**Implication of a screen time**

A young child using a computer

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https://www.verywellfamily.com/the-negative-effects-of-too-much-screen-time-1094877

Potential harm of an excessive screen time.

A growing body links excessive and addictive use of digital media to physical, psychological, social and neurological adverse effects. Research is more focused on mobile device usage, and research shows that duration, content, nighttime usage, media type, and number of devices are key components in determining the effects of screen time. Physical health implications: Excessive screen time is associated with poor sleep and cardiovascular risk factors such as high blood pressure, obesity, low HDL cholesterol, poor stress regulation (high sympathetic arousal and dysregulation of cortisol), and insulin resistance. Depressive symptoms and suicidal ideation are associated with screen time, late-night digital device use, and sleep deprivation caused by cell phone addiction. Early and long-term exposure to violent content is also associated with reduced risk of antisocial behavior and reduced prosocial behavior. Psychological and neurological effects: The use of screen time addiction reduces the ability to deal with social problems and is accompanied by passionate behavior similar to that of drug addiction. Structural brain changes associated with cognitive control and emotional regulation are associated with addictive behavior in digital media.

**Conclusions:** Excessive use of digital media by children and adolescents appears to be a major factor that may hinder the development of healthy psychophysiological resilience.https://pubmed.ncbi.nlm.nih.gov/29499467/#:~:text=Physical%20health%20effects%3A%20excessive%20screen,dysregulation)%2C%20and%20Insulin%20Resistance.

What can help: Reducing screen time can **significantly improve a child's** health and development.

Ages 0-2:     No viewing at all

Age 3-7:               0.5-1 hours a day

Age 7-12:              1 hour a day

Age 12-15:            1.5 hours a day

Age 16 and older:   2 hours a day

**Recommendations to Reduce Damage to the Eyes**

* Reduce brightness of a screen
* Use breaks (pomodoro system)
* Use correct lighting
* Wear special glasses

<http://www.netivei-reshet.org/en/node/76>

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https://www.rcpch.ac.uk/sites/default/files/2018-12/rcpch\_screen\_time\_guide\_-\_final.pdf

# Positive impact of a screen time

1. **Screen time is good when technology is used as a tool**
2. **Screen time leads to writing more**
3. **Screen time helps your child learn discernment**
4. **Screen time helps families set boundaries**
5. **Screen time is educational**
6. **Screen time can lead to responsible children**

https://literateforlife.org/screen-time-benefits/