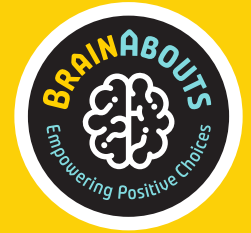
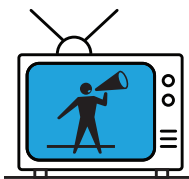
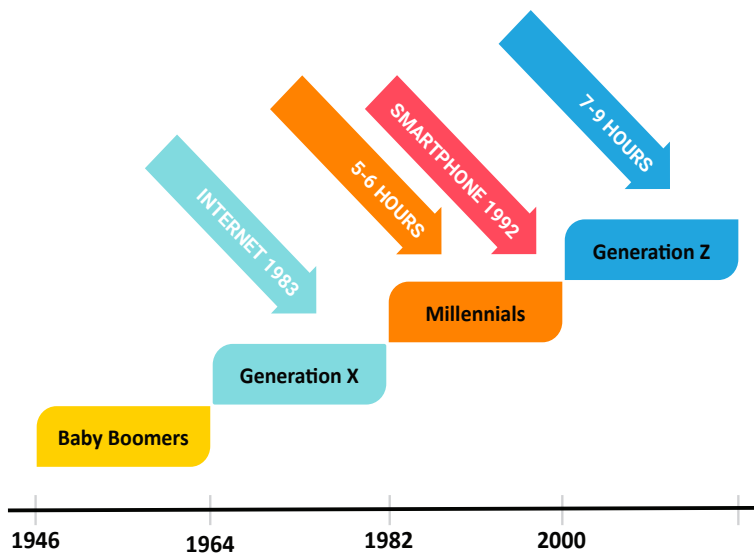


Technology Overuse Facts & Stats



Hours Exposed to Screens



Having the TV on in the Background can distract children and teens from exploring or playing with toys, reduce cognitive processing, interfere with memory and reading comprehension as well as reduce the quality of parent-child time.

9%

For every hour of TV watched per day, there is a 9% increase in attention problems.

35%

Up to 35% of students admitted to using a cell phone to cheat.

Adverse Health Effects

Exposure to screens too young and over-exposure to screens has been linked to:

- Attachment issues
- Obesity
- Sleep problems
- Cognitive deficits
- Language delays
- Social & emotional development issues
- Executive function deficits
- Academic issues
- Overstimulation
- Learning issues
- Attention issues
- Safety issues
- Increases in loneliness, depression, anxiety, and feeling left out
- Decreases time going out with parents
- Decreases in dating and going to parties
- Decreases in driving
- Selfie-dysmorphia
- Decreases in helping others & increases in self-focused behavior

BRAIN BALANCE RULE

3 Hours of Tech Time = 3 Hours of Non-Tech Time

Take brain breaks every 60-90 minutes for a few minutes to recharge. When tech time reaches 3 consecutive hours, stop and engage the brain in a more passive brain activity or physical activity to balance the brain and body.

Single-Tasking: The practice of doing one task at a time and creating a tech environment that reinforces it by disabling push notifications and pop ups or turning off mobile phone capabilities while one is at work or school.