

KIDS AND SCREEN TIME

SIX TO NINE HOURS PER DAY!

School-age children spend more time with screens – television, video games, computers, tablets and phones – than any other activity but sleeping. That adds up to 114 full days of screen time each year.



POOR SLEEP HABITS

Sixty-eight percent of teens bring their devices to bed, and nearly a third fall asleep with their phones. Thirty six percent of teens wake up and check their mobile device at least once a night for a reason other than checking the time.



MENTAL HEALTH IMPACTS

Kids who log more screen time experience lower psychological well-being. Among kids 14-17, high users of screens were more than twice as likely to have been diagnosed with depression or anxiety and have a higher rate of obsessive-compulsive disorder diagnoses.



DANGER AND DEATH

About 37% of kids 12-17 have been bullied online. The rise in appearance-based social media (e.g. Snapchat, Instagram) has led to an increase in body dysmorphic disorder (BDD) and eating disorders (which result in approximately 10,200 deaths each year.) More than fifteen children have died after participating in Tik Tok's Blackout Challenge.



SOURCES

[New York Times](#)
[Centers for Disease Control and Prevention](#)
[National Library of Medicine](#)
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[Fairplay's Designing for Disorder](#)
[Bloomberg](#)

