

Research into Children's Screen Use

How healthy behaviour supports children's wellbeing (Public Health England:

2013): Time spent playing computer games was significantly and negatively associated with young people's wellbeing.

Television viewing has been associated with teachers' and parents' reports of children's attention difficulties, and with children self-reporting attention problems. Long-term research suggests TV viewing at younger ages (one to three years old) predicts later attention and hyperactivity difficulties (among seven-year olds) taking into account baseline level of difficulties.

Increased screen time and exposure to media (such as bedroom TVs) is consistently associated with reduced feelings of social acceptance, and increased feelings of loneliness, conduct problems and aggression.

Increased TV viewing is associated with lower self-worth and self-esteem and lower levels of self-reported happiness. The odds of children not worrying were highest in those who watched less than an hour on weekdays. Parents were also more likely to regard their child as unhappy if they watched a very large amount of TV. Specific types of internet activity (social networking sites, multi-player online games) have been associated with lower levels of wellbeing among children.

Children who spend more time on computers, watching TV and playing video games tend to experience higher levels of emotional distress, anxiety and depression. This relationship is particularly negative among those who engage in high levels of screen use (more than four hours a day).

The evidence suggests a 'dose-response' relationship, where each additional hour of viewing increases children's likelihood of experiencing socio-emotional problems and the risk of lower self-esteem.

In the UK, 62% of 11-year olds, 71% of 13-year olds and 68% of 15-year olds report watching more than two hours of TV a day on weekdays, compared to Switzerland where the figure is less than 35% across all three age groups.

In England, the proportion of young people playing computer games for two hours or more a night during the week increased from 42% to 55% among boys and 14% to 20% among girls between 2006 and 2010.

Teenage use of mobile devices during the night (HMC 2016):

Using mobile phones during the night affects our school work, teenagers say

Children as young as nine check their devices more than 10 times throughout the night, online safety organisation claims.

A quarter of teenagers spend more than an hour on their mobile phones after going to bed, and it is affecting many young people's school work, a new survey shows. A quarter of students feel tired during the day because of how often they use their mobile device at night, according to research from the Headmasters' and Headmistresses' Conference (HMC). Children as young as nine have been known to check their devices more than 10 times throughout the night, the HMC annual conference in Stratford-upon-Avon heard yesterday.

Stressed about FOMO – Fear Of Missing Out: A survey of 2,745 11 to 18-year-olds in state and independent schools in England revealed that almost half (45 per cent) check their devices – often checking Snapchat, YouTube and Whatsapp - overnight. Some 68 per cent of those said they thought their mobile phone use in the night affected their schoolwork. 10 per cent of students said they'd feel stressed

about the “fear of missing out” – more popularly known as FOMO - if they didn’t check their mobile device before going to sleep.

Mike Buchanan, chair of HMC and head of Ashford School, said: “As teachers we are seeing the effects of device use every day. Mirroring adults, pupils are constantly using their phones, quite often for productive purposes. Clearly there are some times when children are not concentrating because they are tired, and that has an obvious impact on their ability to keep up with what’s going on - there is a desire to stay within the group," he added.

Digital detox: Online safety organisation Digital Awareness UK (DAUK), who worked on the poll with the HMC, said they had found anecdotal evidence of children as young as nine checking devices 10 times a night.

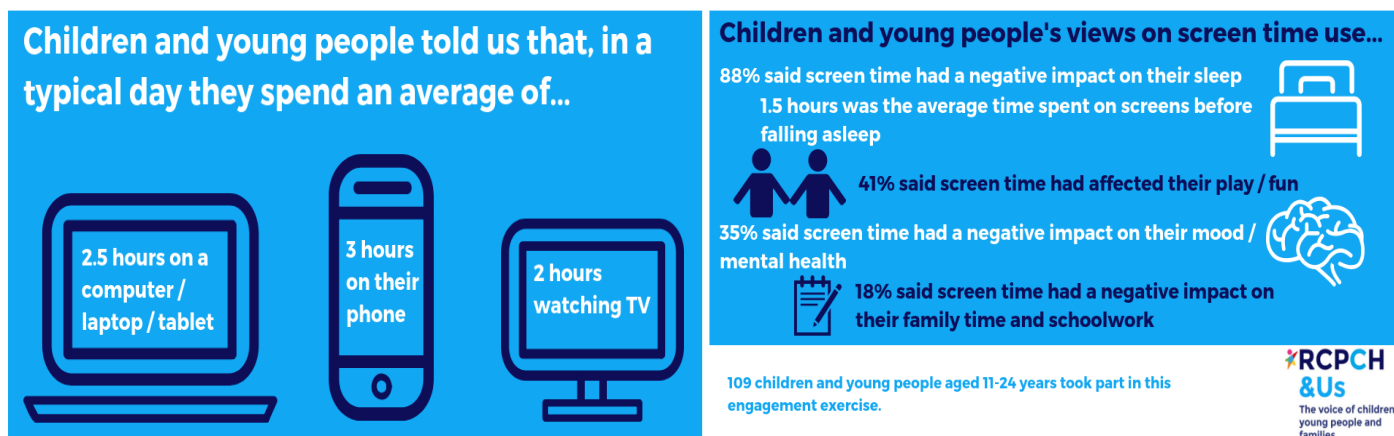
Charlotte Robinson, co-founder of DAUK, said: “Students often tell us that they are exhausted due to the fact their mobile devices are flashing, buzzing and pinging throughout the night telling them what they’ve been tagged in, invited to, or who’s messaged them.”

The organisation - which deliver online safety training on issues such as cyberbullying and hacking - says schools should encourage young people to have a "digital detox" and put mobile devices away for 90 minutes before lights-out or keeping them out of the bedroom.

Last month, a survey of parents found that one in 10 said their child had been subject to online abuse. And campaigners warned that the start of the school academic year is the "perfect storm" for cyberbullying.

Ms Robinson added: "One of the biggest topics around at the moment is excessive social media consumption and how it is affecting our physical and emotional well-being. "A lot of [the young people] are waking up sometimes with over 100 notifications from conversations that have happened overnight. They want to be that person that is responding at 1am, and seen to be quite cool, to make sure they catch the joke - it’s a huge driver, that anxiety of wanting to know what's happened."

Other Research: The Health Impacts of Screen Time (January 2019)



What do children and young people think about screen time?

1) How much time (hours) per day do you spend in front of a screen?



7) What is your top tip for someone else about using screen time?

Be careful and control how much time you spend on a screen

Don't get addicted

Find a balance and make sure your health always comes first

Positives about screen time:

- Gives you knowledge
- It's entertaining and enjoyable
- Provides you with more opportunities to reach a wider community

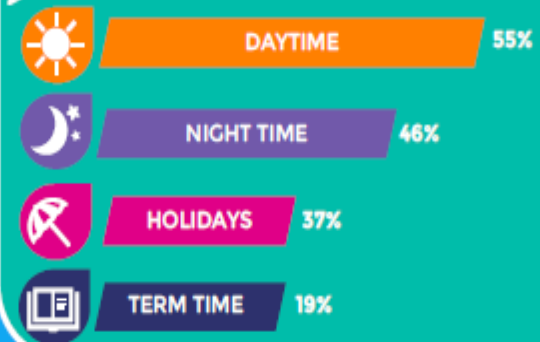
Negatives about screen time:

- Hurts your eyes & stresses you out
- Keeps you awake
- Loss of social connection

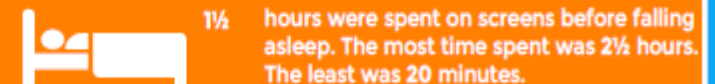
2) How do you use your screen time? Rank below 1-8 (1 being the most and 8 being the least)

- 1 Mobile phones
- 2 Watching videos
- 3 Internet browsing
- 4 Keeping in touch with family/friends
- 5 Listening to music
- 6 School work
- 7 Watching films
- 8 Email and chat

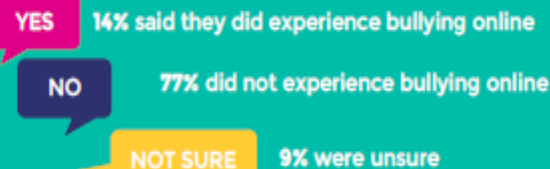
3) When do you spend most of your time in front of a screen?



4) If you have chosen 'night time', how much time do you spend on your screen before falling asleep?



6) Have you experienced any bullying online?



5) Does your screen time use have a negative impact on the following?

- 88% said screen time had a negative impact on their sleep
- 41% said it had affected their play/fun time
- 35% said it had a negative impact on their mood/mental health
- 18% said it had a negative impact on their family time and schoolwork