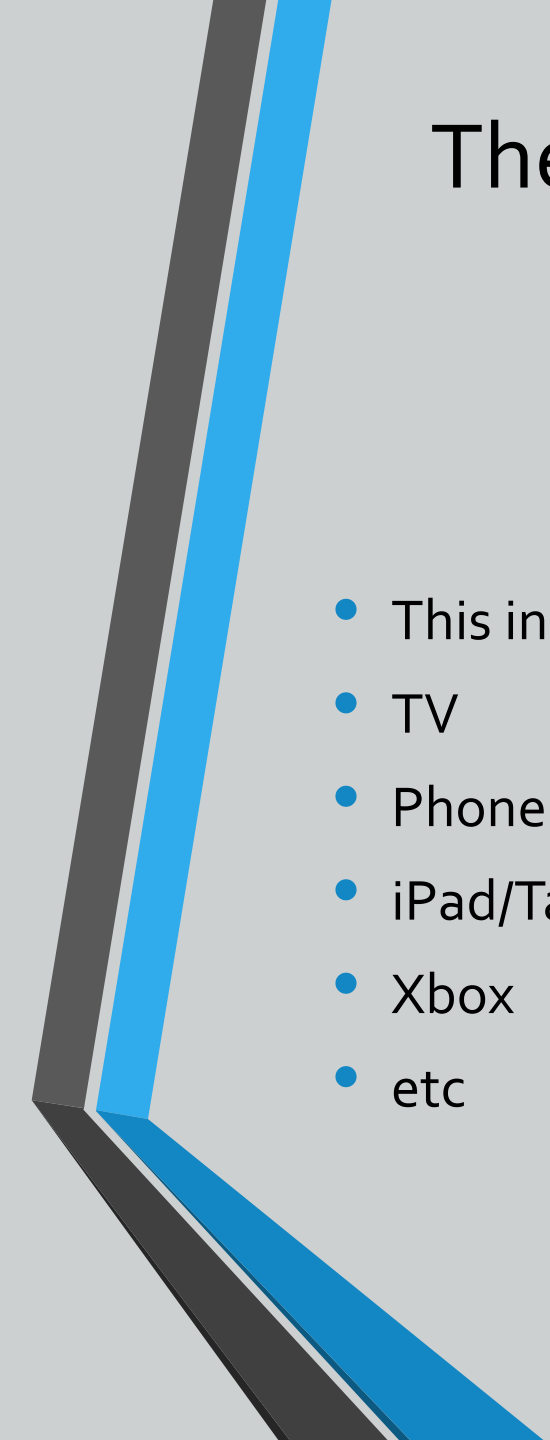


Screen Time And How To Manage It

By Seth and Mayson

Did you know that the majority of kids use screens for two or more hours but about **16%** of kids are on screens for five or more hours for fun. Using screens for school is completely different because your using it for educational reasons and not for fun.





The recommended amount of screen time is no longer than two hours.

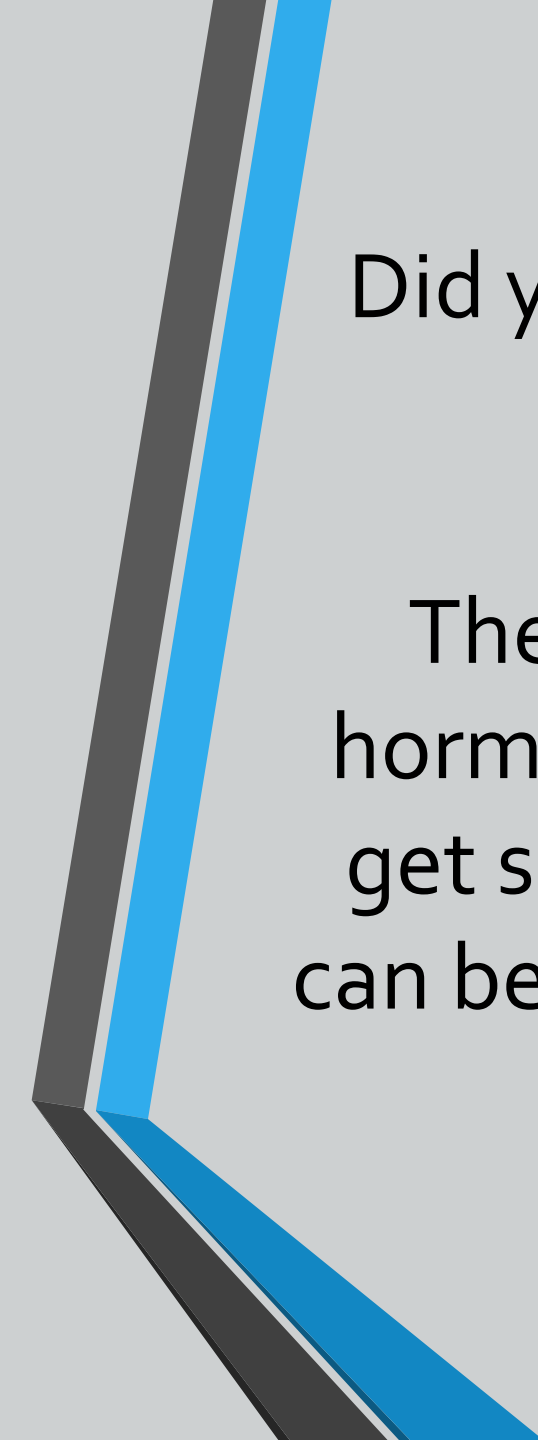
- This includes
- TV
- Phone
- iPad/Tablet
- Xbox
- etc

The reason for this is that if you go over two hours, you might not get the exercise you need. You also won't be getting enough vitamin d from the sun.



The Effects Of Too Much Screen Time

- Less sleep
- Bad eating habits
- Mood changes
- Addiction
- Dry eyes
- Headaches
- Do worse at school



Did you know that using screens right before bed
can interrupt your sleep?

The way this happens is the blue light causes a
hormone called melatonin that controls when you
get sleepy, it creates a very large delay. The delay
can be over one hour so expect to wake up tired and
grumpy or have no sleep at all.



How To Manage Screen Time

- Create a roster
- Get your legal guardian to do it
- Dedicate a certain amount of time on screens a day
- Earn it
- Knowing when you've had enough



How To Reduce Screen Time

- Going outside
- Doing work around the house
- Hanging with friends outside
- Playing bored games
- Dedicating your screen time to something different
- Get into sports/After school activities
- Get off when you've had enough

The end



Please use screens appropriately and know when you've had enough