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?
- Mobile phones: 2½
- Watching videos: 3
- Internet browsing: 2

2) How do you use your screen time? Rank below 1-8 (1 being the most and 8 being the least)
- Mobile phones: 4
- Watching videos: 1
- Internet browsing: 5
- Keeping in touch with family/friends: 6
- Listening to music: 7
- School work: 8

3) When do you spend most of your time in front of a screen?
- DAYTIME: 55%
- NIGHT TIME: 46%
- HOLIDAYS: 37%
- TERM TIME: 19%

4) If you have chosen 'night time', how much time do you spend on your screen before falling asleep?
- 1½ hours were spent on screens before falling asleep. The most time spent was 2½ hours. The least was 20 minutes.

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

6) Have you experienced any bullying online?
- YES: 14% said they did experience bullying online
- NO: 77% did not experience bullying online
- NOT SURE: 9% were unsure

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

This infographic has been created by Career Ready UK intern Rez, age 17, during her summer internship with RCPCH &Us | August 2018
The Royal College of Paediatrics and Child Health is a registered charity in England and Wales (1057744) and in Scotland (SCO38299)