The Next Generation's Insights on Immersive Technology

Teens' opinions on the future of XR in their lives, the classroom, and beyond



XR is becoming more mainstream among teens with increased usage in schools and greater personal ownership.

44%

Of teens have personally used a VR headset, compared to 36% in 2022.

52%

Of teens have used XR in school, compared to 43% in 2022.

21%

Of teens personally own a VR headset.

Building on its 2022 survey, XRA conducted a study involving 600 teens with many similar questions and a few new ones. The survey revealed that XR is steadily becoming an integral and valued part of teenagers' daily lives. From classrooms to career ambitions, teens are embracing immersive technology not only for entertainment but also as a powerful tool for learning, creativity, and shaping their futures.

As teens adopt XR technology, they recognize its educational value and report increased integration in learning across subjects.

MATH:

2025: 16%

2022: 11%

ART:

2025: 24%

2022: 22%

SCIENCE:

2025: 25%

2022: 24%

34%

Of teens say that if a class included XR instruction, they would want to take that class.

Survey respondents reported a strong interest in exploring XR in higher education. XR is influencing teens' future plans — shaping their interest in college, outlook on career paths, and expectations for technology in the workforce.

24%

Reported they would be more likely to **pursue a college that offers XR** as part of its curriculum.

25%

Are **interested in XR careers.**

20%

Expect to **use VR in their future jobs.**

As immersive technologies become part of daily life, we must understand how young people see and use them — not just for entertainment, but as tools for learning and creativity. Including teen voices ensures a more inclusive, informed, and responsible digital future.

MICHAEL PRESTON, PH. D.
Senior Vice President and Executive Director, Joan Ganz Cooney Center

When asked how they are using immersive technology, teens reported embracing XR for creative expression, social connection, and learning.

65%

XR CAN BE USED FOR FUN

61%

XR CAN BE USED FOR CREATIVITY

46%

XR HELPS CONNECT WITH FRIENDS

44%

XR HELPS WITH LEARNING

Teenagers still have concerns about XR, but these worries are fading as they become more comfortable with the technology.

Teens expressed reduced concern about key issues:

COST

2025: 50%

2022: 58%

ADDICTION

2025: 44%

2022: 51%

SPENDING LESS TIME OUTSIDE

2025: 43%

2022: 48%

PRIVACY

2025: 43%

2022: 45%

LACK OF ACCESS

2025: 34%

2022: 44%

Teens **also** reported a decrease in concerns of bullying in XR.

2025: 15%

2022: 17%

The survey results show that awareness of moderation and privacy tools is linked to more positive XR experiences, boosting both teen enthusiasm and overall satisfaction.

62%

Of teens are **aware of moderation and privacy tools.**

82%

Report greater excitement for XR experiences when they are aware of available moderation and privacy tools.

67%

say that moderation and privacy tools **improved their experience.**

XR is helping create more inclusive and supportive digital spaces for teens, encouraging meaningful community participation.

43%

Of teens have used XR to participate in online communities and events.

63%

Report positive experiences in XR that made them feel included, regardless of disability, language, or other barriers.

To learn more about how XR technology can support and enhance education, download XRA's Developers Guides.

If you are interested in participating in shaping these initiatives, become a member and join the XRA Health and Inclusion Committee.

The XR Association's mission is to promote the responsible development and thoughtful advancement of XR that foster positive societal outcomes. Find out more about us at xra.org.