CELL PHONE OBSESSION: Negative o Positive? Ninety-five The majority of cell phone usage is for text messages, American teenagers send and 20 receive sixty seven text messages per day, on average, heavy users considerably more percent of U.S. teens have access to a smartphone, and soon over 60 percent of kids ages 8 to 12 will have them, 15 too. Yakkity, yakkity, yak.