

SUPPORTING CHILD WELL-BEING THROUGH **HEALTHY USE OF SCREEN TIME**

JAN 2020

WHY WE CHOSE THIS TOPIC

In Wisconsin, adolescents who experience episodes of Major Depression have steadily increased. At the same time, there has been a growing body of evidence to suggest the amount of screen time usage may initiate or worsen symptoms of anxiety and depression, reduce social connectedness, and contribute to poor social and emotional wellness.¹

WHAT THE RESEARCH SAYS

After the first hour of electronic usage, every subsequent hour of use increases the likelihood of developing impaired psychological well-being including:



MORE:

- Distractibility and inability to finish tasks
- Difficulty making friends
- Difficult to care for



LESS:

- Curiosity
- Emotional stability
- Self-control

Those teens who log 7+ hours a day on any electronics are more than twice as likely to ever have been diagnosed with depression or anxiety.¹

7 hours & 22 minutes

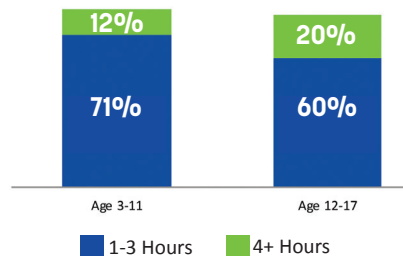
A teens national average daily screen time use in 2019, excluding what is necessary for school and work. This is up from 6 hours and 40 minutes in 2015.²

WHAT'S HAPPENING IN WISCONSIN?

Wisconsin children spend a significant number of hours on gaming platforms and social media which detracts from hours that could be devoted to connecting with others in person. Lack of face-to-face interaction reduces an aspect of social connectedness that may contribute to poor emotional health.

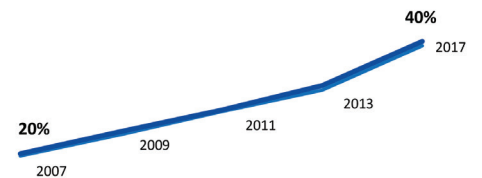
The Wisconsin Youth Risk Behavior Survey (YRBS) as well as the Survey of the Health of Wisconsin (SHOW) collect data on the screen habits of Wisconsin youth. The YRBS is a self-report survey of youth in grades 9-12. The SHOW is a self-report survey of youth ages 12-17 and also has a parent/guardian survey to report on children ages 3-11. Both surveys have demonstrated that many Wisconsin youth are developing an unhealthy relationship with electronics.

TOTAL DAILY ELECTRONIC USE (BY HOURS & AGE)



Source: Survey of the Health of Wisconsin, University of Wisconsin School of Medicine and Public Health

TEENS REPORTING MORE THAN 3 HOURS OF DAILY SCREEN USE, 10 YEAR INCREASE



Source: WI YRBS Summary Trend Data Report



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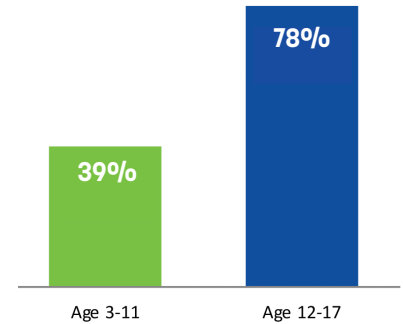
FOR PARENTS AND CHILDREN SETTING LIMITS IS IMPORTANT!

NIGHT TIME SCREEN USE WORSENS MOOD

Using electronics at night interferes with restorative sleep. Children ages 6-12 should sleep 9-12 hours, and teens should sleep 8-10 hours for optimal health³.

Impaired emotional regulation, increased tension, anger, and anxiety are apparent in youth after only a few nights of 6.5 hours of rest.⁴

PERCENTAGE OF CHILDREN IN WISCONSIN WHO USE A
SMARTPHONE OR TABLET IN THEIR BEDROOM



Source: Survey of the Health of Wisconsin, University of Wisconsin School of Medicine and Public Health

WISCONSIN TEENS
**8 hours of sleep
on most nights?**

68%

of parents think
their teen does.⁵

26%

teens reporting
they actually do.⁶

The percentage of parents who set rules for electronic use is very low, according to a national sample of 8-18 year olds.

- TV-watching28%
- Video gaming30%
- Computer use.....36%

Daily electronic use dropped by **3 HOURS** when parents set **ANY** media rules.⁷

Heavy parent use of mobile devices is associated with reduced interactions between parents and children, and may increase parent-child conflict.⁸ An online survey of 6,000 children and parents revealed that **54%** of children felt their parents spent too much time on their smart phones and **32%** felt unimportant when parents were using their phones.⁹

WHAT WE CAN DO



- **Model healthy screen time habits.** Avoid multi-tasking and place phone on silent when children are present.
- Increase opportunities for **physical activity** including sports, clubs, and other extracurricular activities.
- Spend time playing age **appropriate video games** with a child and limit unsupervised time.
- **Develop a family media plan** which includes time limits for screen use other than what is necessary for school, and restrictions for where electronics can be used (i.e., not in bedrooms or during mealtimes).

REFERENCES:

¹Twenge, J. M., & Campbell, W. K. (2018). Associations between screen time and lower psychological well-being among children and adolescents: Evidence from a population-based study. *Preventive medicine reports*, 12, 271–283. doi:10.1016/j.pmedr.2018.10.003.

²Rideout, V., and Robb, M. B. (2019). *The Common Sense census: Media use by tweens and teens, 2019*. San Francisco, CA: Common Sense Media.

³American Academy of Pediatrics. *Childhood Sleep Guidelines*. Retrieved from: <https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/American-Academy-of-Pediatrics-Supports-Childhood-Sleep-Guidelines.aspx>

⁴Baum, K. T., Desai, A., Field, J., Miller, L. E., Rausch, J., & Beebe, D. W. (2014). Sleep restriction worsens mood and emotion regulation in adolescents. *Journal of child psychology and psychiatry, and allied disciplines*, 55(2), 180–190. doi:10.1111/jcpp.12125

⁵Child and Adolescent Health Measurement Initiative. [Data Query] [Wisconsin 2017/2018]. Data Resource Center for Child and Adolescent Health supported by the U.S. Department of Health and Human Services, Health Resources and Services Administration (HRSA), Maternal and Child Health Bureau (MCHB). Retrieved [12/02/19] from www.childhealthdata.org.⁵ U.S. Centers for Disease Control and Prevention. (2017).

⁶Wisconsin 2017 Youth Risk Behavior Survey (YRBS) summary tables [Data table].

⁷Henry J. Kaiser Foundation, "Generation M2: Media in the Lives of 8-18 Year Olds," January 2010.

⁸Radesky J., Christakis D. (2016) Media and young minds. Policy statement of the American Academy of Pediatrics. *Pediatrics*. 138.

⁹AVG Technologies, Press Release 2015. Kids Competing with Mobile Phones for Parent's Attention. Retrieved from: <https://now.avg.com/digital-diaries-kids-competing-with-mobile-phones-for-parents-attention>

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