

# Digital Detox:

What are the benefits of reducing screen time?

1. More engaged in schoolwork
2. Better Sleep
3. Have a healthier diet
4. More physically active



YOUTH AGES 11-14 SPEND NEARLY

## 9 hours a day

IN FRONT OF A SCREEN USING ENTERTAINMENT MEDIA

NEARLY **5** OF THESE ARE SPENT WATCHING TELEVISION

An illustration of a person with dark hair, wearing a yellow long-sleeved shirt and red pants, sitting on the floor. They are using a laptop. In the background, there is a television and a computer monitor. A smartphone is on the floor next to them.

INSTEAD THEY COULD...



Play a game of basketball

AND STILL HAVE TIME TO...

walk the dog 

and...



dance to their favorite songs

and...

skateboard 

and...



ride their bike

YOUTH AGES 15-18 SPEND ABOUT

## 7½ hours a day

IN FRONT OF A SCREEN USING ENTERTAINMENT MEDIA

NEARLY **4½** OF THESE ARE SPENT WATCHING TELEVISION

An illustration of a person with dark hair, wearing a yellow long-sleeved shirt and red pants, sitting on the floor. They are using a laptop. In the background, there is a television and a computer monitor. A smartphone is on the floor next to them.

INSTEAD THEY COULD...



Play a game of basketball

AND STILL HAVE TIME TO...

walk the dog 

and...



dance to their favorite songs

and...

go for a run 

and...



do yard work