**Social, Internet Use for US Adults Same as in 2016**

The percentages of American adults who use the internet or social media or own smartphones are roughly the same as they were in 2016, Pew Research Center reports. While there might be saturation in terms of overall use, there are changes, such as increased adoption of Instagram and the fact that "the social media environment of today's teenagers looks remarkably different than it did just a few years prior," the report states.

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<https://marketingland.com/pew-internet-adoption-social-media-usage-have-been-flat-since-2016-249243>

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<https://www.bing.com/images/search?view=detailV2&ccid=rG%2btzJ20&id=3799264749439239219F302B98CCE939AFBDFC4E&thid=OIP.rG-tzJ20hKYzrKJDZ7Kb4wHaFe&mediaurl=http%3a%2f%2fcache3.asset-cache.net%2fgc%2fstk326028rkn-mid-adult-man-talking-on-a-mobile-phone-gettyimages.jpg%3fv%3d1%26c%3dIWSAsset%26k%3d2%26d%3dYLbRjHEUXveAn0YYLk7qdC3ZFnP1VzpnzFb6KMqHBHw%253d&exph=356&expw=482&q=ADULT+WITH+PHONE&simid=607995169322304287&selectedIndex=14&ajaxhist=0>