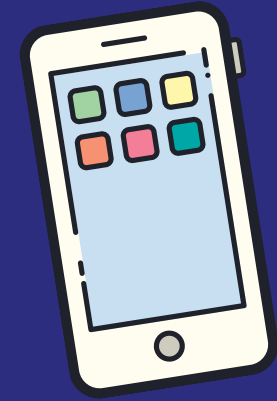
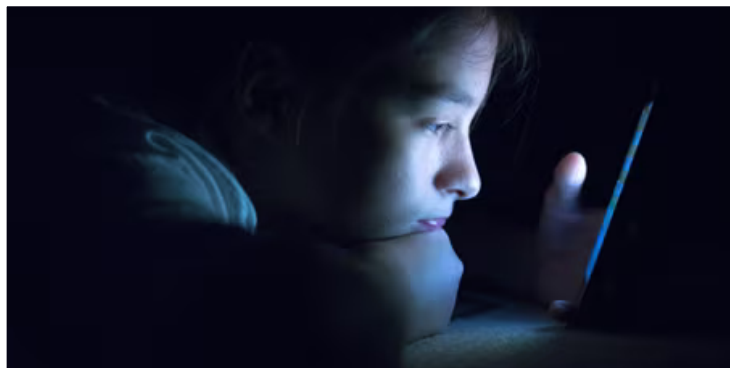


# EDUCATIONAL SCREEN ADDICTION GUIDEBOOK

## Contents:

- About Screen Addiction
- How to Reduce Screen Time
- Alternatives to Screens/Devices



## SCREEN USAGE INVESTIGATORS

**A MISSION TO  
REDUCE SCREEN  
ADDICTION IN TEENS**

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# Negative Effects

## Physical issues

- Weight gain
- Poor posture
- Eye strain
- Lack of physical activity

All of which can increase the risk of heart disease

## Mental Issues

- Increased stress
- Anxiety
- Emotional strain

## developmental Issues

- Affects cognitive skills like:
- Problem-solving
- Creativity
- Social Isolation: fewer real-world interactions.
- Reduced engagement in other interests: less time for hobbies and personal growth

# Statistics

Teens that have 4 or more hours of daily screen time have significantly higher depression and anxiety symptoms

This demonstrates a direct correlation between screen usage and depression and anxiety.

In this graph, the screen usage rates of teen ages 12-17 are shown.

More than 50% of teens have a screen time of 4 hours a day or more.

# About Screen Addiction

Having a screen addiction means that you rely on screens and digital media and need to be constantly updated

Lots of teens around the world are severely addicted to screens

People have to understand the cause and effects of screen addiction

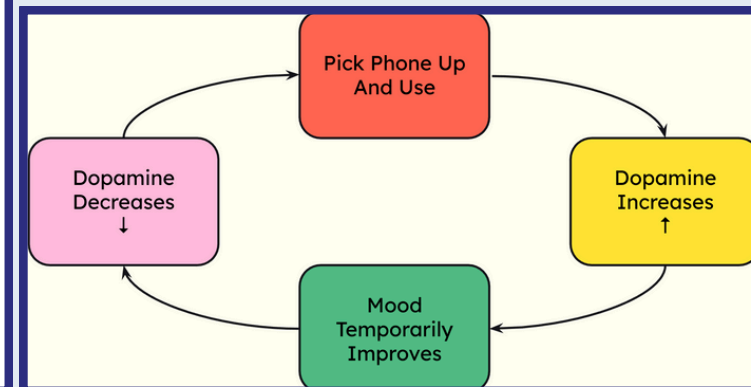
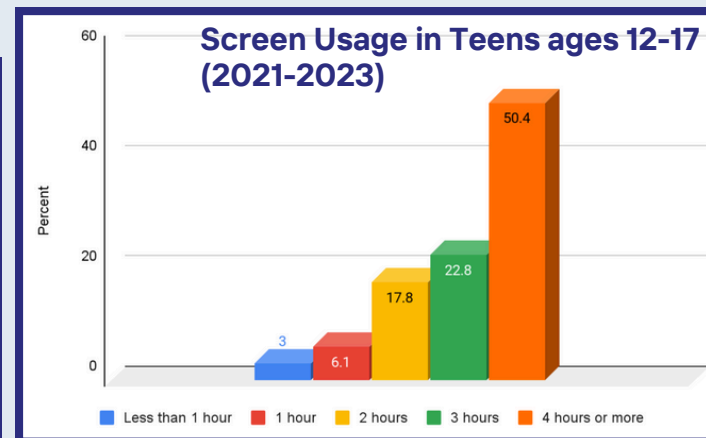
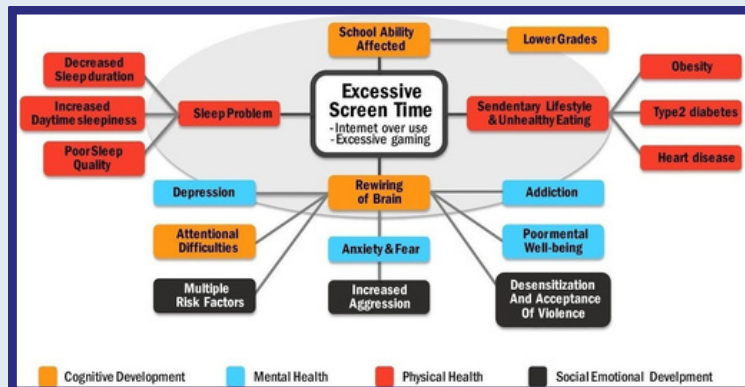
Technology is a good tool, but becomes a problem when used to much

# Root Causes

Devices provide constant notifications, updates, and entertainment, making them hard to ignore.

Teens struggle to break the screen addiction cycle due to a lack of motivation.

Digital stimuli trigger the brain's dopamine system, reinforcing compulsive use.



## SCREEN TIME QUOTE/STATISTIC

"If you spend 6 hours a day on screens, that adds up to 20 years in an 80-year lifetime. Imagine what you could do with two extra decades."



**"All we have to decide is what to do with the time that is given us."**  
- J. R. R. Tolkien



## MOTIVATIONAL QUOTE

"Every moment you give to a screen is a moment taken from your purpose. Don't trade your potential for hours on screens."



## ALTERNATIVES TO SCREENS

### Outdoor activities

Outdoor activities are a great way to disconnect from screens and reconnect with nature. They can range from simple activities like walking, jogging, or playing sports. Spending time outside not only boosts physical health but also improves mental health by reducing stress and enhancing mood. Group outdoor activities, such as team sports also provide opportunities for social interaction and building meaningful relationships.



### Explore new hobbies

Exploring new hobbies is a fun way to reduce screen time while discovering new passions and talents. Hobbies, such as cooking, gardening, or playing a musical instrument, provide hands on experiences that stimulate the mind and body. Engaging in hobbies not only boosts confidence and skills but also offers a sense of entertainment and purpose beyond the digital world.

### Relax and take a break

Taking time to relax helps recharge your mind and body, reducing the urge to reach for screens. Activities like reading a book, meditating, or listening to music helps with relaxation and improve overall well being.

### Connect with others

Spending quality time with friends and family through conversations, game nights, or group meals strengthens relationships and reduces feelings of loneliness that often lead to excessive screen use. Engaging in group activities, such as joining clubs or community events, also creates lasting memories without the need for screens.

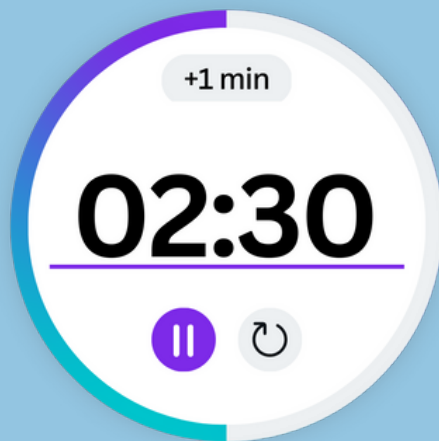




# Screen Time

## 1. The 20-20-20 Rule

Staring at screens for too long can cause eye strain and fatigue. To prevent this, follow the 20-20-20 rule: Every 20 minutes, take a 20-second break and look at something 20 feet away. This helps relax your eye muscles and reduces discomfort. Set a timer for every 20 minutes so you don't forget!



# Reduction, Tips



## 2. Create No-Screen Zones

Set up areas where screens aren't allowed, like the dining table, bedroom, or social gatherings. This encourages real-life interactions, improves focus, and promotes better sleep by reducing nighttime screen use.

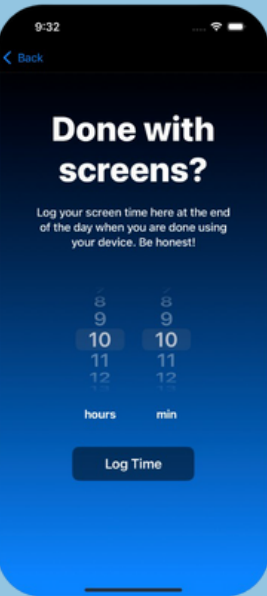
# and Strategies

## 3. Screen Time Challenge

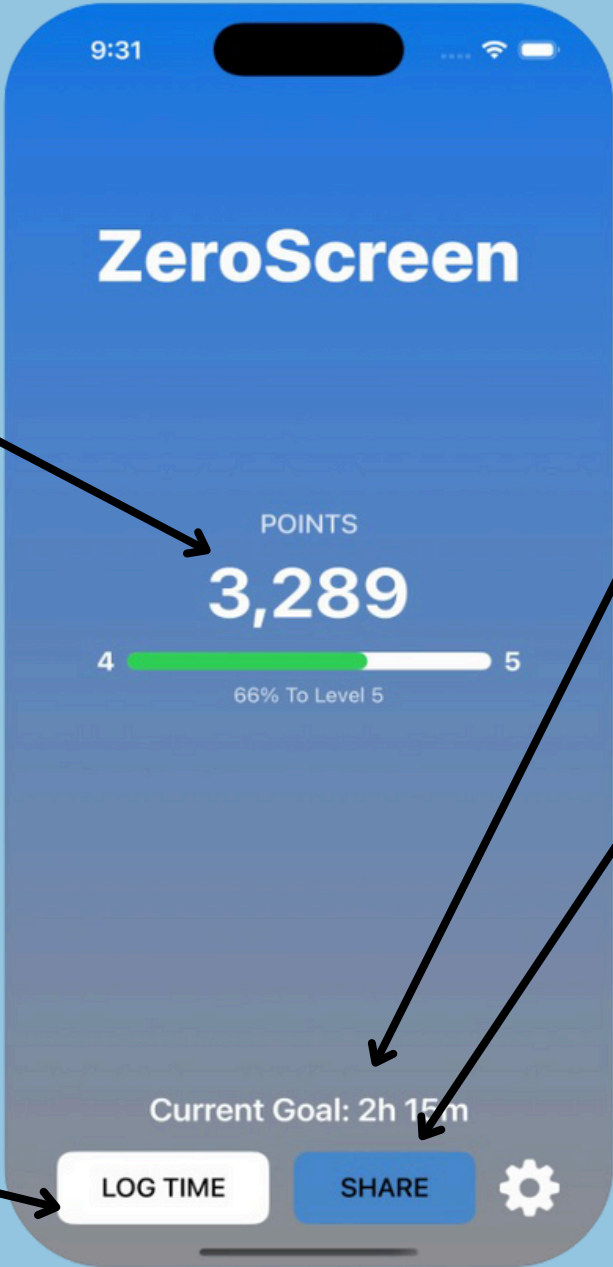
Make reducing screen time fun by challenging a friend or family member! At the end of the day, compare screen time. The person with the higher screen time faces a small penalty (like using their phone 25% less the next day), while the winner gets a reward. This keeps you motivated and accountable.



This is where your total points are shown. You get more points by beating your time goal by more time. When you get more points you get xp to level up. The higher level you are the more xp you will need to level up.



Clicking this button lets you log how much time you spent that day. You will use this feature at the end of every day. You can see the exact about you have in your setting app and copy it down to this part of ZeroScreen. The image on the left shows how it will look like.

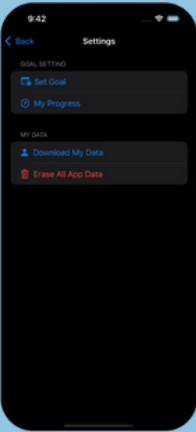


This is your goal. You can change it at any time and aim to reach it. Goals are based on trust. People will get this app because they want to improve their screen time, not because they are forced to. This will allow the users to enter a reasonable screen time goal for themselves.

Clicking this button lets you share your current score with friends and family. You can also use to save it as a file and be able to look back on it.



This is the settings button. It lets you change your goal, check your progress and configure data used in the app.





# Works Cited

[https://docs.google.com/document/d/1GVKhaFLAIS-I5EEHiJLzaUJGM9XWQD\\_w-ROQQ4vSZgs/edit?tab=t.0](https://docs.google.com/document/d/1GVKhaFLAIS-I5EEHiJLzaUJGM9XWQD_w-ROQQ4vSZgs/edit?tab=t.0)