

SCREEN USE DURING THE PANDEMIC HELP FAMILIES GET A HEALTHIER BALANCE



NON-SCHOOLWORK SCREEN TIME IS UP FROM 3.8* to 7.7 HOURS PER DAY

*estimated non-schoolwork screen time for this cohort pre-pandemic – see research citation



Watching or streaming
videos/movies/TV



Playing video games
(single-player and/or multi-player)



Other screen based activities
(texting, social media, video chatting, websites)

INCREASED SCREEN TIME CORRELATED WITH



increased
stress



reduced
coping abilities



poorer
mental health



reduced
social support

FACTORS TO CONSIDER WHEN LINKING SCREEN TIME TO NEGATIVE OUTCOMES

STRESS AND POOR MENTAL HEALTH

may result in teenagers using screens to



Manage negative
feelings



Withdraw from
stressors

HIGHER SCREEN TIME IN LOWER-INCOME HOUSEHOLDS

may be due to



Lack of access
to safe outdoor
spaces



Not being able
to afford other
activities

Data is from a study involving more than 5,400 adolescents (12 to 13 years old), living in the United States.

SOURCE: Nagata JM, Cortez CA, Cattle CJ, et al. Screen Time Use Among US Adolescents During the COVID-19 Pandemic: Findings From the Adolescent Brain Cognitive Development (ABCD) Study. JAMA Pediatr. Published online November 01, 2021. doi:10.1001/jamapediatrics.2021.4334

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SUPPORTING FAMILIES TO HANDLE SCREEN TIME USE – NOW, MORE THAN EVER

The ongoing pandemic has resulted in much more screen time – so what’s best for our children and teenagers when it comes to using digital devices? Firstly, not all screen time is equal. Educational, interactive experiences, or sharing the screen with a friend or family member, aren’t the same as watching a movie.

But no matter what the content is, too much screen time can disturb sleep patterns and reduce physical activity. We also need to be aware of things like how peer group pressure can become more intense in cyberspace. Too much information can make it harder to sift fact from fiction, too.

The main keys to positively handling this issue as a parent are to have clear rules, lead by example, and keep the relationship with your child as the top priority. There’s no one-time quick fix. But our latest parent blog outlines six specific steps parents can take.

SHARE THIS INFORMATION & LEARN MORE

You and your colleagues can help local parents with screen time solutions for families - especially right now

[**READ THE BLOG**](#)