

Screen Time/Technology Usage

Technology Today:

Technology is all around us and we are using technology more and more each day. Whether it be our cell phones in our pockets, the laptops we use for school, or an iPad that we play our favorite games on, technology can take many forms. Recently, technology has become more popular and even schools are starting to use technology in different ways. Instead of taking tests or completing assignments on paper worksheets, schools are now passing out laptops and asking students to complete assignments online which has increased the amount of time students are looking at screens each day. Also, video games, online content, and social media have become more popular, and people are spending more time scrolling or playing online than they have in the past!



How Does Technology and Screen Time Affect Us?

During your childhood and teenage years, your body and mind are working hard to develop in many different ways. Your brain is still changing and developing until your mid to late 20's, you are still learning new skills such as how to manage your emotions and how to interact with others, and your body is still growing bigger and stronger. You are at the age where it is important for your body to be active and your mind to be learning new things. While technology **can be good for you** in many ways such as allowing you to learn new things, talk to your friends and family, and participate in hobbies or do things that bring you joy, research has shown that **too** much screen time can cause changes in our behavior and the way we think and

learn as well as difficulty socializing with others. For example, research has shown that **too** much screen time can cause problems with attention or focus, our ability to communicate and socialize with others, obesity and physical healthy, anger and aggression, and trouble sleeping.

Screen Time Guidelines

According to the National Education Association, tweens, which are youth between the ages of 10 and 12 years old, are spending an average of 4 hours and 44 minutes on screens each day and teens, between the ages of 13 and 18, are spending an average of 7 hours and 22 minutes on screens each day without including screen time spent doing schoolwork or homework. The recommended amount of screen time is **2 hours each day**.

Amount of Daily Screen Use

(Not including for school or homework)

TWEENS:

4 hours, 44 minutes

TEENS:

7 hours, 22 minutes



Tips for Screen Time:

- **Set limits:** Create rules and expectations for yourself to cut down on screen time.
 - Determine, set, and follow daily limits on screen time.
 - Use a log to keep track of screen time and set goals of how much screen time will be allowed each day.
 - Determine certain times of the day, days of the week, or locations where technology is not allowed (dinner time, before bed, outside, in public, in the bedroom, etc.)

- Some apps or devices have settings that use timers to limit screen time each day. Once screen time is reached, the device or app will shut down or you will be sent a notification that the limit has been reached.

Day of the Week	iPad/Tablet	Video Games	Laptop	TV	Total Time
Monday	__hr, __ min	__hr, __ min	__hr, __ min	__hr, __ min	
Tuesday	__hr, __ min	__hr, __ min	__hr, __ min	__hr, __ min	
Wednesday	__hr, __ min	__hr, __ min	__hr, __ min	__hr, __ min	
Thursday	__hr, __ min	__hr, __ min	__hr, __ min	__hr, __ min	
Friday	__hr, __ min	__hr, __ min	__hr, __ min	__hr, __ min	
Saturday	__hr, __ min	__hr, __ min	__hr, __ min	__hr, __ min	
Sunday	__hr, __ min	__hr, __ min	__hr, __ min	__hr, __ min	

- **Plan unplugged activities:** Throughout the day, plan time to participate in activities without technology (playing outside, arts and crafts, socializing with others, sports, baking, etc.)
 - Don't be afraid to try new things! You may be used to spending time on your iPad, computer, or phone but there may be hobbies or activities that you haven't tried yet that you may enjoy!
 - Hang up and hang out! Try to not spend time on your device while with friends or family.
- **Challenge yourself:** Each day, find ways that you can decrease your screen time little by little and spend less time with technology than the day before.
 - If you are able to decrease your screen time from the day before, reward yourself with a fun activity or a treat!
 - Pick one day a week that you will take a break from technology and not have any screen time at all.
- **Clean out your devices:** Your device may have many apps that are made to keep your attention and result in you spending a lot of your time scrolling.
 - Take a break and log out of social media for awhile to cut down on time spent scrolling.

