

SCREEN TIME AND CHILDREN'S MENTAL HEALTH

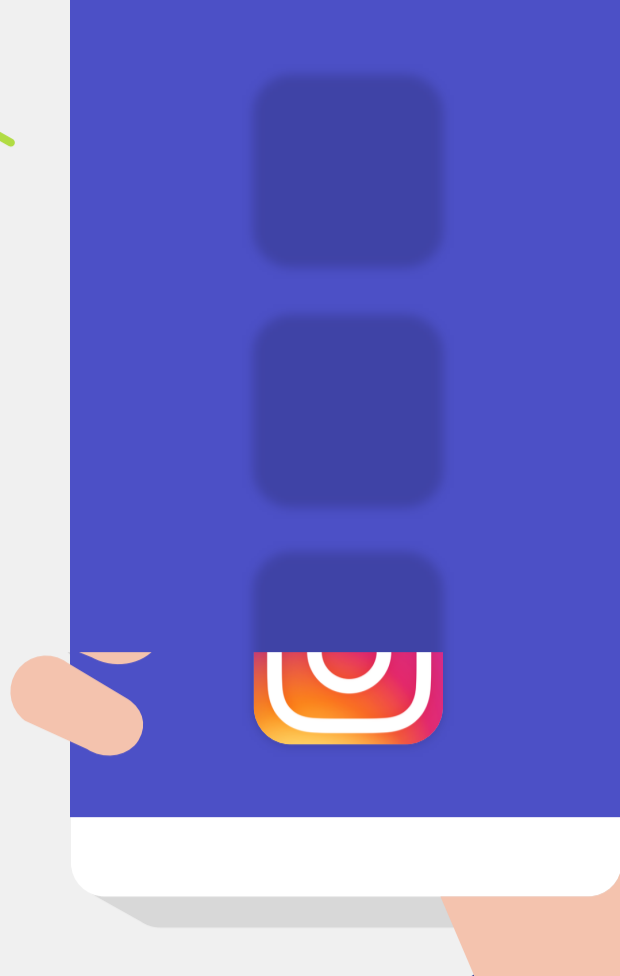
Studies have shown that higher levels of screen use in children is associated with reduced physical activity, increased risk of **depression** and **lower wellbeing**.

95%

of teens have access to a smartphone

YOUTUBE, SNAPCHAT + INSTAGRAM

most popular online platforms among teens



45%

of teens say they are online 'almost constantly'

Results from pewresearch.org and mentalhealth.org.uk

Social Media apps and games are **designed to be addictive**. Which is why it's important to talk to your tween or teen about **setting limits**, as well as handling other social anxieties that can arise from regular social media use.



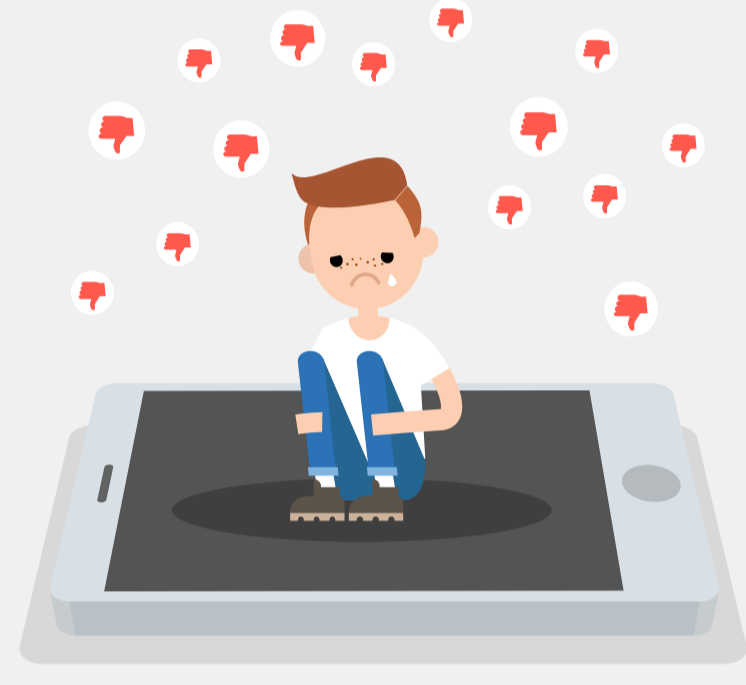
Is your child on their phone when they should be sleeping? Sleep is vital for **physical and mental health wellbeing**.



SCREEN TIME LABS RESEARCH

64%

of parents worry that their kids spend too much time on their devices in school.

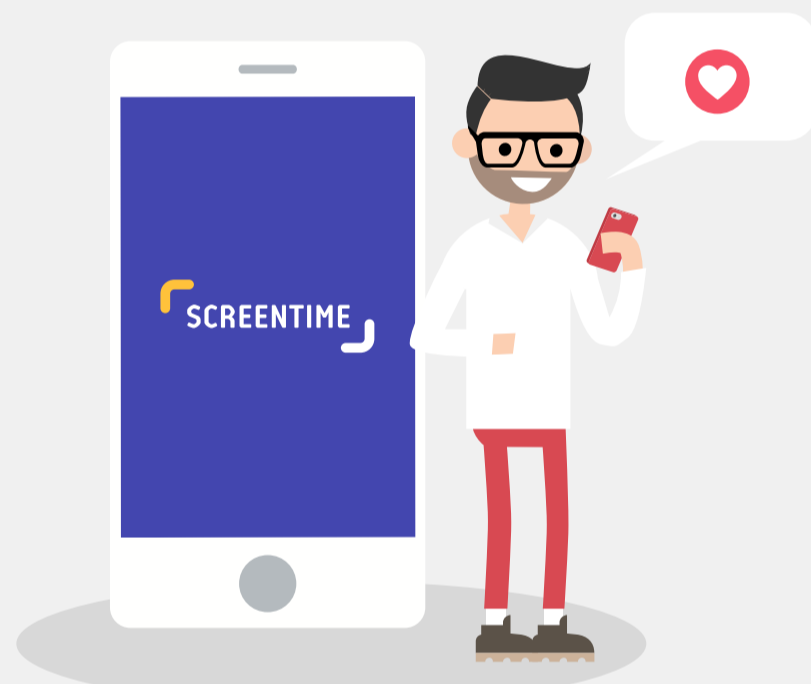
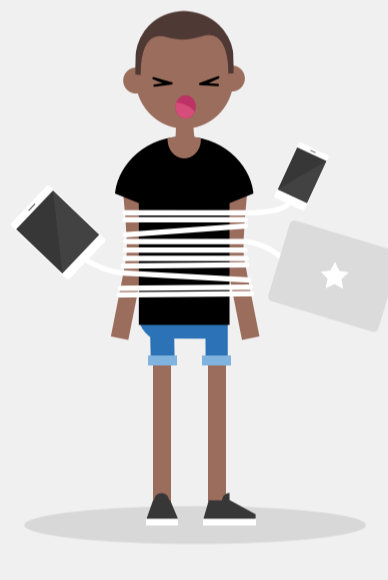


70%

of parents say that it's their kids' mental health and wellbeing that keeps them up at night.

84%

of parents feel their kids are or have been addicted to their device(s).



86%

of those parents say they feel that the Screen Time app has helped them to combat phone addiction for their kids.

Results from a Screen Time Labs survey of 2226 parents

SOCIAL MEDIA AND TEENS TIPS FOR WORRIED PARENTS

commonsensemedia.org



1

Listen

For many tweens and teens, social media is social life. The more you show you care about how they feel, the more open they'll be.

2

Don't Judge

For tweens and teens, connecting with their peers is a normal part of child development.

3

Encourage their offline lives

Help kids participate in sports, clubs, drama, or volunteer work to help them weather the ups and downs of social media anxiety.

4

Set limits

After you've listened to your child, get some basic limits around when and where the phone or computer can be used. Parental control apps like Screen Time can make this very easy.

5

Shift the focus

Encourage kids to focus on the creative side of Instagram, for example, instead. Entering photo contests or building a portfolio can shift the focus to the positive side of social media.

6

Ensure a good night's sleep

Lack of sleep can result in increased anxiety and can impact concentration. Remove the lure of their smartphone at bedtime and block their apps with the Screen Time Bedtime Blocker.

To find out more about the Screen Time app, go to screentimelabs.com