

True or false

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| 1. The average teen checks their phone 150 times a day | 1. True |
| 2. The average adult checks their phone over 100 times a day | 2. True |
| 3. 52% of parents and 78% of teens check their devices at least hourly | 3. False – it's actually 69% of parents! |
| 4. 67% of parents feel their teen is addicted to their mobile phone | 4. False, it's actually 59% |
| 5. 28% of teens say their parent is addicted to their phone | 5. True |



Managing Your Child's Screen Time

ANDY COMPTON

ASSISTANT HEAD (DIRECTOR OF DIGITAL STRATEGY)

Why do I need to manage their screen time?

- Technology can have huge benefits for communication, learning and productivity, and social interactions – if used properly.
- Children aged 8 to 18 spend, on average, close to 45 hours per week watching TV, playing video games, instant messaging, and listening to music online — far more time than they spend with their parents or in the classroom.
 - *Kaiser Family Foundation*
- Screen time has been linked to childhood obesity, bullying, lack of concentration, sleep disturbance, access to inappropriate material, self-esteem issues and more.
- So there are 2 vital elements to managing screen time:
 - Finding a balance that allows our children to make the most of the benefits of technology.
 - Educating our children so they take responsibility for their own screen time.

What is the biggest concern for you,
regarding your child's screen time?

☐ **TV**

☐ **Games console**

☐ **Laptop**

☐ **Tablet**

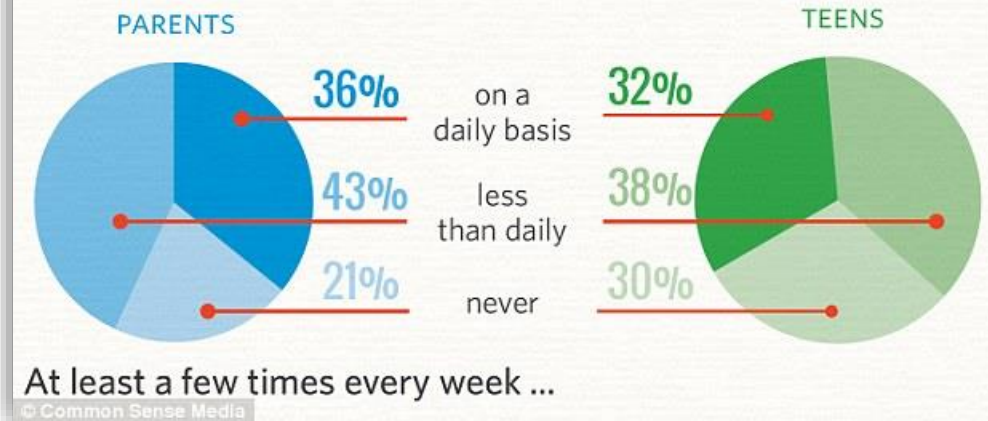
☐ **Mobile phone**

Why is it so hard to manage screen time?

- Does your child do exactly as you ask when it comes to screen time?
- Do they ever argue with you about the issue?
- Does their phone appear to be surgically attached to them?
- Do they get defensive when challenged about their screen use?
- You are not the only one!
- It is a common problem amongst parents, even with young children.
- So why?

Is It Causing Family Conflicts?

Teens and parents say they argue about device use:



Gambling is addictive

What makes us addicted to something?

- Anticipation and reward
- Dopamine release



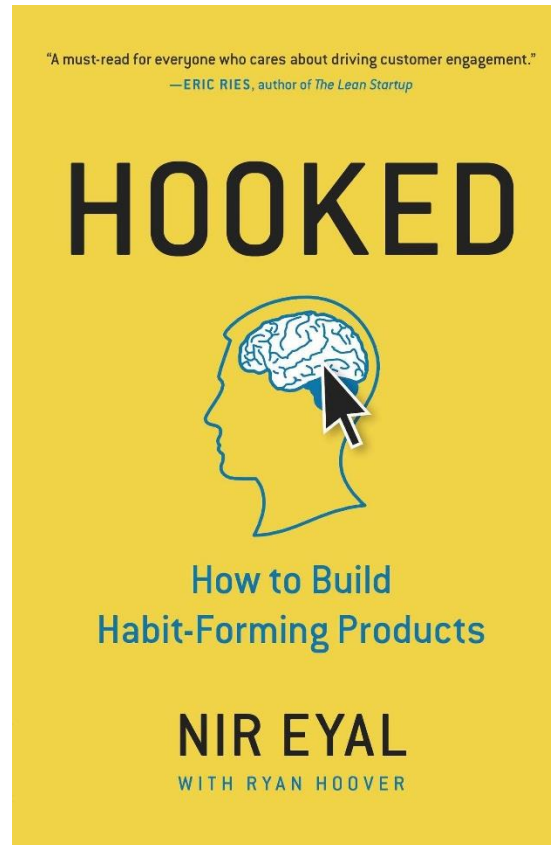
And so are mobile phones

What makes us addicted to something?

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Apps are designed to be addictive



The affects of screens on sleep



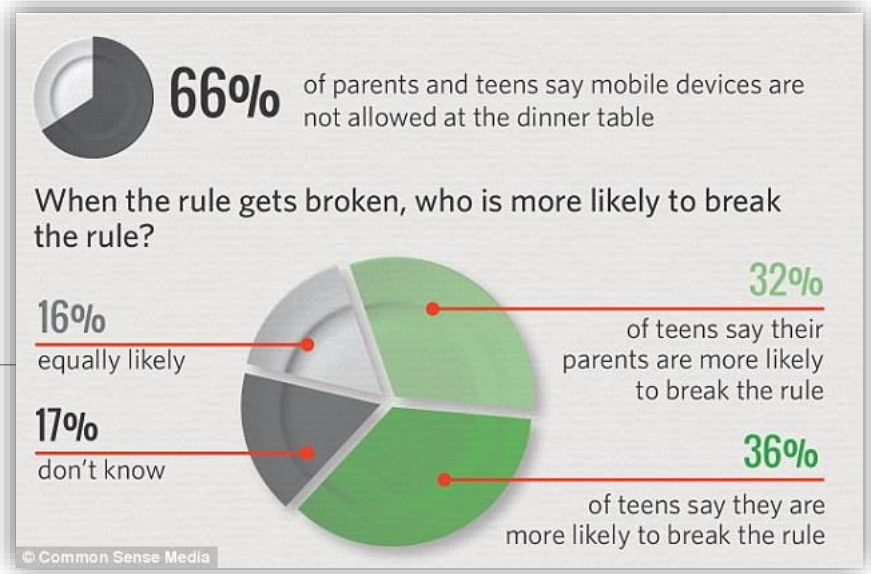
“Blue light exposure
suppresses melatonin
by almost 90%”



Melatonin: The Hormone
That Helps You Sleep

What steps can I take?

- Model good practice with screen time!
- Talk to your child about the benefits and dangers of technology and the effects of too much screen time.
- Get screens out of the bedroom.
- Keep screens off when not specifically in use, so they are not a background distraction.
- Ensure screen free time for the whole family – mealtimes, homework time (unless required).
- Be persistent, but fair.
- Ensure both you and your child are aware of their actual amount of screen time, particularly on phones.

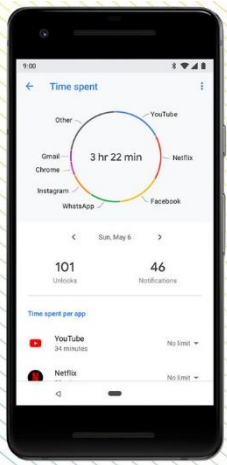


Does your child know how much they use their phone? Do you?

Find out how much you actually use it:



iPhone –
Screen
Time



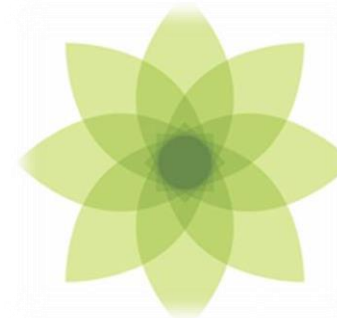
Android –
Digital
Wellbeing



Mute



Space



Moment



Hold



[All on iPhone?](https://support.apple.com/en-gb/HT201304)



[All on Android?](https://support.google.com/families/answer/7103340?hl=en)