Really Feel About Social Media,” asked teen girls all about how they use social media: the platforms they’re on, the content they find, and how it all makes them feel. Here’s what they had to say about TikTok.

How often are teen girls on TikTok?

- Those who report using TikTok said they spend **two hours and 39 minutes** per day on the platform.
- Among those who use TikTok, YouTube, Instagram, and Snapchat, **47%** said they use TikTok the most often.

How does TikTok impact their lives?

- **34%** were more likely to say their lives would be “worse” without it.
- **30%** reported negative social experiences—like drama, bullying, and feeling left out.
- **46%** said they’ve had unwanted contact with a stranger.
- **40%** said they had stopped or limited using it because it felt like it took up too much of their time.

Note: Among adolescent girls who use TikTok.

What kind of content do they see on TikTok?

- **25%** said they come across helpful mental health information or resources daily.
- **38%** said they’d stopped using TikTok because they came across bad, age-inappropriate, or negative content.
- **20%** of girls of color reported seeing racist or hateful content on TikTok daily, but **72%** also say they come across positive, race-affirming content at least monthly.
- **38%** reported being exposed to harmful content related to eating disorders on TikTok at least monthly.

Note: Among adolescent girls who use TikTok.

How does TikTok make them feel?

- **41%** said it interferes with their sleep at least weekly, with one in four (**24%**) saying it interferes daily.
- **52%** reported feeling pressure to present the “best version” of themselves at least monthly.
- **31%** say they feel bad about their body at least weekly.

Note: Among adolescent girls who use TikTok.

“I felt like I was spending too much time on it, and it was turning into an addiction.”

—14-year-old TikTok user

“People can be cruel in the comments.”

—14-year-old TikTok user

“I watched one or two videos and they took over my algorithm with really depressing and anxiety videos.”

—14-year-old TikTok user