

# The **Future Report** is a qualitative and quantitative research initiative led by independent youth agency **Livity** and supported by Google.

It is designed to elevate the perspectives, experiences and ideas of teenagers across Europe.



Over **7,000 teens aged 13-18** shared their views on AI and learning, digital literacy, wellbeing and the future of technology through surveys and focus groups across 7 European countries: Ireland, Poland, Spain, Portugal, France, Sweden and Italy.

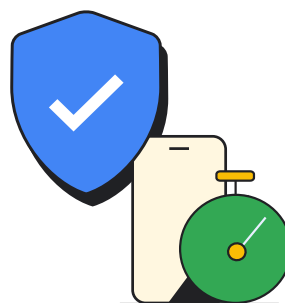
The full report — which will include new statistics on AI and learning — will be published in September 2025 and insights will inform Google programmes and initiatives, elevating the voices of young people.

As the summer break begins, we are revealing a first look at teen experiences of **wellbeing and online safety**. The survey reveals a positive outlook among most European teens regarding their digital wellbeing with areas for greater support identified.

## Teens actively seek digital balance and wellbeing

### Digital wellbeing

Teens reported taking active steps to balance their online and offline lives, including:



**43%**

Spending time with family and friends in real life.

**31%**

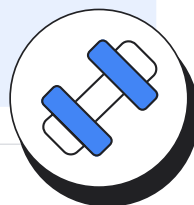
Pursuing offline hobbies.

**30%**

Exercising.

**25%**

Setting screen time limits.



## Balance and health

80%

A large majority of teens felt they managed their online habits 'well'.



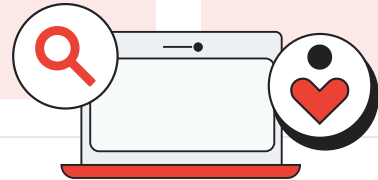
Teens are taking **steps to protect** themselves especially by being careful what they share online and with whom, and by using strong passwords.

75%

of teens reported using various technologies and apps to support their mental or physical health.

23%

use health tracking devices, training apps (22%), and diet or food tracking apps (19%).



## Parents remain a trusted anchor in the digital world



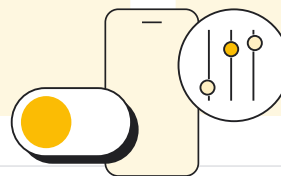
Teens ask parents for help when they encounter specific challenges online - mainly for scams (68%) or cyberbullying (63%) or issues with privacy settings 57%.

36%

of teens rely on parents to manage or supervise their online habits and screen time.

31%

felt their parents understood online information 'well'.



## Teens tell us that their parents use a range of ways to monitor their online activity

24%

Device/phone settings.

24%

Time-control/monitoring parent app, access to passwords.

22%

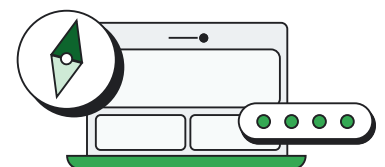
In-app settings.

22%

Internet router controls.

35%

Interestingly, over a third of teens claimed parents had never used strategies or tools to monitor their activity.



Google is committed to fostering healthy online habits through product features, policies and partnerships. Read more [here](#) to find out how Google and YouTube tools and features are empowering teens and their families to have greater control over their screen time and safer, more positive online experiences.