







Technology interactions

	Toddler 0–2 years 	Preschool 3–5 years 	Early Childhood 6–8 years 	Tween 9–12 years 	Adolescence 13–17 years 	Late Adolescence 18–21 years 
Technology Interaction	Minimal or passive tech interaction, often through caregiver-controlled devices (e.g., watching videos).	Early engagement with educational tools (e.g., simple games, learning apps) on shared family devices.	More active tech use in educational settings (e.g., tablets in school) and at home (educational games).	Active use of tech for schoolwork and communication (may start exploring social media under supervision).	Fully active interaction across platforms (social media, learning tools, health apps).	Independent management of technology for personal, educational, and professional use (health monitoring, communication, career tools).
Device Ownership	None	None, but increasingly exposed to tech in homes and pre-schools.	May begin using shared family devices (tablets or laptops), not full ownership yet.	Some may begin to have personal devices (tablets, beginner phones), but typically with caregiver controls.	Most have personal devices like smartphones, tablets, or wearables. Oversight is reduced but still present for younger teens.	Full device ownership and independence in technology use.



Most children begin interacting with devices by **age 5** and own a smart device by **age 12**.