



# SAFER SCREENS: AGES 5 TO 12 YEARS

Screen Time: Time spent watching any screen such as gaming devices, phones, tablets, television, laptops and computers

## KNOW THE HEALTH FACTS

Screen time for more than 3 hours a day at 5 years old increases the risk for **disruptive behaviors** by 7, such as:

- Aggression
- Anger
- Argumentativeness
- Defiance.



Unmonitored screen time increases the risk of children talking to **strangers** and viewing inappropriate content.

Watching screens 1 hour before bed can stop **melatonin** production, causing children to stay awake.



**Melatonin:** A naturally occurring hormone produced by your body that regulates sleep/wake cycles.

**1 hour or less** of screentime for 5 to 12 year old's has been linked to lower risk of depression, compared to no screen time.



In children **10 years and older**, 2 hours of screen use daily was associated with:

- Positive psychosocial function
- Life satisfaction in children **older than 10**
- **Increased feelings of independence**

Compared to Teenagers (13+) using screen time, **Children (5-12)** appear to be at an increased risk of:

- Disruption of sleep
- Negative Social development
- Negative Brain Development



Between the ages of 8 to 12 years of age, increased screen time is associated with:

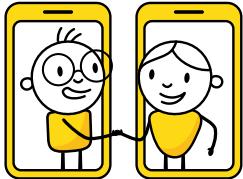
- Irritability
- Depression
- Inattention (distraction)
- **Hyperactivity.**



**Hyperactivity:** being easily distracted, impulsive, have a difficult time concentrating, constantly moving or fidgeting, and aggressiveness

According to a Canadian survey:

- **43%** of children in grades 4 to 11 have spoken to online strangers
- **89%** of children **thought** they knew how to protect themselves online.



Canadian Ophthalmologists (Eye Doctors) recommend:

- Limiting screen time based on age and need
- Take **regular screen breaks**
- Practice a **screen free hour** before going to sleep



Screen time has been associated with symptoms of **disordered eating** in children such as:

- Anxiety around appearance
- Concerns involving their body image.



**Disordered Eating:** a range of eating behaviors and patterns that have negative attitudes towards body weight/shape, physical appearance and food. Behaviors include limiting food intake, going on a diet, binge eating lots of food in one sitting, use of diuretics and laxatives, and avoiding meals.

Communicating online can:

- Promote feelings of social connectedness
- Decrease depressive symptoms, especially in socially anxious kids
- **Allow kids to share personal information online.** Anxious/Depressed kids are more likely to share personal information to online strangers





## Tips to Navigate Screen Time

Talk to your child about acceptable and unacceptable online behaviors such as talking to strangers and sharing personal information.



**Co-view:** Viewing screens with your child. Screens include television, games, videos, movies, listening to music and getting to know apps they enjoy using.

**Watch** screens with your children **[Co-View]** and talk about the content.

### Tips on Co-viewing



### Avoid **Media Multitasking**:

Working on several screens and tasks at once



Keep screens **OUT** of the bedroom to increase the quality of children's sleep.

Watch TV that is age-appropriate to promote healthy behavior and social development.

Keep in mind appropriate messages about body image, diversity, and social issues when choosing content.



Model healthy behavior and turn off screens and interact with your family to promote social development.

Encourage face to face interactions, sleep, and physical play/activity to increase overall development, such as:

- Brain development
- Social Skills
- Physical development

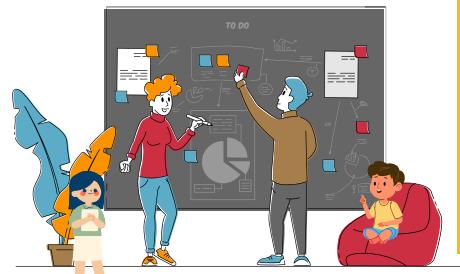


## Continued ...

Reflect on your own use of screen media. Plan time for outdoor activities, and hobbies for yourself and your children.



Make a family media plan, including content and individualized limits.



### Family Media Plan



## When could screen use be a problem?

Time on screens is creating problems with socializing with family and friends, sleep or school.



Your child is irritable, sad or in a low mood after playing online or texting.



Your child expresses boredom and unhappiness without screen access.



Your child expresses **Oppositional behavior** when limits are set on screen time.



**Oppositional behavior:** Opposing or refusing to follow instructions or listen



### Learn more

Device Management by MediaSmarts



CBC Kids



Canadian Paediatric Society

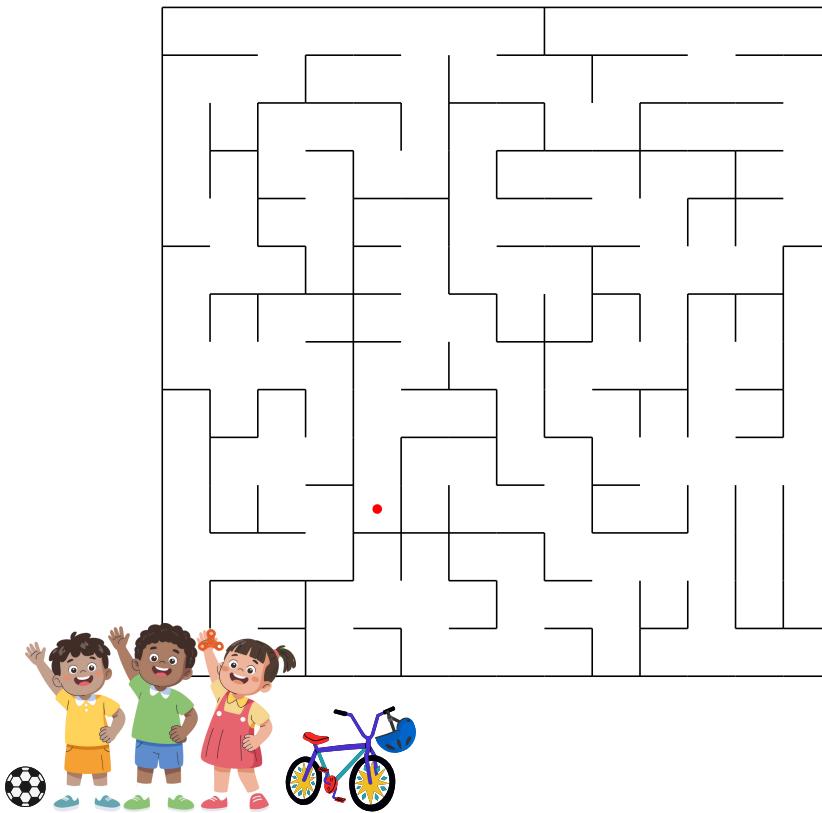
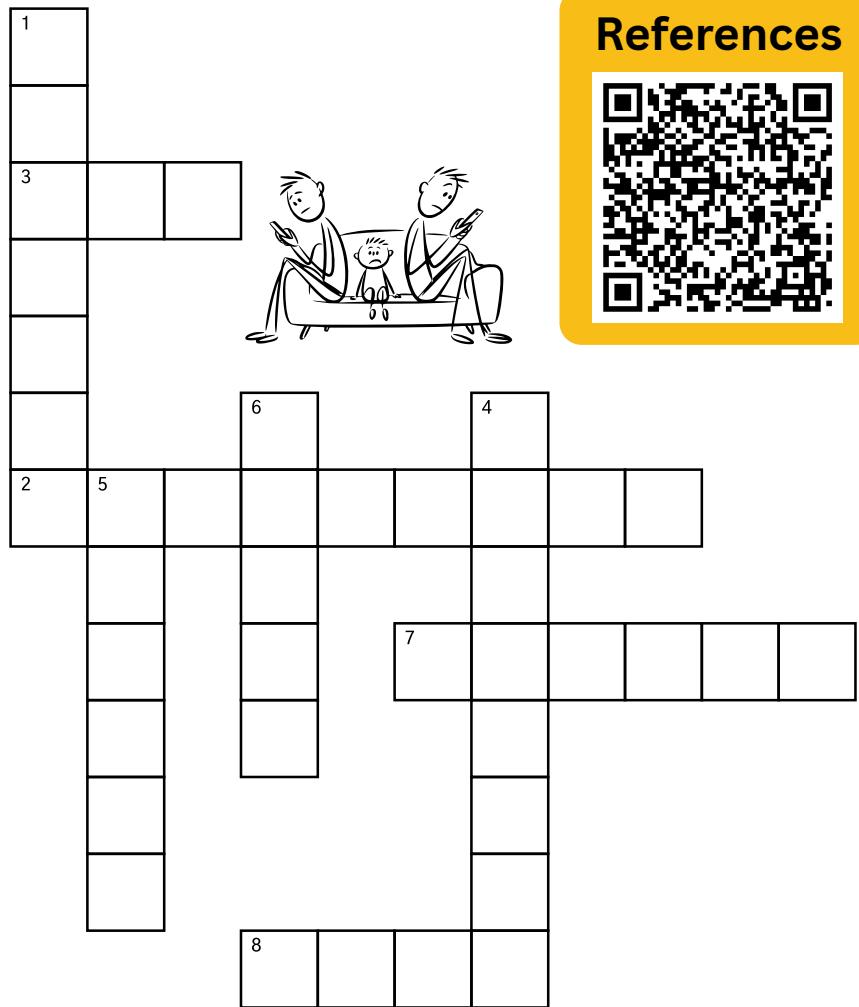


**Down:**

1. Screen time is a \_\_\_\_\_ if it interferes with family, sleep, friends and school.
4. Co-viewing content with children can \_\_\_\_\_ the educational value.
5. Symptoms of disordered \_\_\_\_\_ and concerns regarding body image are associated with screen time in adolescents.
6. Younger kids are LESS susceptible than teenagers to negative social and cognitive developmental outcomes related to too much screen use. True or False?

**Across:**

2. Watching screens 1 hour before bed can decrease \_\_\_\_\_ production.
3. Keep screens \_\_\_\_\_ of children's bedrooms to increase sleep quality.
7. Canadian Ophthalmologists recommend regular \_\_\_\_\_ to decrease risk of eye problems.
8. Turning off screens during mealtimes increases children's social development. True or False?

**References**

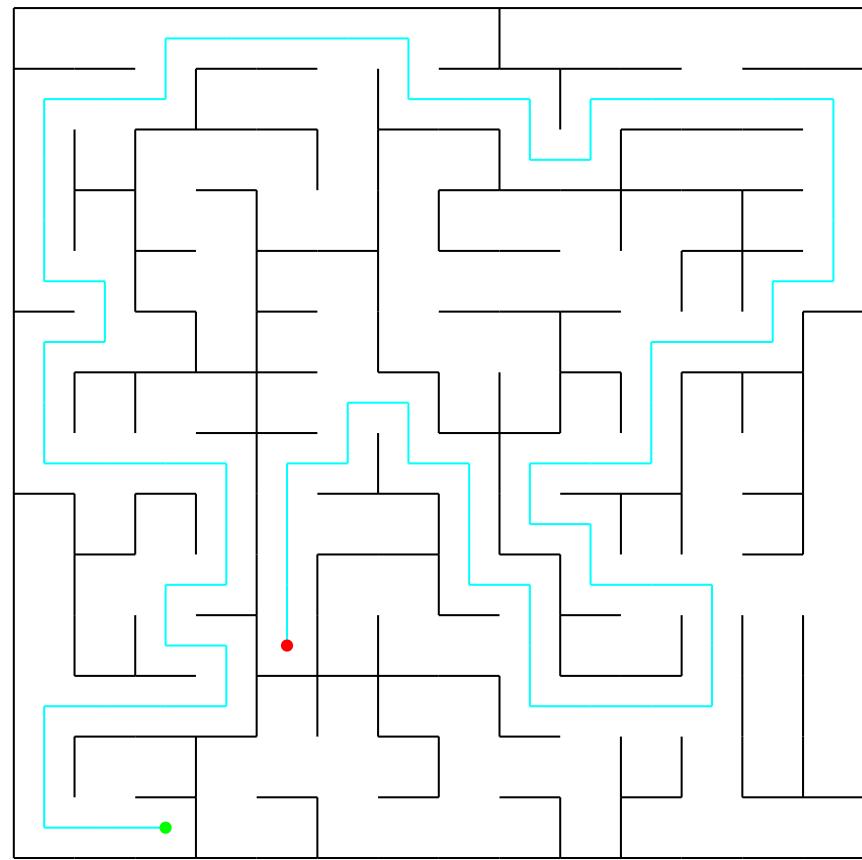
Help the kid find their way off the screen, and to their friends!



Start at the red dot!

# Answer Keys

		1	P	
			R	
	3	O	U	T
		B		
		L		
		E		
2	M	5	E	L
			A	
			T	
			I	
			N	
			G	



**Printable coloring sheets on next two pages**

