Due to the rise of social media and globalization, life is moving fast for many in Africa. Cultures are shifting, and African teens are faced with unprecedented challenges. Those tasked with guiding teens safely into young adulthood find themselves struggling to define and comprehend these emerging issues.

Kenya in particular has seen a dramatic cultural shift among young people in the last few years. Digital connectivity in Kenya is among the best in the continent. Urbanization is growing fast. Parents are busier and spending less time with their children. Things are evolving quickly, yet the Church has been slow to respond and grow with the times.

This research is a great opportunity for the Kenyan Church and all of its members to get a clear picture of where our teenagers are engaging. This report also serves as a window into what teens are experiencing globally. We pray this data will ignite conversation and call the Church to act. We need to hear and understand our teenagers. Only then can we help them confidently walk in their purpose and navigate their struggles.
ABOUT THE GLOBAL STUDY

- 8,394 TEENS SURVEYED
- 20 COUNTRIES
- 14 LANGUAGES

ABOUT THE KENYA DATA

- 435 TEENS SURVEYED
- 72 ITEM SURVEY

RELIGIOUS GROUPS

- CHRISTIAN 83%
- MUSLIM 9%
- OTHER OR NO RELIGION 8%

Note that 44% of teens identified as Catholic.

6 TRAITS OF COMMITTED CHRISTIANS

- Believe God exists and they can have a personal relationship with Him
- Pray at least weekly
- Read Scripture on their own at least weekly
- Believe Jesus is the Son of God
- Believe that forgiveness of sins is only possible through faith in Jesus Christ
- Believe the Bible is the Word of God

* Note that these teens self-identified as Christian, but not as Jehovah’s Witness or Mormon. Committed Christians may be Catholic, Seventh Day Adventist, Orthodox, or a number of other denominations. Any teen who did not display one or more of these six traits was considered to be a nominal Christian.
“My faith beliefs or spiritual journey are an important part of my identity.”

Kenyan teens’ responses:
⭐️ AGREE  ⬅️ DISAGREE
88% 12%

**Religious Habits**

- **Reading Religious Scripture on Their Own**
  - Christian: 46% weekly, 45% monthly, 9% never
  - Muslim: 71% weekly, 24% monthly, 5% never
  - Other Religion: 32% weekly, 32% monthly, 35% never
  - Global: 21% weekly, 27% monthly, 52% never

- **Praying**
  - Christian: 82% weekly, 17% monthly, 1% never
  - Muslim: 84% weekly, 13% monthly, 3% never
  - Other Religion: 62% weekly, 21% monthly, 18% never
  - Global: 42% weekly, 24% monthly, 35% never

- **Attending Religious Services**
  - Christian: 60% weekly, 36% monthly, 4% never
  - Muslim: 66% weekly, 26% monthly, 8% never
  - Other Religion: 44% weekly, 35% monthly, 21% never
  - Global: 27% weekly, 31% monthly, 43% never

Colors:
- Orange: At least weekly
- Brown: Monthly or several times a year
- Light Gray: Never
**CHRISTIAN RELIGIOUS HABITS**

- Attending church at least weekly: 82% (82% for committed Christians, 48% for nominal Christians, and 48% for non-Christians).
- Sharing their faith at least monthly: 48% (48% for committed Christians, 24% for nominal Christians, and 24% for non-Christians).

**HALF OF TEENS IN KENYA BELIEVE ALL RELIGIONS TEACH EQUALLY VALID TRUTHS.**

- “I believe all religions teach equally valid truths”:
  - 51% of committed Christians believe this, 49% of nominal Christians, and 49% of non-Christians.

**Personal Struggles and Experiences**

- **Loneliness**: 70% (58% committed, 61% nominal, 65% non-Christians).
- **High Anxiety**: 62% (52% committed, 61% nominal, 65% non-Christians).
- **Depression**: 47% (30% committed, 47% nominal, 57% non-Christians).
- **Suicidal Thoughts**: 23% (21% committed, 23% nominal, 23% non-Christians).
- **Attempted Suicide**: 10% (2% committed, 5% nominal, 10% non-Christians).
- **Pornography Usage**: 65% (40% committed, 51% nominal, 51% non-Christians).
GENDER AND SEXUALITY

Felt sexually attracted to someone of the same gender recently

- 9% (Committed Christian) vs. 23% (Nominal Christian)
- All Kenya Teens: 18%

Experienced gender identity confusion recently

- 5% (Committed Christian) vs. 11% (Nominal Christian)
- All Kenya Teens: 8%

Been sexually active recently (excluding married)

- 53% (Committed Christian) vs. 63% (Nominal Christian)
- All Kenya Teens: 56%

Digital Connectedness and Impact

Kenyan teens spend an average of 7 hours and 40 minutes online every day, compared to 7 hours and 23 minutes globally.

DAILY ONLINE ACTIVITIES

- Gaming: 1 hour 14 minutes
- Videos: 2 hours 42 minutes
- Talking, messaging or video chatting: 3 hours 45 minutes
- Social Media: 3 hours 17 minutes

Kenyan teens spend an average of 7 hours and 40 minutes online every day, compared to 7 hours and 23 minutes globally.
Overall, my family experience has been good.

I believe that it is important for me to contribute to the well-being of my community.

Kenyan teens’ responses:

- Strongly Agree
- Agree
- Disagree or Strongly Disagree

- The sex a person was born as: 73%
- Compared to 45% globally

Who do you think gender is primarily based on?

- The way society sees a person: 6%
- A person’s feelings, desires, or sexual attraction: 22%

Should marriage be exclusively between a man and a woman?

- Yes: 76%
- No: 15%
- Maybe: 10%
Influences and Guiding Voices

**MEANING OF LIFE**

Where do you go most often for information or guidance about the meaning of life?

1. **FAMILY MEMBERS** 37%
2. **SOCIAL MEDIA/ONLINE** 20%
3. **FRIENDS/PEERS** 14%
4. **TEACHERS/COUNSELORS** 11%
5. **RELIGIOUS LEADERS/TEXTS** 11%
6. **OFFLINE MEDIA** 8%

**RIGHT AND WRONG**

Where do you go most often for information or guidance about what is right and wrong?

1. **FAMILY MEMBERS** 42%
2. **RELIGIOUS LEADERS/TEXTS** 17%
3. **FRIENDS/PEERS** 14%
4. **SOCIAL MEDIA/ONLINE** 13%
5. **TEACHERS/COUNSELORS** 11%
6. **OFFLINE MEDIA** 3%

**GENDER & SEXUALITY**

Where do you go most often for information or guidance about gender, sexuality, or other sexual issues?

1. **FRIENDS/PEERS** 25%
2. **SOCIAL MEDIA/ONLINE** 25%
3. **FAMILY MEMBERS** 18%
4. **TEACHERS/COUNSELORS** 18%
5. **RELIGIOUS LEADERS/TEXTS** 8%
6. **OFFLINE MEDIA** 7%