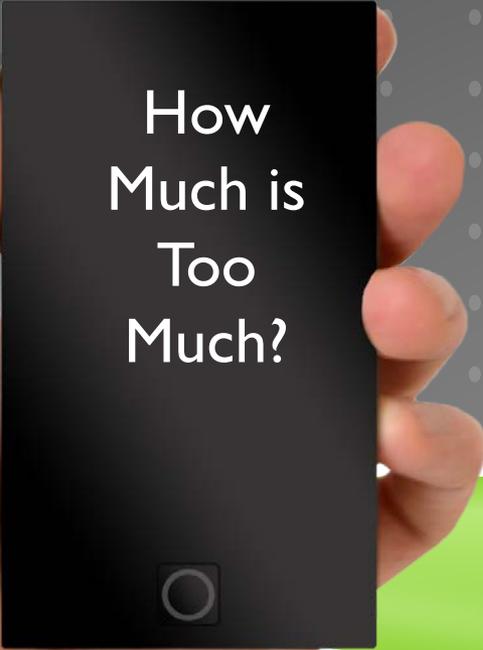


SCREEN TIME AND VIDEO GAMES FOR KIDS AND TEENS



How
Much is
Too
Much?

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OVERVIEW

- ▶ Statistics for American children's screen time
- ▶ Problems (and benefits) associated with screen time and video games
- ▶ Opportunity to participate in a video game study at UConn Health
- ▶ American Academy of Pediatrics recommendations about screen time
- ▶ Steps parents can take to prevent (or address) problems

What is Screen Time?



- ▶ Cell phones
- ▶ Tablets
- ▶ Laptops/Desktops
- ▶ Television (even “background” TV)
- ▶ Video games

KNOWLEDGE CHECK

- ▶ According to the American Academy of Pediatrics, how much screen time should children under 18 months be allowed each day?
 - ❑ None
 - ❑ No more than 30 minutes
 - ❑ No more than 60 minutes
 - ❑ No limit for this age



KNOWLEDGE CHECK

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*excludes video chat

COMMON SENSE CENSUS STUDY: 2015

- ▶ Nationally representative sample of 2658 tweens (ages 8-12) and teens (ages 13-18)
- ▶ Asked about screen-based media (TV, social media, video games) and non-screen-based media (books, music)
- ▶ Looked at use of media for school/homework purpose separately

ANY GUESSES?

What was the average number of hours PER DAY spent on media for tweens, not counting for homework or at school?

6 Hours

(4.5 of this is screen media)

ANY GUESSES?

What was the average number of hours PER DAY spent on media for teens, not counting for homework or at school?

9 Hours

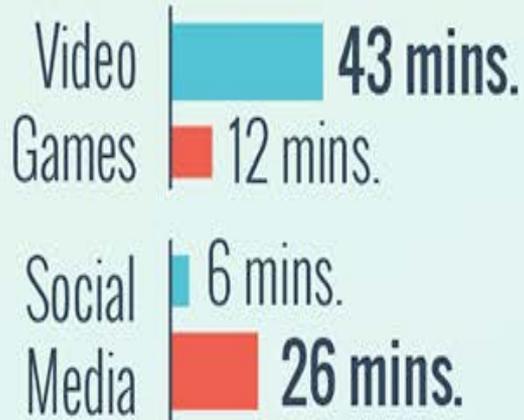
(6.5 of this is screen media)

DOES GENDER MATTER?

BOYS ARE FROM XBOX, GIRLS ARE FROM INSTAGRAM

Average daily time used for social media and gaming is strikingly different.

TWEENS



TEENS



♂ Boys ♀ Girls

OTHER KEY FINDINGS

- ▶ Tween and teen media consumption is highly mobile
- ▶ Use of social media is common but perhaps not as common as you'd expect
- ▶ Most teens report multi-tasking with media while doing their homework and most do not think it affects their work
- ▶ Watching TV and listening to music are still the most popular and valued uses of media among tweens and teens



ZERO TO EIGHT STUDY: 2017

- ▶ What was the average number of hours PER DAY spent on media for kids ages 0-8, not counting for homework or at school?

3 hours, 14 minutes

(Over 2 hrs, 16 minutes on screen media)

ZERO TO EIGHT STUDY: 2017

- ▶ Varied by age – an average of 42 minutes for kids under 2, around 2.5 hours for kids 2-4, and almost 3 hours for kids 5-8
- ▶ TV was the most common screen media (42%), followed by mobile devices (35%)
- ▶ Use of mobile devices tripled since 2013 (again) – average of 5 minutes in 2011, 15 min in 2013, and 48 minutes in 2017
- ▶ Kids from lower income families spend an 1 hr, 39 min more with screen media each day compared to higher income families



BONUS QUESTION

What is the average number of hours PER DAY that PARENTS spend on screen media, including both personal and work use?

9 hours, 22 minutes

(7 hours, 43 minutes of personal screen time)

78% of parents believe they are good media and technology role models for their children.



WHAT ARE SOME OF THE DOWNSIDES OF EXCESSIVE SCREEN TIME?

- ▶ Obesity and related health problems in both kids and adults
- ▶ Sleep problems
- ▶ Poor school performance
- ▶ Social media and depression (“Facebook depression”) – mixed findings
- ▶ In children < 18 months, language delays, later attention problems, and problems with cognitive development



BENEFITS OF MEDIA USE

- ▶ No studies have documented benefits of screen media for children under 18 months
- ▶ For older kids, social media can provide social support (though bullying and other antisocial behaviors can also occur)
- ▶ Some positive effects of video games on visual attention, spatial skills, and problem solving, though mixed findings
- ▶ Positive effects likely to occur when media is used in moderation





VIDEO GAMES

- ▶ 88% of kids between 8 and 18 play video games, 68% at least weekly, 23% daily
- ▶ Most video game playing is relatively harmless but a small percent of kids will develop serious problems
- ▶ Excessive use can lead to psychosocial problems and even medical issues
- ▶ Riskiest games for “addiction” appear to be Massively Multiplayer Online Role-Playing Games (MMORPGs)

CAN YOU BE ADDICTED TO THE INTERNET AND VIDEO GAMES?

▶ Internet Gaming Disorder

- ▶ Under investigation for inclusion in the Diagnostic and Statistical Manual of Mental Disorders (DSM)
- ▶ Features and symptoms are highly similar to those seen in addictions to drugs and alcohol

▶ Internet Addiction?

- ▶ Less clear
- ▶ No imminent plans to include Internet addiction in the DSM



INTERNET GAMING DISORDER

- ▶ Mimics symptoms commonly seen in addictions to drugs and alcohol, including:
 - ▶ Needing to play more and more to get the same level of excitement
 - ▶ “Withdrawal” effects – becoming irritable, restless, depressed, anxious when not able to play
 - ▶ Concealing or lying about excessive use
 - ▶ Continuing to play despite significant problems (getting in trouble at school/work/with family, physical problems, conflict)
 - ▶ Spending excessive amounts of money on gaming
 - ▶ Preoccupation with gaming – often thinking or talking about gaming
 - ▶ Loss of interest in other hobbies
 - ▶ Inability to quit or cut back on gaming



INTERNET GAMING STUDIES AT UCONN HEALTH

- ▶ Two clinical trials examining a new intervention for parents of children with excessive gaming problems
- ▶ Recruiting families – children aged 10 to 22
- ▶ Half of families are randomly assigned to our 6-session intervention – focused on monitoring gaming, setting limits, rewarding non-gaming behaviors
- ▶ Half of families are randomly assigned to receive appropriate referrals for therapists in the community
- ▶ Families come in for up to four assessments and compensated for their time (up to \$20/family member for first assessment, \$50/family member for follow-ups)



Worried about how much your child plays video games?

VOLUNTEER FOR A RESEARCH STUDY

looking at ways to help reduce gaming.

- All participants receive assessment and referrals and half receive 6 weekly therapy sessions
- All participants complete 4 interviews over 6 months
- Children participate with their parents, and all participants receive up to \$180 for their time

Call Amy at 860-989-7105

for a confidential screening to see if you are eligible.

Gaming Study
IRB#: 17-028-2
PI: Nancy Petry, Ph.D.
UConn Health
Dept. of Medicine

SHOULD I BE CONCERNED ABOUT VIOLENCE IN MEDIA?

- ▶ Short answer: Probably
- ▶ Difficult to study
- ▶ Some longitudinal studies but none on some of the most concerning media (e.g., first person shooter video games)



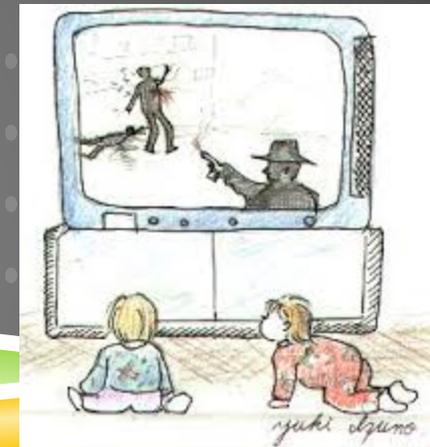
HOW MUCH VIOLENCE ARE CHILDREN BEING EXPOSED TO ANYWAY?

- ▶ Answer: A LOT!
- ▶ Child viewers will see an average of 2 gun related violent incidents for each 1 hour of TV they watch
- ▶ 64% of video games rated “E” for Everyone includes intentional acts of violence (data from 1985-2000)
- ▶ 38% of 10-15 year olds reported that they have been exposed to violent scenes on the internet
- ▶ Violence is observed across all types of media, including in advertisements directed at children (37% of ads aired during children’s TV shows in 2003)



SHOULD I BE CONCERNED ABOUT VIOLENCE IN MEDIA?

- ▶ Longitudinal studies have found a link between viewing violent media and later aggressive behaviors
- ▶ Many of these studies also find that aggressive behaviors at the beginning of the study DO NOT predict increase use of violent media
- ▶ Risk factors for being negatively impacted by violent media: male gender, real-life violence in the home
- ▶ Average effect is modest but significant



SHOULD I BE CONCERNED ABOUT VIOLENCE IN MEDIA?

► Bottom Line:

“Children exposed to violent programming at a young age have a higher tendency for violent and aggressive behavior later in life than children who are not so exposed.”

American Academy of Pediatrics, American Academy of Child & Adolescent Psychiatry, American Psychological Association, American Medical Association, American Academy of Family Physicians, & American Psychiatric Association, 2000

Also, there are no known POSITIVE effects of violent media.

AMERICAN ACADEMY OF PEDIATRICS GUIDELINES FOR SCREEN TIME

RELEASED OCTOBER 2016

For Children Under 5

- ▶ Under age 18 months: no screen time (except video chatting)
- ▶ 18 – 24 months: only introduce “high-quality programming” and co-view everything with your child
- ▶ 2 – 5 years: No more than 1 hour/day of high quality programming. Parents should co-view.
- ▶ Avoid fast-paced programs, any violent content, and apps with lots of distracting content
- ▶ Do not feel pressure to introduce screens early
- ▶ Do not use screens as a primary way to calm children down

AMERICAN ACADEMY OF PEDIATRICS GUIDELINES FOR SCREEN TIME

RELEASED OCTOBER 2016

School Age Children & Adolescents

- ▶ They do not provide a hard and fast daily limit
- ▶ Place consistent limits on screen time and type of media. Be sure that media use does not replace sleep, physical activities, play, etc.
- ▶ Designate media free times (e.g., dinner, driving) and locations (e.g., bedrooms)
- ▶ Do not allow your child to sleep with devices in his/her room
- ▶ Co-view content whenever possible
- ▶ Develop, follow, and routinely revisit a Family Media Plan

AMERICAN ACADEMY OF PEDIATRICS TOOLS

- ▶ Family Media Plan (in English and Spanish)
 - ▶ Personalized to each of your children
 - ▶ Gives developmentally appropriate suggestions
 - ▶ <https://www.healthychildren.org/English/media/Pages/default.aspx#home>
- ▶ Media Time Calculator
 - ▶ Helps track your child's media use and time spent on other activities (sleep, chores, school, etc)
 - ▶ <https://www.healthychildren.org/English/media/Pages/default.aspx#calculator>

5 MEDIA RECOMMENDATIONS FOR PARENTS

- 1) Monitor your kids' use of media – know what your kids are watching, what websites they visit, who their friends are on and off line
 - ▶ Keep computers, TVs, and video game consoles in a public part of your house
 - ▶ Periodically, track the number of hours of screen time your child has in a given week
 - ▶ Have your kids share all passwords with you and do random checks of social media, text messages, and e-mail



5 MEDIA RECOMMENDATIONS FOR PARENTS

2) Set limits for use of media (start at a young age)

- ▶ Set a daily limit for screen time and gaming
- ▶ Involve your kids in making these rules (if age appropriate)– they will be easier to enforce
- ▶ Create tech-free zones in your home and/or tech-free times (e.g., dinner time)
- ▶ Create a tech curfew and do not allow screens in your child's bedroom
- ▶ Set up a charging station in your home where all phones and tablets “live” at night



5 MEDIA RECOMMENDATIONS FOR PARENTS

3) Be a good role model for the use of media – your kids are watching you!

- ▶ Set screen time limits for adults in the home as well
- ▶ Follow the tech-free household rules yourself (e.g., tech-free dinners, tech-free zones)
- ▶ Don't text and drive
- ▶ Set aside screens when interacting with your child as often as possible
- ▶ Eliminate “background TV”



5 MEDIA RECOMMENDATIONS FOR PARENTS

4) Praise kids for non-media related activities and (maybe) reward them for it

- ▶ More relevant for kids who tend to overuse media
- ▶ Provide incentives for kids to continue in non-screen related activities (sports, clubs, reading, spending time with friends, etc)

5 MEDIA RECOMMENDATIONS FOR PARENTS

5) Pay attention to content – it matters

- ▶ Use parental controls on TVs and internet browsers to block unwanted content
- ▶ Remove unwanted apps from your kid's phone – e.g., Facebook, Twitter, Snapchat
- ▶ Co-view and discuss content whenever possible
- ▶ Talk to your kids about “sexting”, online bullying, predators – keep the lines of communication open
- ▶ Do your homework on appropriate media for your children at www.common sense media.org



RESOURCES

▶ Common Sense Media:

www.common Sense Media.org

▶ American Academy of Pediatrics Recommendations:

<https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/pages/media-and-children.aspx>

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