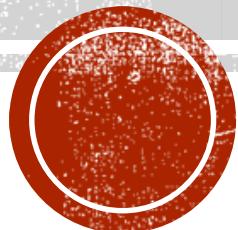


# EFFECTS OF SCREEN TIME ON DEVELOPMENT

Reshaping the Human Experience



# HOW MUCH SCREEN TIME?



<https://www.recode.net/2017/5/30/15712660/media-consumption-z zenith-mobile-internet-tv>

<https://habyts.com/kids-and-screen-time-five-facts/>

<https://www.cnn.com/2017/10/19/health/children-smartphone-tablet-use-report/index.html>

Christakis, D. A. (2008). The effects of infant media usage: what do we know and what should we learn? *Acta Pædiatrica*, <http://echd430-f13-love.wikispaces.umb.edu/file/view/Pediatrics+article.pdf>

- What counts as screen time?
- In 2017 adults averaged 602 minutes (10 hours) of screen time per day
- Kids 5-16 years average 6.5 hours per day  
Teenage boys average 8 hours per day
- 80% of 12-year-olds are on social media
- The average age of acquiring first smartphone is 10.3 years
- 42% of kids under 8 have their own tablet devices
- Children under 2 years spend an average of 3–4 h/day watching TV, which is as much as 30–40% of their waking hours

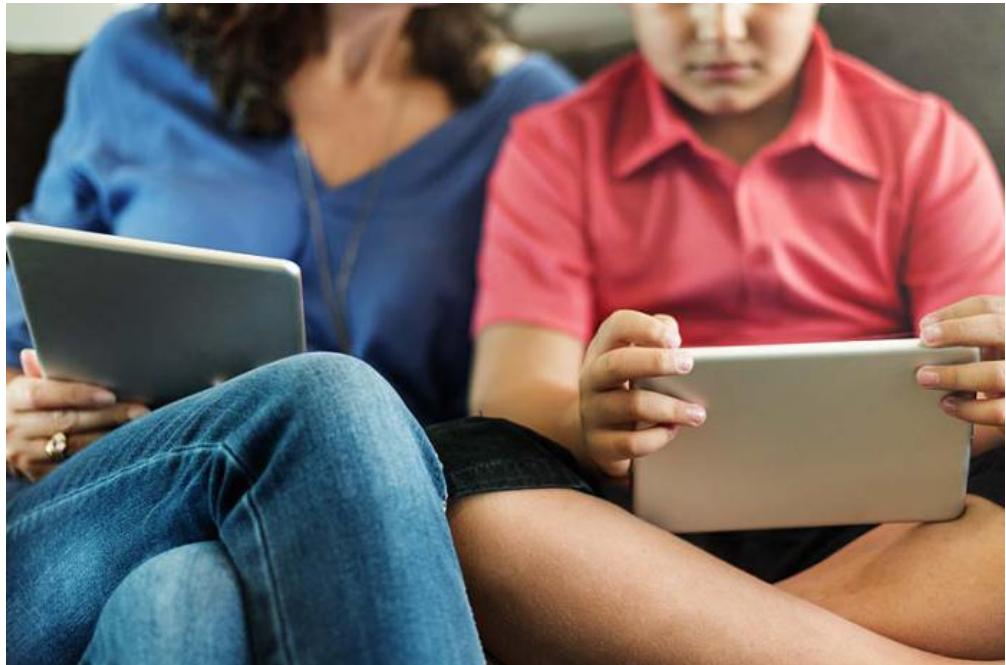


# EFFECTS

- Early media exposure influences psychological, linguistic, educational, neurological, and physical development.
- Media can distort beliefs and perceptions of the world
- Virtual relationships are becoming increasingly common: A dual-edge sword
- Social media use appears to influence self-perception and life satisfaction: Depression, anxiety, body image, eating disorders
- Media shape cultural values, norms, and expectations around the world.
- Media influence almost everything we do in the modern era and they continue to evolve rapidly—human and technology increasingly merge.



# CONCERNS ABOUT MEDIA USE



- Violence
- Pornography
- Fear and anxiety
- Effects on development, learning, reading, and studying
- Obesity and reduced physical activity
- Opportunity Cost
- Addiction to media
- Social effects: Materialism, cyberbullying, isolation and loneliness, stranger danger.



# POSITIVE EFFECTS

- Users develop technological skills
- Acquire information and education
- Learn and practice healthy behaviors
- Build connections, social support, and social capital
- Prosocial programs and games foster empathy, altruism, and social skills



# WHAT SHOULD PARENTS DO?

- Delay exposure as long as possible
- Minimize and monitor screen time at all ages—use technology to control technology
- Co-watch/listen to media with your kids and discuss the content
- Model appropriate media consumption behavior: Read books, minimize screen time (even on your phone), have media “black out” times
- Promote physical free play outdoors, if possible
- Teach media literacy skills—Instruct children how to use media and how to process media messages critically and deliberately



# AMERICAN ACADEMY OF PEDIATRICS RECOMMENDATIONS

- For children younger than 18 months, avoid use of screen media other than video-chatting.
- For children ages 2 to 5 years, limit screen use to 1 hour per day of high-quality programs. Parents should co-view media with children to help them understand what they are seeing and apply it to the world around them.
- For children ages 6 and older, place consistent limits on the time spent using media, and the types of media, and make sure media does not take the place of adequate sleep, physical activity and other behaviors essential to health.
- Designate media-free times together, such as dinner or driving, as well as media-free locations at home, such as bedrooms.
- Have ongoing communication about online citizenship and safety, including treating others with respect online and offline.
- <https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/American-Academy-of-Pediatrics-Announces-New-Recommendations-for-Childrens-Media-Use.aspx>

