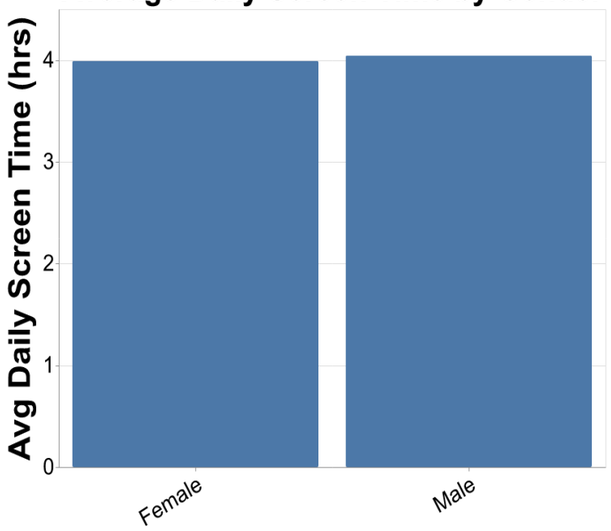
Do Boys Exceed Screen Time Limits More Than Girls Across Devices?

INTRODUCTION

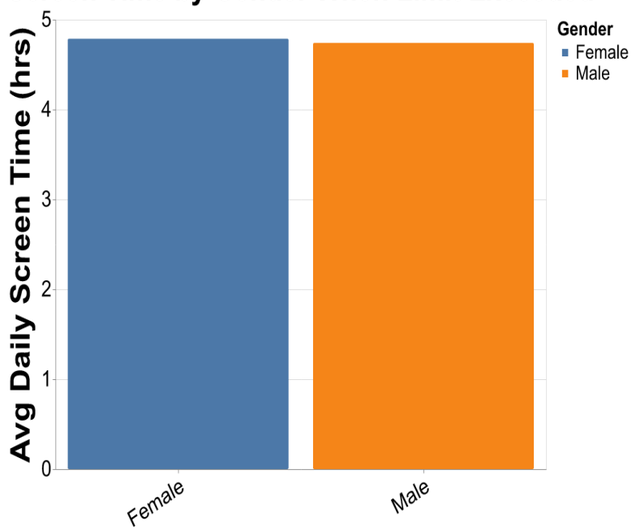
This poster explores gender differences in screen time and limit exceedance patterns. It examines device preferences and usage by gender across laptops, smartphones, TVs, and tablets. The analysis highlights how screen time varies when users exceed recommended limits. Findings provide insights into gender-based adherence to screen time recommendations across devices.

01 Boys spend more daily screen time and exceed limits more frequently and for longer durations than girls.

Average Daily Screen Time by Gender

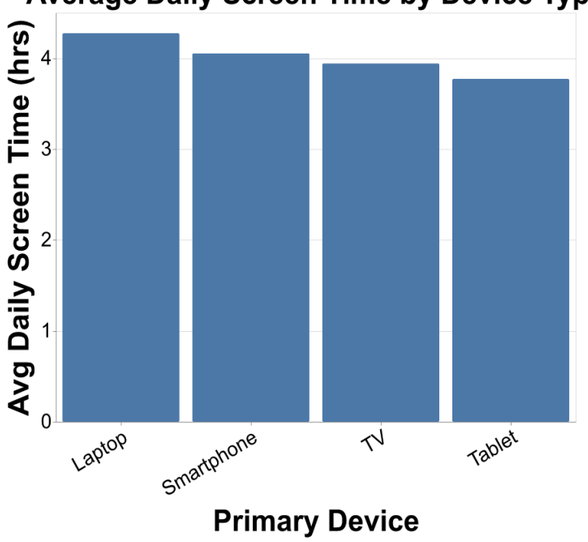


Screen Time by Gender When Limit Exceeded

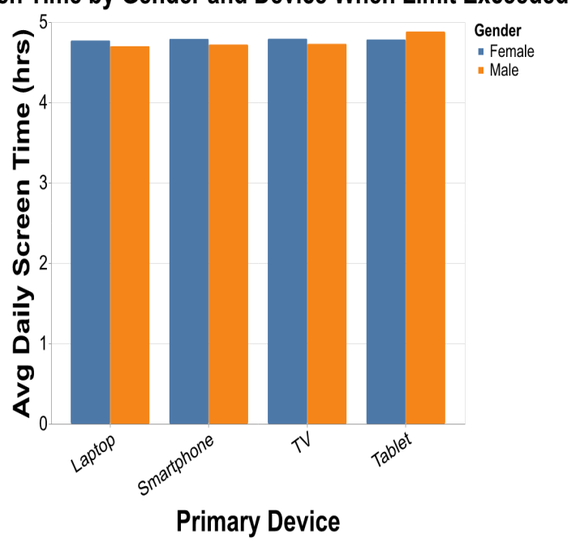


02 Boys favor smartphones and gaming consoles with higher screen time, while girls prefer tablets and smartphones.

Average Daily Screen Time by Device Type

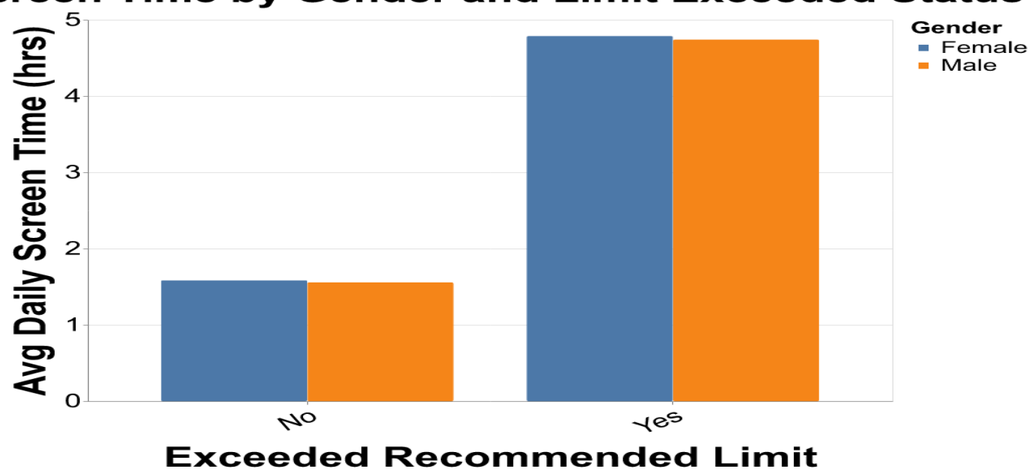


Screen Time by Gender and Device When Limit Exceeded

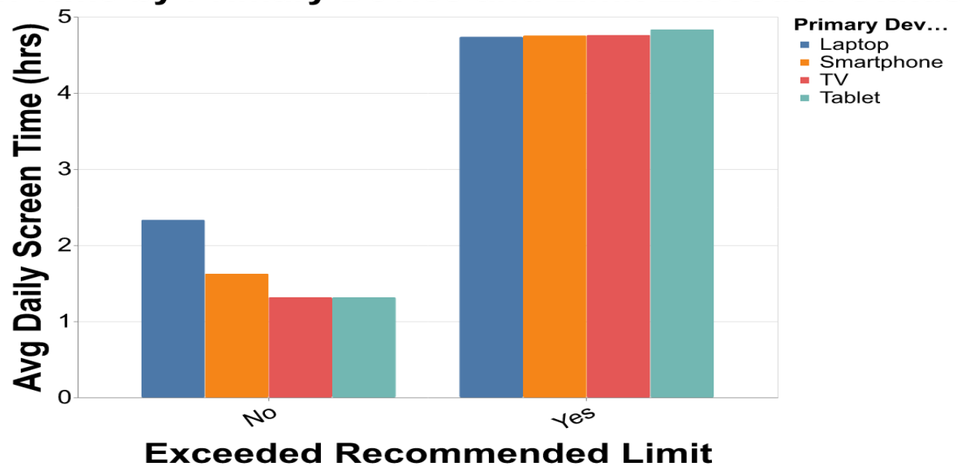


03 Girls consistently adhere to screen time limits more than boys, regardless of primary device used.

Screen Time by Gender and Limit Exceeded Status



Screen Time by Primary Device and Limit Exceeded Status



CONCLUSION

Boys consistently exceed screen time limits more than girls, despite similar average daily usage. This suggests gender-based behavioral differences in screen engagement and limit adherence. Such patterns highlight the need for targeted strategies addressing boys' higher screen time, especially in entertainment and gaming. Device preferences vary by gender, age, and location, with boys favoring gaming consoles and smartphones, girls leaning towards tablets. Urban and older children prefer smartphones, while tablets dominate younger users. These distinctions imply that device-specific interventions should consider demographic and gender-based usage patterns. Gender and primary device influence screen time limit adherence, with boys more likely to exceed limits across devices. Gender differences narrow on tablets but remain on smartphones and gaming consoles. This uniformity in excessive use across devices underscores the importance of broad interventions beyond device type.