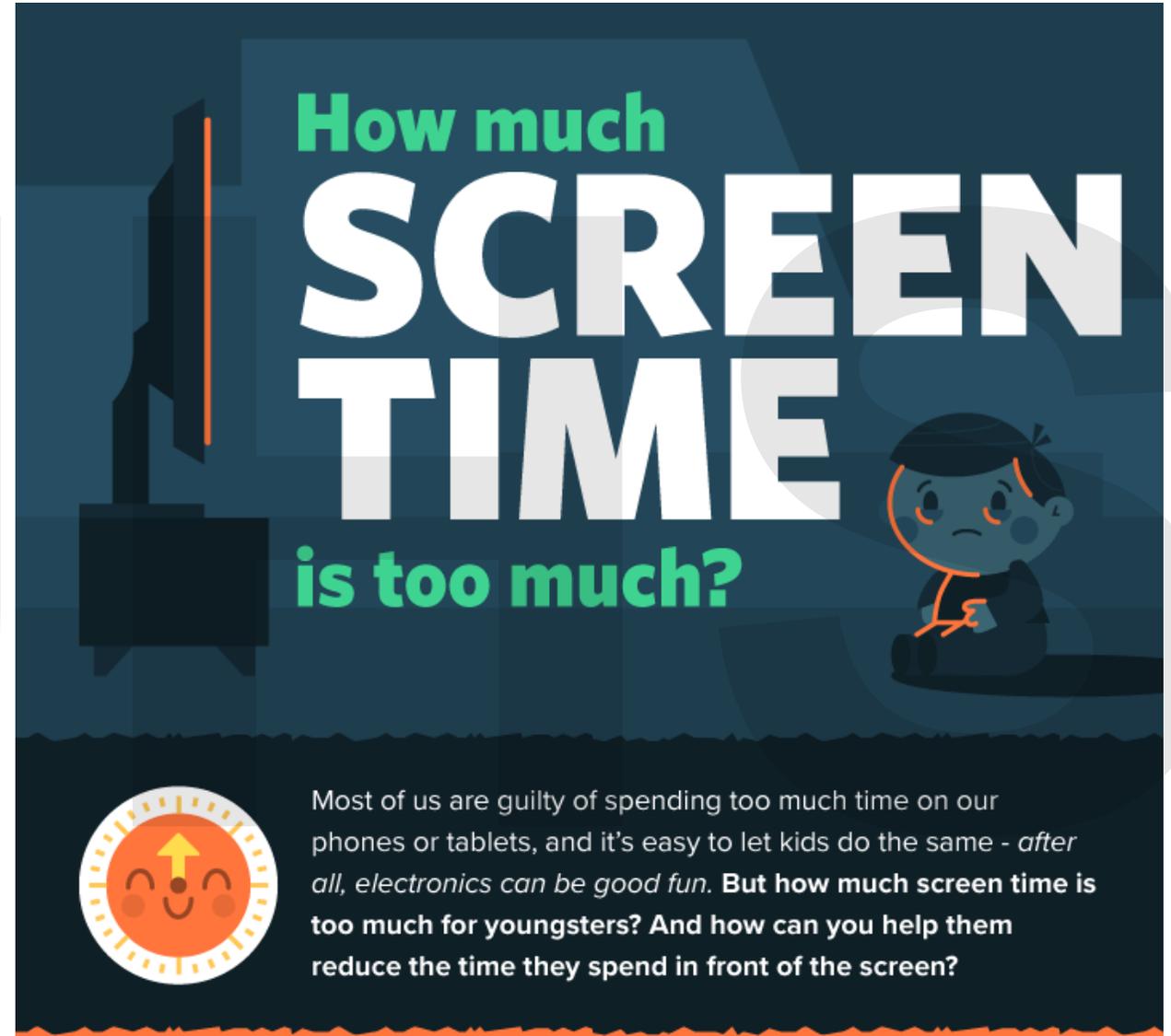# Screen time-Take control

Simple self help tips that will make a big difference

Screen time

- Why do we need electronic devices in our lives?

- How do they help us?

- Do you manage your screen time or does your family help you control it?

- Does this work!!

- So how much is too much in your opinion?

How much SCREEN TIME is too much?

Most of us are guilty of spending too much time on our phones or tablets, and it's easy to let kids do the same - *after all, electronics can be good fun.* **But how much screen time is too much for youngsters? And how can you help them reduce the time they spend in front of the screen?**

Screen time

Talk to your partner;

- How many screen devices do you have in your home?

- Where are they situated?

- How many screen time hours do you spend on these devices each day?

- Are some days worse than others?

- Why?

- Which device takes up most of your screen time?

- What are you using it for?

Screen time

- Why do you think too much screen time is strongly linked to child obesity?

- What can teens do to avoid 'sedentary' lifestyles and reduce the risks of obesity?

- What other symptoms are there of too much screen time? (social, medical, academic)

- Before you go to sleep how long is it after you switched off your screens?

- What is blue light?

- Why is it bad for our health?

SCREEN TIME HAS BEEN LINKED WITH:

Childhood obesity

Commercials can promote **unhealthy eating choices**[6]

+167 CALORIES

Kids eat **167 additional calories** per hour of television watched[7]

For kindergartners, more than one hour of TV each day means they're:[8]

52% — 52% more likely **to be overweight** than kids who watch less

72% — 72% more likely **to be obese** than kids who watch less

Lack of sleep

4 HOURS = 20 MIN.

4 hours of daily screen time = **20 minutes longer to fall asleep**[9]

Teenagers send **34 text messages** on average after getting into bed[10]

Blue light from screens has a **similar effect to caffeine**[11]

Problems in school

4 hours of daily screen time is linked to a **FULL-GRADE-LEVEL DROP IN AVERAGE GPA**[12]

C+

Physical consequences

Pain in fingers, wrists, neck and back

Narrowed eye blood vessels

Screen time

Study the data;

- What do you do online?

- How much time per day do you spend on social media?

- Have you got FOMO (Fear Of Missing Out) and find it difficult controlling your use of devices?

- What do you find most worrying about the data?
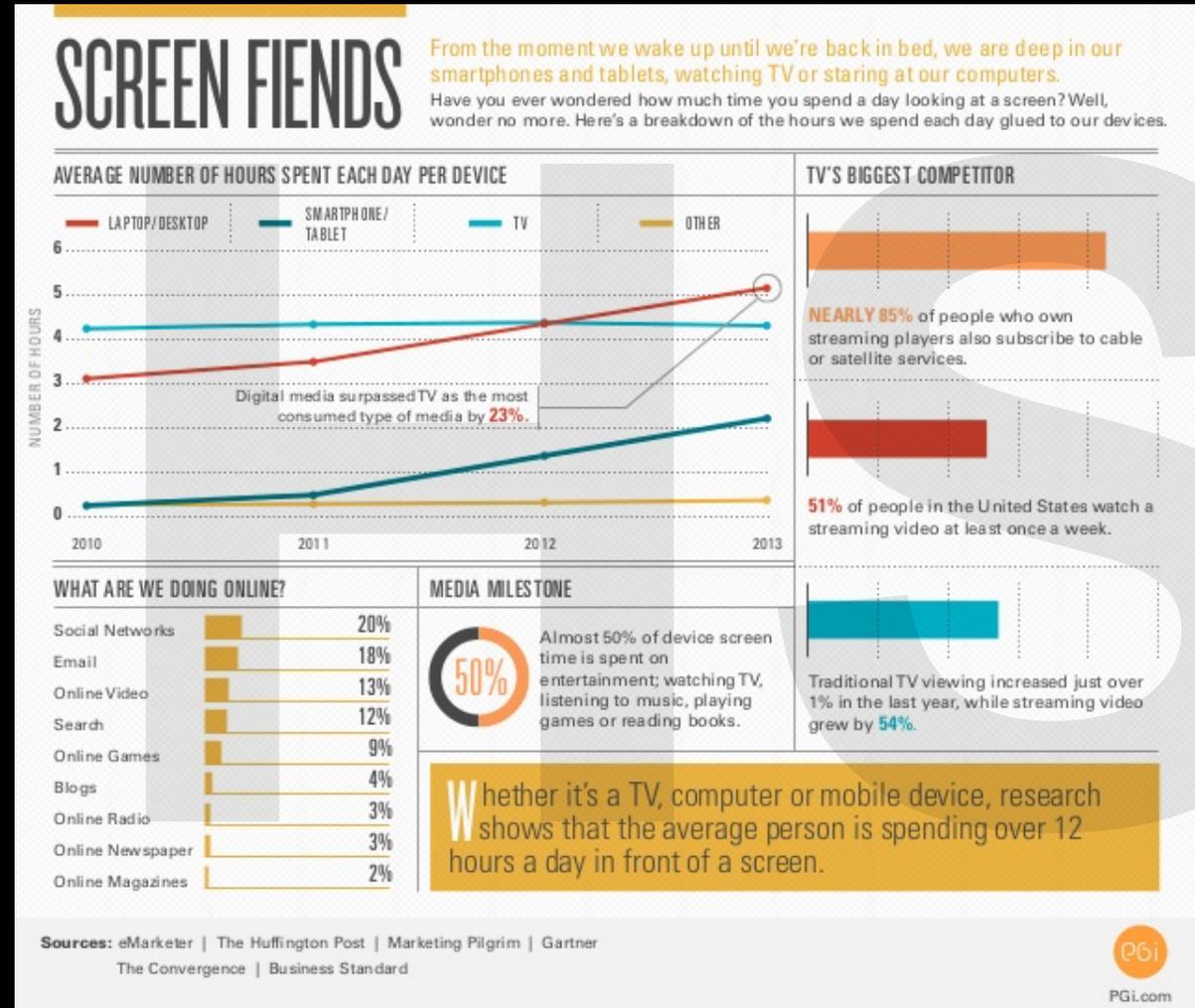
Being active

- Study the data shaded in blue and talk to your partner;

- Why do you think not being active effects your academic outcomes/results?

- Why does being physically active help our health?

- Can you name 10 negative medical effects of not being physically active?

- Are you active?

- What active activities do you like doing ?
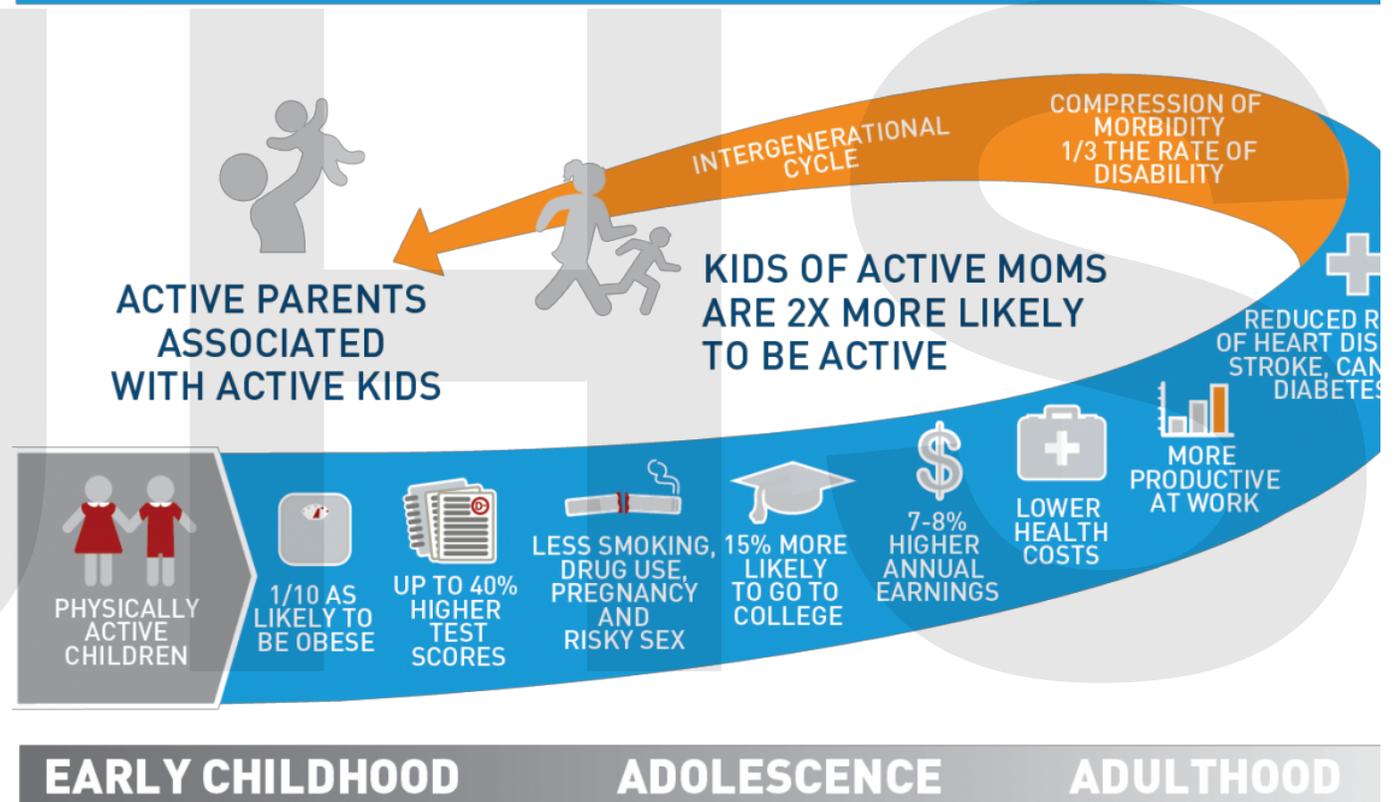
Get active

- So if we now know about all the major benefits let's do something about getting away from our screens and getting active.

- It doesn't have to be competitive activities, just make it fun so that you will do it again.

- It doesn't matter how good/bad you are just give it ago

- Watch the video and see how millions of ordinary people like you and I go about getting active

- Its about you too boys even though the film is showing girls!

- https://youtu.be/jsP0W7-tEOc
- This Girl Can

Boys can do it too

Get active

- Still not sure?

- Get more active with friends then so that you can motivate each other and plan different things together

- What activities do people in the form do to keep healthy? Shout out and Share.

- How many?

- Talk to your partner about teaming up and doing some activity that gets you out and away from screen time

- Remember the benefits

- Now make a promise to do this activity