

Understanding and Managing Screen Time

THANK YOU for participating in the March 2024 restorative workshop, a part of the *Replenish Series* designed by Dr. Rajni Shankar-Brown and brought to PA in partnership with the [Center for Schools and Communities](#) as a part of the ARP–HCY initiative. This handout highlights some of the key concepts discussed at our session and provides extended resources for further exploration, learning, and growth.



Did you know?

Screen Time Statistics

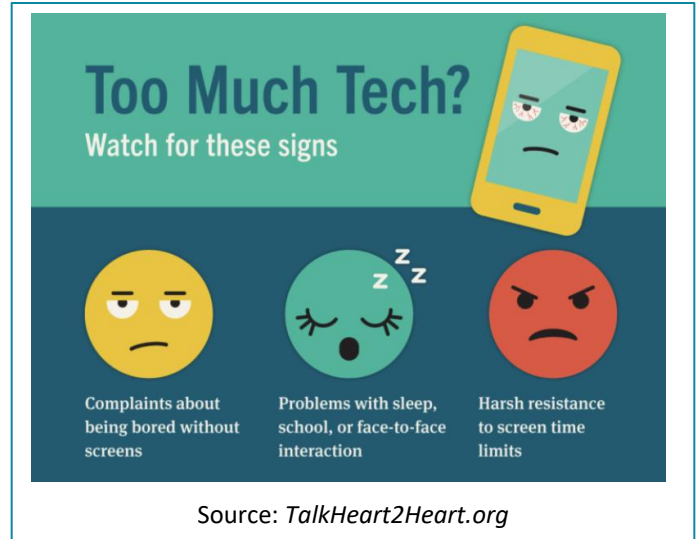
- Phone usage has increased 60-80% since the pandemic.
- Average number of hours youth watch videos from TikTok to Netflix to YouTube: 7.2 hours.
- Students check their phones over 150 times a day.
- Students 8 to 18 spend an average of 7.5 hours in front of a screen each day; mostly as consumers of media.
- Zooming in (on average): children 8-10 spend six plus hours a day on a screen; ages 11-14 spend an average of 9 hours a day in front of a screen.
- 1 in 4 school-age children have developmental delays and gaps from excessive screen time at ages 1-3.

Avoid Media Overload

Too much (excessive) screen time may lead to:

- sleep disturbances
- increased mental and behavioral health challenges
- decreased physical activity and health issues
- communication gaps and language delays
- lower academic achievement
- decreased impulse control
- poor body image
- social-emotional challenges

Sources: *Center for Disease Control and Prevention, American Academy of Pediatrics, National Center for Health Statistics, 2024*



Keep growing! Here are a few extended learning resources:

BOOK: [Screenwise: Helping Kids Thrive in Their Digital World](#) by Devorah Heitner

BOOK: [Disconnected: How to Protect Kids from the Harmful Effects of Device Dependency](#) by Thomas Kersting (2020)

TED Talks (videos): [Top 6 TED Talks on the Alarming Effects of Screen Time](#) by S. Tayler (2023)

ARTICLE: [Screen Time at Age 1 Year and Communication and Problem-Solving Developmental Delay at 2 and 4 Years](#) in *The Journal of the American Medical Association Pediatrics* (2023)

ARTICLE: [Effects of Excessive Screen Time on Child Development](#) in the *National Library of Medicine* (2023)

ORGANIZATIONS AND RESOURCES:

[American Academy of Pediatrics](#)
[American Psychological Association](#)
[Common Sense Media](#)
[Family Media Plan](#)