



Tech at the Table: Family Dinner in the Digital Age

2016 COMMON SENSE POLL: OVERVIEW

The current study examines how family dinner is changing in response to the massive technological changes in American society and how families are managing devices during family dinner.

Asked of all parents of child 2-17 (n=869)

Do you or does someone else in your family have a mobile device such as a smart phone, cell phone, or tablet?

Yes: 92%

No: 8%

Don't know/Refused: --

Asked of parents with a mobile device in family (n=807)

On how many of the past 7 days did you have dinner together with your family?

0 days: 4%

1 day: 3%

2 days: 6%

3 days: 8%

4 days: 9%

5 days: 9%

6 days: 8%

7 days: 53%

Don't know/Refused: *

Asked of those who ate dinner with family in past 7 days (n=770)

In the past 7 days, how often did you or someone in your household use a mobile device during a family dinner?

At every dinner: 8%

At most dinners: 11%

At occasional dinners: 28%

Never during dinner: 52%

Don't know/Refused: --

Asked of those who ate dinner with family in past 7 days, (n=770)

In the past 7 days, how often was the television on during a family dinner?

At every dinner: 17%

At most dinners: 17%

At occasional dinners: 23%

Never during dinner: 43%

Don't know/Refused: *

Methodology: This study was conducted for Common Sense by SSRS, an independent research company. Telephone interviews were conducted from June 22 to July 15, 2016, among a nationally representative sample of 869 respondents age 18+ who are the parent or guardian of at least one child age 2-17. Interviews were conducted with 249 respondents on landline phones and 620 respondents on cell phones. The margin of error for total respondents is +/-3.8 percent at the 95 percent confidence level. Design effect is 1.32.

-- Indicates 0 respondents. * Indicates fewer than 1% of respondents.

Asked of parents with a mobile device in family, (n=807)

How important do you think conversations at family dinners are for talking about things happening in your child's life/children's lives?

Extremely important: 61%
Very important: 32%
Somewhat important: 4%
A little important: 1%
Not important: 1%
Don't know/Refused: *

Asked of parents with a mobile device in family, (n=807)

Of the following, when do you spend the most time talking with your child/children?

At meal times: 19%
In transportation such as cars, buses, trains: 14%
While watching TV: 3%
While hanging out around the house: 53%
During bedtime: 8%
None of these: --
Don't know/Refused: 3%

Asked of parents with a mobile device in family, (n=807)

When you get a notification on your mobile device during a family meal, how likely are you to check it immediately?

Extremely likely: 8%
Very likely: 11%
Somewhat likely: 29%
A little likely: 19%
Not at all likely: 32%
Don't know/Refused: 1%

Asked of parents with a mobile device in family, (n=807)

Where do you typically keep your phone during a family meal?

Where you can see it: 19%
On you or near you, but not where you can see it: 37%
Not on you or near you: 42%
Don't know/Refused: 2%

Asked of parents with a mobile device in family, (n=807)

How concerned are you that using mobile devices during family dinner takes away from quality family conversations?

Extremely concerned: 32%
Very concerned: 26%
Somewhat concerned: 18%
A little concerned: 10%
Not concerned: 13%
Don't know/Refused: 1%

Asked of those who used mobile device at dinner in past 7 days, (n=362)

Does having mobile devices at family dinners cause arguments?

Yes: 35%
No: 65%
Don't know/Refused: *

Asked of those who used mobile device at dinner in past 7 days, (n=362)

Does having mobile devices at family dinners bring your family together through sharing interesting videos, pictures, posts, or other content?

Yes: 61%
No: 39%
Don't know/Refused: 1%

Asked of those who used mobile device at dinner in past 7 days, (n=362)

Does having mobile devices at family dinners make you feel disconnected from other family members?

Yes: 51%
No: 49%
Don't know/Refused: *

Asked of those who used mobile device at dinner in past 7 days, (n=362)

In the next six months, how likely are you to make changes to keep family dinner free of mobile devices?

Extremely likely: 7%
Very likely: 17%
Somewhat likely: 29%
A little likely: 18%
Not at all likely: 28%
Don't know/Refused: 1%

-- Indicates 0 respondents. * Indicates fewer than 1% of respondents.

Suggested citation: Common Sense Media (2016). *Tech at the table: Family dinner in the digital age*. San Francisco, CA: Common Sense Media.