Screen Time Fact Sheet
Information and Advice for Parents

Strategies

Trying to reduce your teen's screen-time can lead to conflict. We suggest you consider the following strategies:

- Explain to your teen why it is important to limit their screen-time
- Make sure the tone of the conversation is respectful; remind them it is not about punishment
- Ask your teen if they would like to work out a solution with you Brainstorm all the possible ideas you can come up with together
- If the discussion is not working, come back to it another time
- Once agreements are made on both sides, write them down and put them on the fridge

Conflict Management

Try to provide direct support and a positive environment to encourage appropriate screen use – this may mean relocating TV's out of bedrooms or even switching off all technology and encouraging socialising.

Role model appropriate use of time on screens. Evaluate your own media use and set limits (Consider limiting your recreational screen-time <2 hours per day.

Encourage alternative behaviours i.e., reading, drawing, or physical activity. Your role can make all the difference.

Adolescents that watch > 3 hours of TV a day are at risk of attention problems and lower likelihood of attending university or college. (Landhuis et al., 2007)

Poor sleep patterns, daytime sleepiness and fatigue are related to excessive screen-time in adolescents. Those that watch > 2 hrs of TV each weekday may experience difficulty getting to sleep and staying asleep. (Owens et al., 1999)

Young people who share family meals ≥ 3 times per week at the dinner table with the TV turned off, are more likely to be in a normal weight range. (Hammons & Fiese, 2011)

In 2004, 36% of teenagers owned a mobile phone, compared to 69% in 2009 and the rate continues to grow today (Rideout, Henry J Kaiser Family Foundation,

Research indicates parents are the single most important influence in reducing screen-time and promoting physical activity in young adolescents (Escobar-Chaves, 2010)