

# DAY 7

## Health Effects of Screen Time



BIG IDEA

**Is there such a thing as too much screen time?**

Handout is [HERE](#)

Updated 4/10/2025

# Learning Objectives

1

Identify research trends related to the health impact of screen time.



2

Reflect on the nature of our own screen time and how it compares to that of parents and teens generally.



3

Use the Digital Habits Checkup routine to create a personal challenge to change a media habit.



# Directions: Part 1 - Video

As you watch the video, capture your thoughts on Part One of the handout. You should identify a minimum of three key takeaways and then at least one question/comment in each of the other sections.



## WATCH + DISCUSS



To watch this video on KQED Learn and to continue the discussion, [click here](#).



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# Active use

Contributing online via posts, comments, or other forms of communication and expression

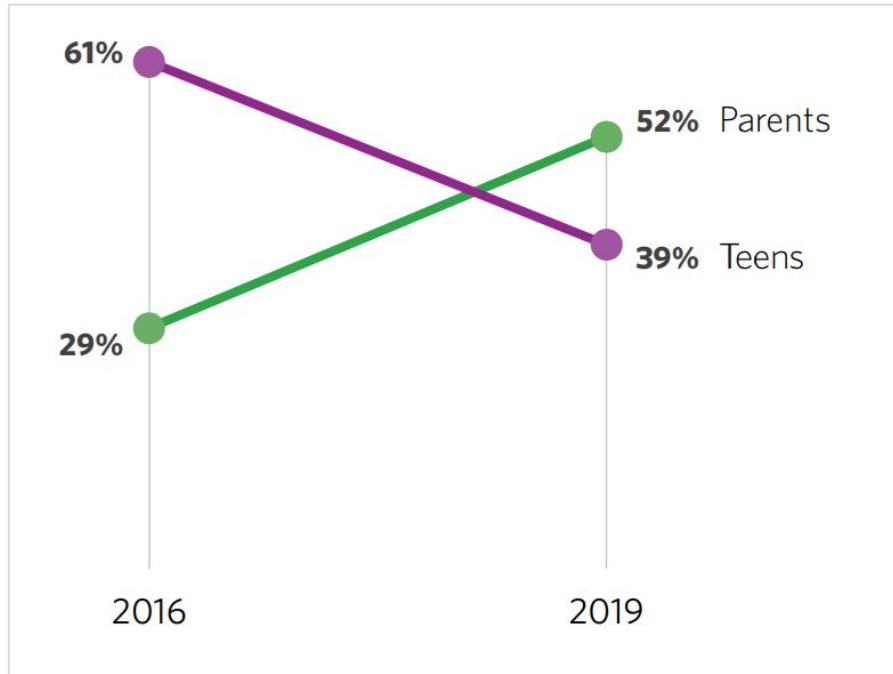
# Passive use

Scrolling through online content without reacting to the content



## ANALYZE & REFLECT

### Percentage who feel their screen time is "too much."



Source: "The New Normal: Parents, Teens, Screens, and Sleep in the United States," Common Sense Media, 2019

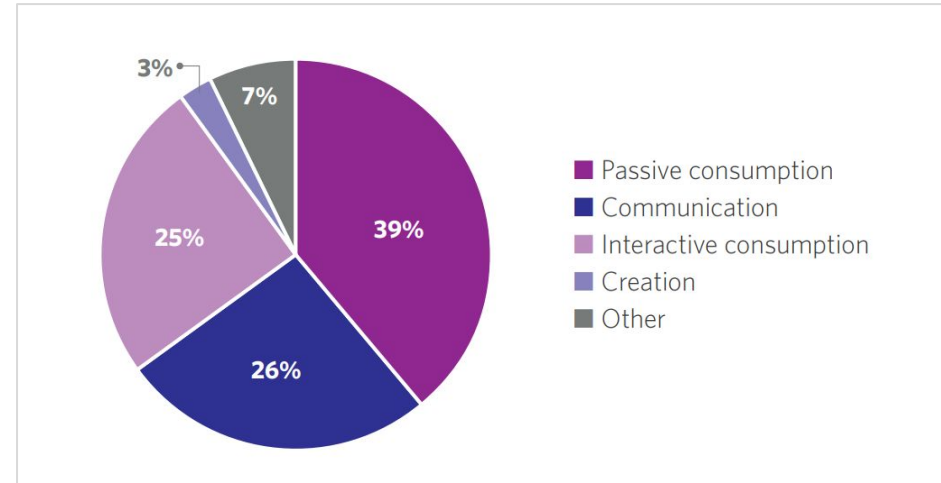
Analyze the graph and reflect - Why do you think this number is increasing for parents but decreasing for teens?





Several studies have found a correlation between emotional well-being and active screen use. And yet ...

Teens and tweens screen time, by type of activity

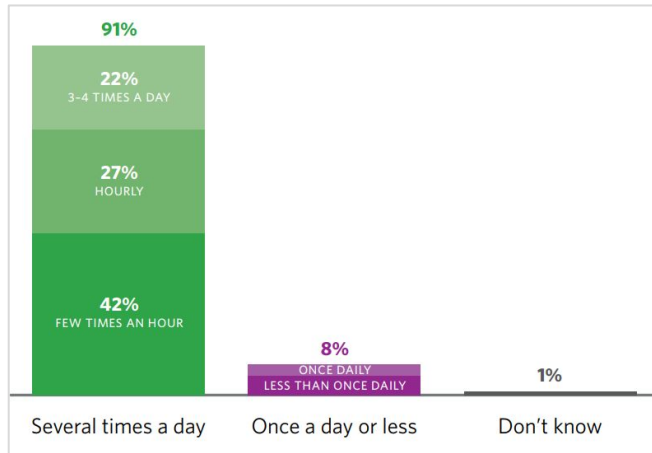


Source: "The Common Sense Census: Media Use By Tweens and Teens", Common Sense Media, 2018

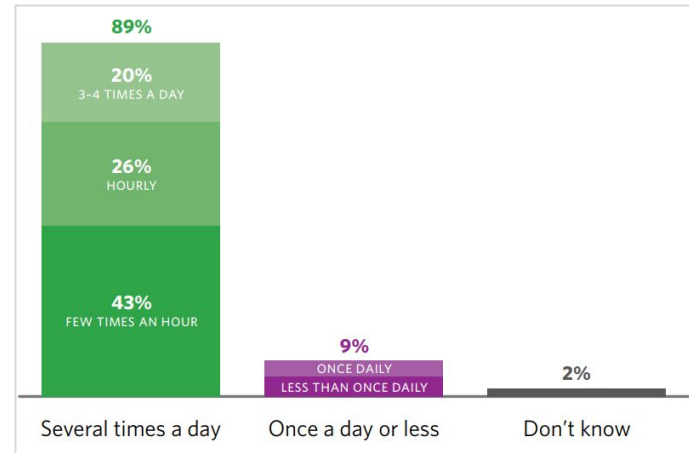


45% of parents and 39% of teens feel addicted to their phones.

### How often parents check their phones



### How often teens check their phones



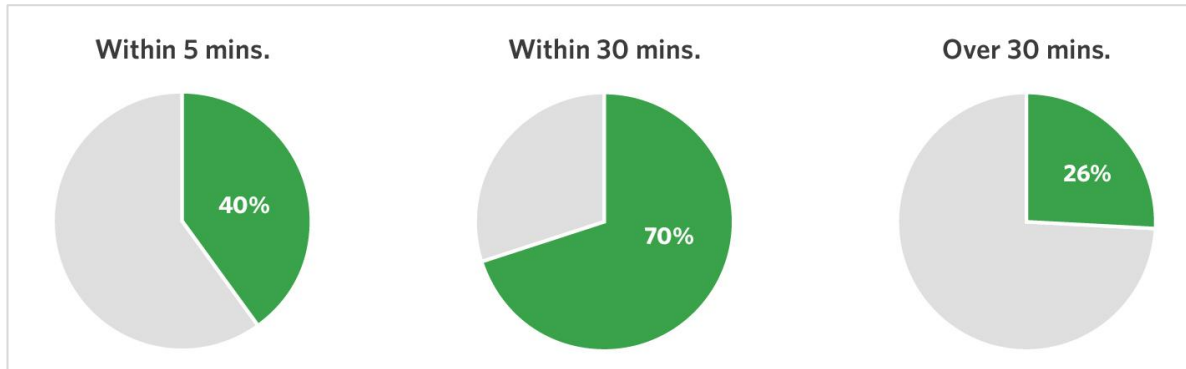
Source: "The New Normal: Parents, Teens, Screens, and Sleep in the United States", Common Sense Media, 2019





The American Academy of Pediatrics suggests all screens be turned off at least 30 minutes before bedtime. And yet ...

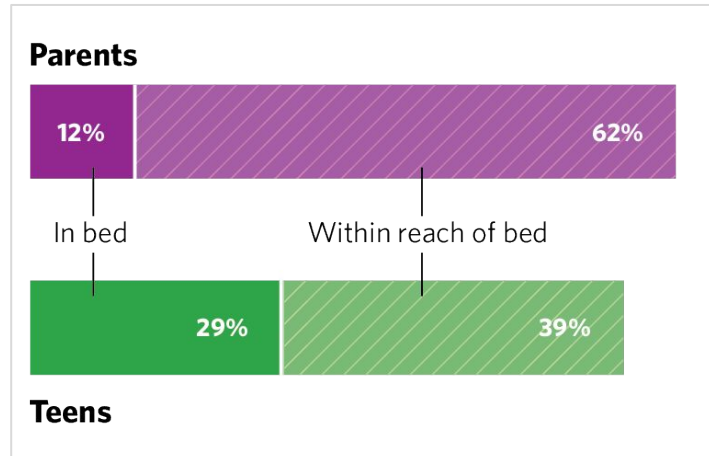
How long before bed do teens put away their phones?



Source: "The New Normal: Parents, Teens, Screens, and Sleep in the United States", Common Sense Media, 2019



It is also recommended that phones be put away, outside of arm's reach during sleep time. And yet ...



Source: "The New Normal: Parents, Teens, Screens, and Sleep in the United States", Common Sense Media, 2019



# Media balance

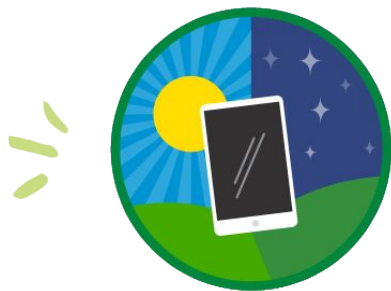
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Using media in a way that feels healthy and in balance with other life activities (family, friends, school, hobbies, etc.)



## Directions: Part 2 - Check Your Habits

Complete Part Two of the handout. Respond to each of the prompts - Check Your Habits, Choose, Challenge, and Boost. Each response should be at least three sentences or bullet points.



MEDIA BALANCE & WELL-BEING

We find balance  
in our digital lives.



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