SCREENTIME

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THINGS TO DO OTHER THAN SPENDING TIME ON SCREENS

- There are many different ways to limit screen time here are some:
- Go to the gym/home exercise
- Going outside
- Cooking
- Read a book
- Go out with friends
- Go for a walk/jog/run/ride/drive
- Sightsee
- Travel

HOW TO LIMIT TIME ON SCREENS

- Come up with a schedule
- Do other things like what I mentioned before on the previous slide: cooking and reading a book
- Participate in after school activities to use your time
- Do things with your family and get out of your room!
- Meet up with friends
- Set alarms for you to get off it
- Go eat/drink something

THE EFFECTS OF TOO MUCH SCREEN TIME

- Eye strain
- Mood swings
- Obesity
- Lack of vitamins from the outside world
- Dehydration (if you forget to drink)
- Starvation (if you forget to eat)
- Tiredness
- Addiction
- Takes away from your social life
- Worse grades in school

SURVEY ON KIDS AVERAGE SCREEN TIME A DAY

BTN conducted a survey on kids average screen time a day here are some results, 46% spent time on screens for between 0 and 2 hours a day, 21% spent time on screens for 3-4 hours a day and 23% spent 4-5 and more hours a day on screens.

My class also made a survey we have 23 responses here are the results

9% of the people are on screens for 0-1 hour a day

25% of the class are on their devices for 1-2 hours each day

16% of the kids are using screens for 2-3 hours a day

50% of the surveyed kids are averagely on devices for over 3 hours each day

USING SCREENS BEFORE BED, MELATONIN HORMONE AND THE BLUE LIGHTS EFFECT

You probably use technology before bed (TV IS FINE) but let us tell you why you SHOULDN'T use your phone/tablet before bed: There is a blue light that radiates off your screens and triggers the melatonin hormone to delay your sleep cycle making you more tired and not able to fall sleep.

THE ENDDDDDDDDD