91% of

Gen Z Adults Use Social Media

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## of Gen Z report they use social media almost constantly

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The pros and cons of social media

effects on gen z social media users

29% say social media has hurt their self-esteem or made them feel insecure

"Social media makes me feel happy when I see others doing well. When I see people thriving. When I reconnect with someone from my past."

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"Social media reminds me of everything I'm missing out on. A lot of the times I'll find out that I'm being ignored or just not a priority to people important to me."



social media

58% of Gen Z is eeking relief from social media

Switching off

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social media brands 33% 31.7%

33%

20% 33.6%

taking a break quitting permanently

2.9%

3.9% in 3%

motivations for why gen z social media users considered quitting social media

18% too much pressure to get attention \$\int\_{\text{to much pressure}}^{\mathbb{G}}\$ 18% commercialized commercialized

"I felt I wasn't in the loop but eventually my life was easier because I didn't have to constantly check my Facebook."

35% there was too much negativity

8.3%

8.6%



Gen Z grew up in the age of photo sharing, "selfler toking, and real-time storytelling. Host recently, they have entered the age of social media shapping. Consider this: our survey found that 65% of Gen Z social media users follow brands or social of Gen Z social media users follow brands or social of Gen Z social proper that they do so to find special deels or promotions. The image of a social media shapper begins to form.

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the bottom line for brands



Consumer shopping hobits as we know them have shifted. We are in the throse of a transformation where social media and its researching and purchasing products. The power of social media to generate interest around products has become particularly prominent in the fastion, fitness, and beauty sectors, with brands like Nike, Addison, and MAC ranking as the most mentioned brands followed by survey respondents.

top 12 most mentioned brands followed by Gen Z

At a glance: key takeaways

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Still, while Gen Z is <u>4.times</u> more likely to convert or social media than Millennials, not all are putting their money where their browsing is. Less than half (43%) of Gen Z social media users have made a purchase directly through social media.



**Next steps** 

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