



courage & work



mentone girls'  
secondary college

## FACT SHEET

# THE AFFECT SCREEN TIME HAS ON YOUR CHILD

Australian research suggests increased screen time for 5-17 year olds (defined as 2 or more hours per day outside of school work) can lead to:

behavioural issues at school and at home

a negative effect on weight and diet

increase anxiety, hyperactivity and low self esteem

inability to form meaningful social connections

poor sleep patterns

decreased amounts of physical activity

exposure to inappropriate content: negative talk, violence, adult themes

1

### **A time and a place:**

Devices should not be charged in a bedroom overnight to avoid physical & mental distractions

2

### **Go screen free:**

Put your device away 1 hour before you go to bed to ensure a better sleep

3

### **Active balance:**

Fill your weekends with sport, music and friends to support physical & mental health

4

### **Co participate:**

Parents & children are on/off screens together and engage in conversations about content



Through **courage & work** we include, empower, create & achieve



## **YOUR CHILD AND THEIR SCREEN**

## **HOW TO SUPPORT STUDENTS AT HOME**