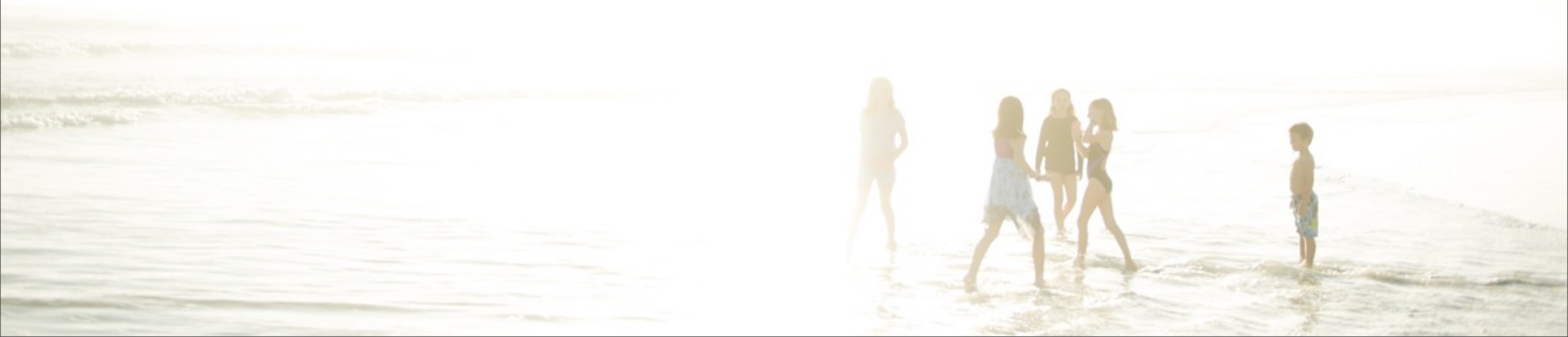


DR ANGELA FALS

EFFECTS OF SCREENED
ENTERTAINMENT ON FAMILIES



IN THE PAST 10 YEARS WE HAVE
WITNESSED AN HISTORICAL FLASH FLOOD
OF SCREENS IN THE HOME. (1, 2)

IN 1999, AMERICANS HAD 5 SCREENS IN THE HOME. (3)

IN 2009, AMERICAN HOMES HAVE AN AVERAGE OF 9 SCREENS

HOW ARE SCREENS IMPACTING OUR CHILDREN'S TIME?



CHILDREN AGES 8-18 SPEND 7.5 HOURS
EVERYDAY USING ENTERTAINMENT MEDIA (3)

VS

25 MIN PER DAY READING BOOKS
AND
4-7 MIN PER DAY IN UNSTRUCTURED
OUTDOOR PLAY (15)

CHILDREN ARE GETTING OVER 2-3
TIMES THE RECOMMENDED
AMOUNT OF SCREEN TIME. (3)



SO WHAT ARE THE EFFECTS?
THE GOOD
THE BAD



THE GOOD



THE GOOD

- EDUCATIONAL, INFORMATIVE
- ENTERTAINMENT
- ENCOURAGES SELF-DIRECTED LEARNING
- DOWN TIME, QUIET TIME
- PROSOCIAL BENEFITS & CONNECTEDNESS

THE BAD



THE BAD

- TIME PASSES BY QUICKLY
- LIMITED CREATIVE TIME
- DECLINE IN FAMILY MEALS / FAMILY TIME⁽³⁾, SOCIAL ISOLATION
- VISION AND HEARING MAY BE AFFECTED (19, 20, 21, 23)

THE BAD

-LESS MOTIVATION FOR ACTIVITY,
INCREASED WEIGHT (4)

-SLEEP IS AFFECTED / GRADES (6, 8, 11)

-PSYCHOLOGICAL EFFECTS/MOOD CHANGES (9, 14)

A blurred background image of children playing in the ocean at sunset. The scene is bathed in a warm, golden light, with the sun low on the horizon. Several children are visible in the water, their forms softened by the blur. The overall mood is peaceful and nostalgic.

WHAT DOES THE AMERICAN ACADEMY OF PEDIATRICS RECOMMEND?⁽⁶⁾

THE RECOMMENDATIONS

- 2 HOURS NON-SCHOOL RELATED SCREEN TIME PER DAY

- 1 HOUR PHYSICAL ACTIVITY PER DAY

- MOVE TVS, COMPUTERS, AND ELECTRONICS OUT OF BEDROOMS AND INTO PUBLIC SPACES

(3, 6)

- SLEEP (6, 11)

PRESCHOOL: 10 - 12 HOURS PER DAY

SCHOOL AGE: 9 - 11 HOURS PER DAY

BENEFITS TO LIMITING SCREEN TIME

- FAMILY
- HOME AND SCHOOL
- BODY
- MIND

