Kirk Martin and Patti Elfers-Wygand
Ethics

The Effects of Screen Time on Adults and Children

Screen time" is a term used for activities done in front of a screen, such as working on a computer, being on a cell phone/tablet or playing video games. Screen time is sedentary activity, meaning you are being physically inactive while sitting down. Very little energy is used during screen time.

Most American children spend about 3 hours a day watching on their phones, tablets and computers. Added together with television, all types of screen time can total 5 to 7 hours a day.

The Cons of too much screen time are:

- *Make it hard for your difficult to sleep at night*
- *Raise the risk for attention problems, anxiety, and depression*
- *Raise the risk for gaining too much weight.*
- *t's bad on your health - too much sedentary behavior*
- *It hinders your brain's performance - kids do better in school with less screen time - adults need to be role models - plus the brain processes cognitively differently with technology*
- *It lowers your ability to process nonverbal cues - you can process non verbal cues when interacting socially. You miss cues when you are on screen*
- *It messes up your sleep - If more than 4 hours of screen time per day and right before be, more trouble falling asleep with an average of 2 hours of sleep deficit which leads to poor school performance*

The Pros of too much screen time

Studies have shown that children ages 4 to 11 with their use of screen time, found that "how children use the devices, not how much time they spend on them, is the strongest predictor of emotional or social problems connected with screen addiction." As long as we ensure that our kids are actively using their screens, we can most likely avoid the problems that come with passive screen use.

There are two type Passive and Active. Passive being defined as when a child passively consumes digital content with no thought, creativity or interaction required to progress.

Active being involves cognitive thought and/or physical engagement

The Pros

- *It can be educational. ...*
- *It may help with speech development. ...*
- *It encourages immediate family relationships. ...*
- *It can encourage creativity and imagination. ...*
- *A break for caregivers. ...*
- *Some shows can actually relax kids. ...*
- *Screen time can bring the arts into your home.*
- *It's 'Life-Saving' On Trips*

References

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