

DAILY SCREEN TIME

TWEENS:
4 HOURS, 44 MINUTES*
TEENS:
7 HOURS, 22 MINUTES*

Prior to 2020, American Academy of Pediatrics (AAP) recommended a limit of no more than 2 hours a day for school-aged children (age 2+ through teens). Time limits were replaced with healthy guidelines:

- allow screen time in moderation.
- Shut-off phones an hour before bed & keep them out of bedrooms.
- Establish rules for online behavior & develop a list of safe sites to visit.
- Encourage 1 hour of physical activity/day & adequate sleep (8-10 hours/day for ages 13-18);
- Monitor behavior for signs of negative or harmful behavior.

TV/VIDEOS

TWEENS:
2 HOURS, 59 MINUTES**
TEENS:
3 HOURS, 21 MINUTES**

VIDEO GAMES

TWEENS:
2 HOURS, 18 MINUTES**
TEENS:
2 HOURS, 52 MINUTES**

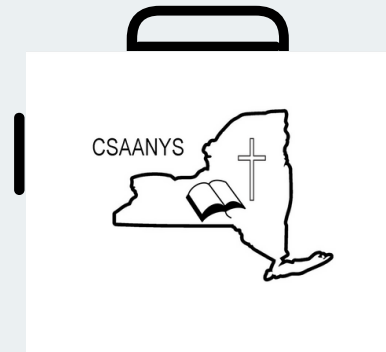
MUSIC

TWEENS:
1 HOURS, 17 MINUTES**
TEENS:
2 HOURS, 31 MINUTES**

SOCIAL MEDIA

TWEENS:
1 HOURS, 17 MINUTES**
TEENS:
1 HOURS, 56 MINUTES**

7 OUT OF 10 TEEN GIRLS USE SOCIAL MEDIA EVERY DAY.



ACCESS

Many kids receive their first phone at the same time that they are learning social interaction with their peers.

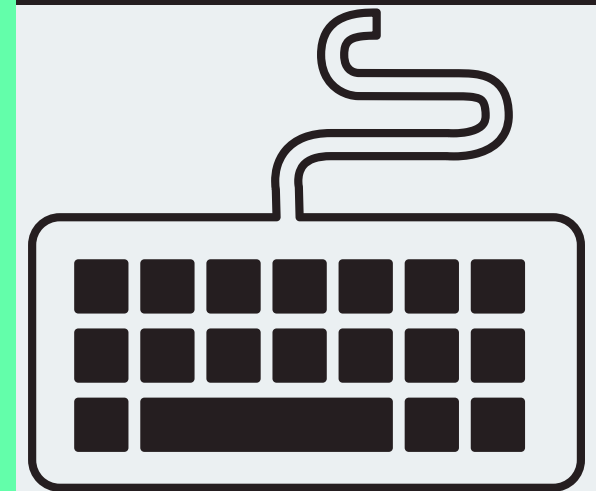
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Benefits: acceptance in online communities, creativity, friendships, exposure to important national & international issues, self-expression.

Risks: addiction, cyberbullying, dangerous behavior, inappropriate contact & potential interaction with predators.