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

LUSK COMMUNITY COLLEGE

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

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

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

webwise.ie