



# Did You Know?

March 2018

**Media and Screen Time:** There is no denying that technology has countless benefits, especially as it continues to evolve and improve. The drawback is that the more technology advances, the more it seems to become involved in every aspect of our lives. Perhaps the most evident example is the increase in “screen time” during recent years, which includes watching television, playing video games and using a cell phone or tablet.

## What You Should Know:

- Spending too much time in front of a screen can increase a young person’s risk for sleep problems, difficulty concentrating, obesity, anxiety and depression.
- According to the American Psychological Association (APA), 45% of parents report feeling disconnected from their families when spending time together because of technology.
- The American Academy of Pediatrics (AAP) has guidelines regarding screen time for children and adolescents that stress the importance of balancing screen time with media-free family time and healthy activities such as exercise. They also stress the importance of talking to young people about internet safety and treating others with respect, both in person and online.

## What You Can Do:

- The American Psychological Association (APA) lists some steps to help regulate screen time and develop a healthy, balanced lifestyle:
  - Turn off cell phones during dinner and time spent with family or friends
  - Take regular breaks from all forms of technology
  - Limit time spent watching television and avoid watching before bed
  - Turn off notifications for social media apps
- **ECCPASA and the Jolly Boys of Williamsville will be sponsoring a screening of the documentary Screenagers on Wednesday, March 7<sup>th</sup>. The Amherst School District is the host for the event, which begins at 7:00pm in the Amherst Middle School auditorium. The screening is free and open to the public. It is recommended for children ages 10 and up and their parents, with an open discussion to follow.**



Information obtained from: [www.screenagersmovie.com](http://www.screenagersmovie.com); [www.aap.org](http://www.aap.org); [www.apa.org](http://www.apa.org); [www.medlineplus.gov](http://www.medlineplus.gov)

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