

Study reveals millennials are more likely to unplug while on vacation than gen X

June 21 2016

Who unplugs when on vacation?

Did you know more and more people are struggling to unplug from their devices on vacation?

Men are better at unplugging!

57%

of men intend to unplug while on vacation



44%

of women intend to unplug while on vacation

Unplugging Across the World



53%

Brazilians

60%

Canadians

56%

French

59%

Germans

49%

Americans



Americans are least successful at abstaining from work emails

59%

Mexicans

54%

Netherlands

52%

Spaniards

61%

Singaporeans

Credit: Intel

In preparation for summer travel season, Intel Security conducted a study, "Digital Detox: Unplugging on Summer Vacation," to better understand the ways consumers stay digitally connected while traveling and ways they may unknowingly be putting their personal identity and devices at risk. Roughly 65 percent of U.S. respondents define being unplugged as having no internet usage at all, while half said being unplugged means they did not make any phone calls. The survey challenges a misconception in society that millennials would be the least likely to leave their devices behind on vacation – 49 percent of U.S. millennials actually admitted that they were willing to unplug on vacation, while only 37 percent of those respondents between 40-50 years of age would do so.

Summer vacation is full of distraction and opportunity, and savvy criminals have learned how to capitalize on these moments. Travelers can be targets for cybercriminals who count on human and device vulnerabilities to provide them with a point of access to consumers' data and devices. They can gain access to [sensitive information](#) via unsecured smartphones, laptops and even wearables, while also collecting data from social channels.

"Consumers rely on technology to stay connected to their physical and digital worlds – whether at work, home or on vacation," said Gary Davis, chief consumer security evangelist at Intel Security. "People are often quick to use devices on vacation to access sensitive information without considering the potential risk. As a result, it's crucial to impart safe digital habits to help consumers stay more secure when traveling."

Consumers need to be vigilant and take precautionary security measures to prevent their [personal information](#) from being lost or stolen while on the road. Despite many respondents' lack of success with unplugging, those who were able to unplug reaped major benefits.

Vacay-Zen:

- More than half (55 percent) of U.S. participants who intended to unplug from their digital devices on vacation were unable to do so.
- Sixty-five percent of U.S. survey participants claimed their vacation was more enjoyable after unplugging. They felt less stress and were able to better absorb their surroundings.
- Roughly 88 percent of Americans admitted it did not stress them out to be unplugged from work and life back at home. And 51 percent of those who unplugged reported they connected better with travel partners because of unplugging.
- American men are more willing to leave their phone at home while going on vacation. Roughly 47 percent of men said they would leave their phones behind, while only 37 percent of women said that they would.

Surprise, Millennials are better at unplugging!

57%
of Millennials
intend to unplug
on vacation



40%
of Boomers and
Gen Xers intend to
unplug on vacation

Top 5 Reasons people don't unplug



Need to be
reachable for my
family at all times



Want to use device
for navigation/trip
planning



Need to use
device to
access music



Find it impossible
to disconnect



Want to be able to
post on social media

Stay Connected with Caution

Summer is full of distraction and opportunity for cybercriminals.
It's okay to unplug on vacation, but if you can't—click with care.

Credit: Intel

Work Timeout:

- In an always-on world, it's hard for people to unplug. In fact, 68 percent of U.S. participants reported checking their personal and

work email at least once a day, every day while on vacation.

- Americans are the least successful at abstaining from work emails (49 percent) while on vacation compared to Singaporeans (61 percent), Canadians (60 percent), Germans (59 percent), Mexicans (59 percent), the French (56 percent), the Dutch (54 percent), Brazilians (53 percent), and Spaniards (52 percent).

Tips to Minimize Your Travel Security Risks:

- **Create Social Walls:** We know how boring waiting in airports can be and oftentimes this boredom can lead to posting updates from your mobile device. Whether it's your location or that selfie where your hair looks just right, criminals are more able to monitor your whereabouts via social activity and take advantage of you when you have the weakest protection.
- **Be Careful When You Share:** We love to share our experiences with friends and family via social media, but it's important to not indicate publicly where or when you'll be taking that relaxing [vacation](#). Wait until you return home before posting all about it; otherwise, you could leave yourself open to would-be thieves who want to know when your home will be vacant.
- **Limit Wi-Fi and Bluetooth Use:** Data can be expensive, but switching on Bluetooth and Wi-Fi when out and about can be a recipe for disaster. Connecting to unprotected Wi-Fi and Bluetooth devices can expose your personal information to a cybercriminal. You should be especially careful when exchanging payment information. With this in mind, make sure to update your Bluetooth and Wi-Fi history by removing previously "remembered" wireless networks, like "cafewifi."
- **Check and Monitor Your Accounts:** Keep an eye out for suspicious activity in your bank account history. If you aren't meticulous about monitoring your activity, a criminal could have access to your accounts for quite some time before you are

aware.

Provided by Intel

Citation: Study reveals millennials are more likely to unplug while on vacation than gen X (2016, June 21) retrieved 26 April 2024 from <https://phys.org/news/2016-06-reveals-millennials-unplug-vacation-gen.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.