



Advice on Screen Time

Our children and young people are 'digital natives' who grow up surrounded by digital information and entertainment on screens. Time spent on screens – from social media to computers and television – is a major part of modern life and a necessary part of modern education. Below is some advice from RCPCH about helping children to have a healthy relationship with their screens.

We asked children and young people for their views on screen time...

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| <p>Positives about screen time </p> <p>Gives you knowledge It's entertaining and enjoyable Provides you with more opportunities to reach a wider community</p> | <p>Negatives about screen time </p> <p>Keeps you awake Hurts your eyes and stresses you out Loss of social connection</p> |
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109 children and young people aged 11-24 years took part in this engagement exercise.


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The voice of children, young people and families

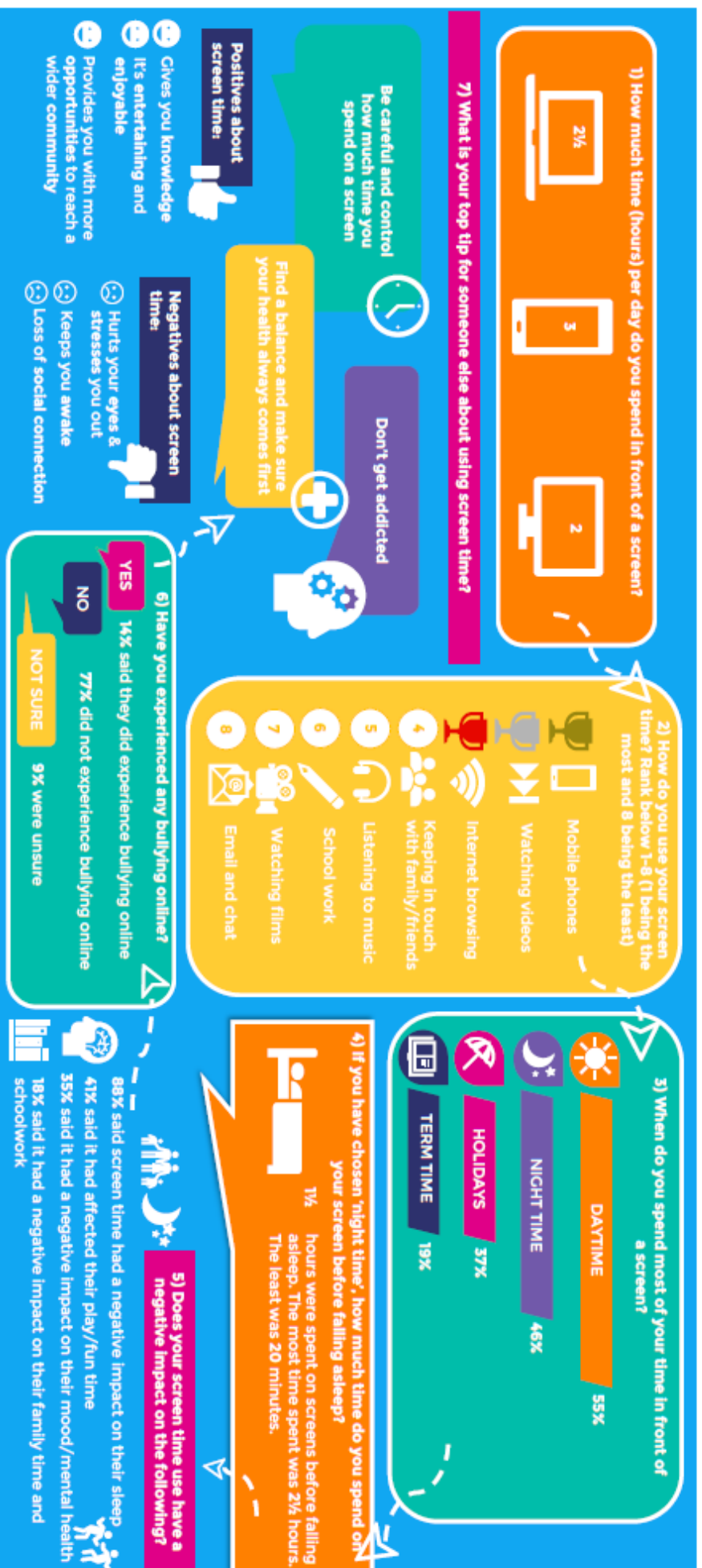
How to reduce screen time

- Have a plan and stick to it: it is helpful to sit down in calm moment, as a family, and discuss the boundaries of screen use that you will be adopting. It is important that: everyone understands the boundaries; family members are praised and, if appropriate, rewarded for respecting these boundaries; and boundaries are consistently applied and, if necessary, consequences are put in place.
- Think about your own media use: maybe what you are doing on your phone is important, but can it wait?
- Prioritise face-to-face interaction: online interaction is great, but no substitute for the real thing!
- Be snack aware: it's easy to lose track if meals are eaten in front of screens.
- Protect sleep: no screens for an hour before planned sleep time is a sensible rule of thumb.

Key resources for parents

- NSPCC online safety information and NetAware – a no-nonsense guide to social networks, apps and games, including privacy settings and age suitability advice.
- NHS change4life - healthy recipes, nutritional advice, and top tips and activities to help families stay healthy.

What do children and young people think about screen time?



This infographic has been created by Career Ready UK Intern Rez, age 17, during her summer Internship with RCPCH & US | August 2018
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