

Children
and Screens

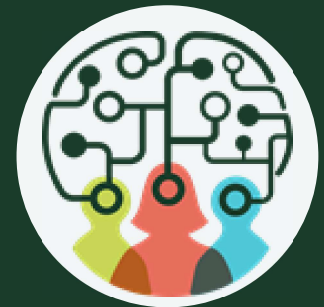
Institute of
Digital Media and
Child Development

Youth Digital Media Use: A New Public Health Issue?

Presented by

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Executive Director



March 11, 2025

Property of Children and Screens

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Infancy
~ 50 minutes



**Daily Time
On Screens**

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Infancy
~ 50 minutes



Toddlerhood
~50 minutes - 3 hours



**Daily Time
On Screens**

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Infancy
~ 50 minutes



Toddlerhood
~50 minutes - 3 hours



Preschool
~ 3.5 - 5 hours per day

**Daily Time
On Screens**

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Daily Time On Screens



Infancy
~ 50 minutes



Toddlerhood
~50 minutes - 3 hours



Preschool
~ 3.5 - 5 hours per day



Late Childhood
~5 hours per day

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Daily Time On Screens

Adolescence/Teenager
~ 8.6 hours per day



Early Adolescence
~ 8.6 hours per day



Infancy
~ 50 minutes



Toddlerhood
~50 minutes - 3 hours



Preschool
~ 3.5 - 5 hours per day



Late Childhood
~5 hours per day



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Can A.I. Be Blamed for
a Teen's Suicide?

Is Social Media More Like
Cigarettes or Junk Food?

Parents' phone habits increase
exposure of mature content
for children, new study finds

Higher screen time and nighttime
screen use is linked to less sleep
and poorer sleep quality

Problematic
leads to an increase
for suicide and self harm

Displacement of peer play by
screens is associated with
poorer social development

Why we need to talk about teens,
social media and mental health

Research suggests that earlier
and greater exposure to digital
media increases risk of mental
health issues.

Associated with
School Brawls, Fueled by
Student Cellphones

How Tech
'Recipe for

Social Media Platforms Keep Kids
Online Despite Mental Health Harms

for a 17-Year-Old TikTok Junkie.
I Need This Ban.

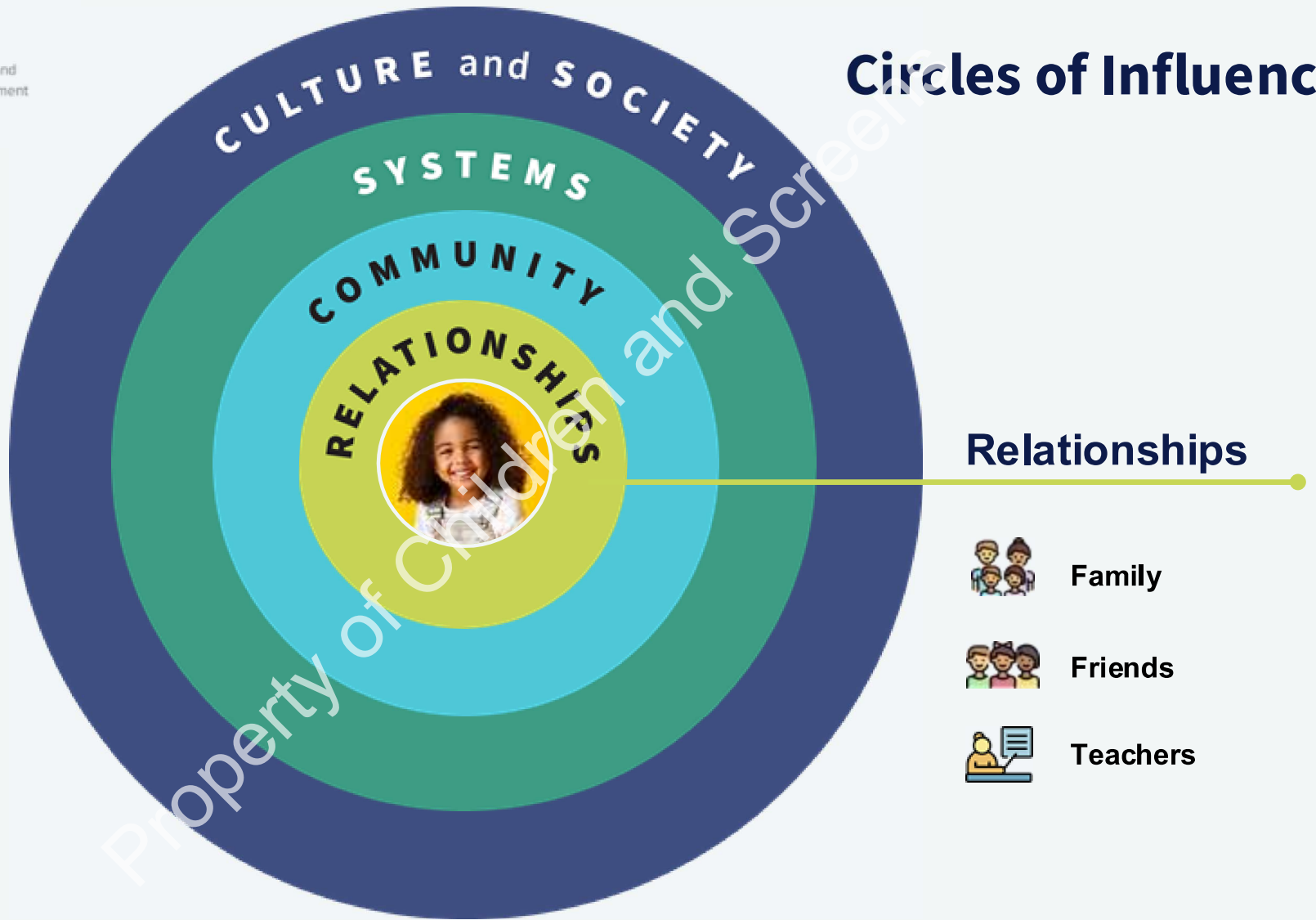
Both early uses of screens and
excessive screen time are
significant predictors of
cognitive harms.

children: food cues in YouTube
in child and youth influencers

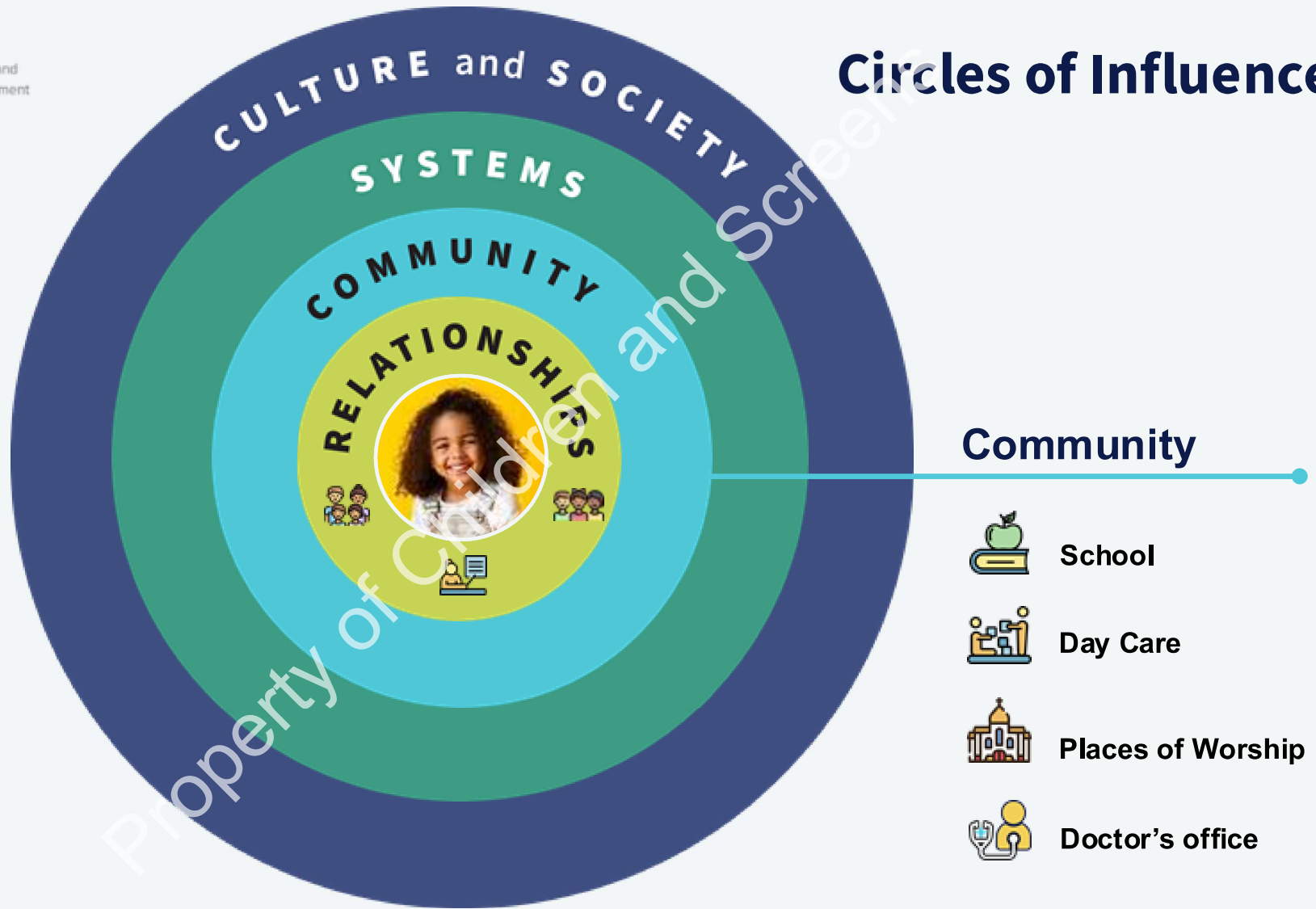
Circles of Influence



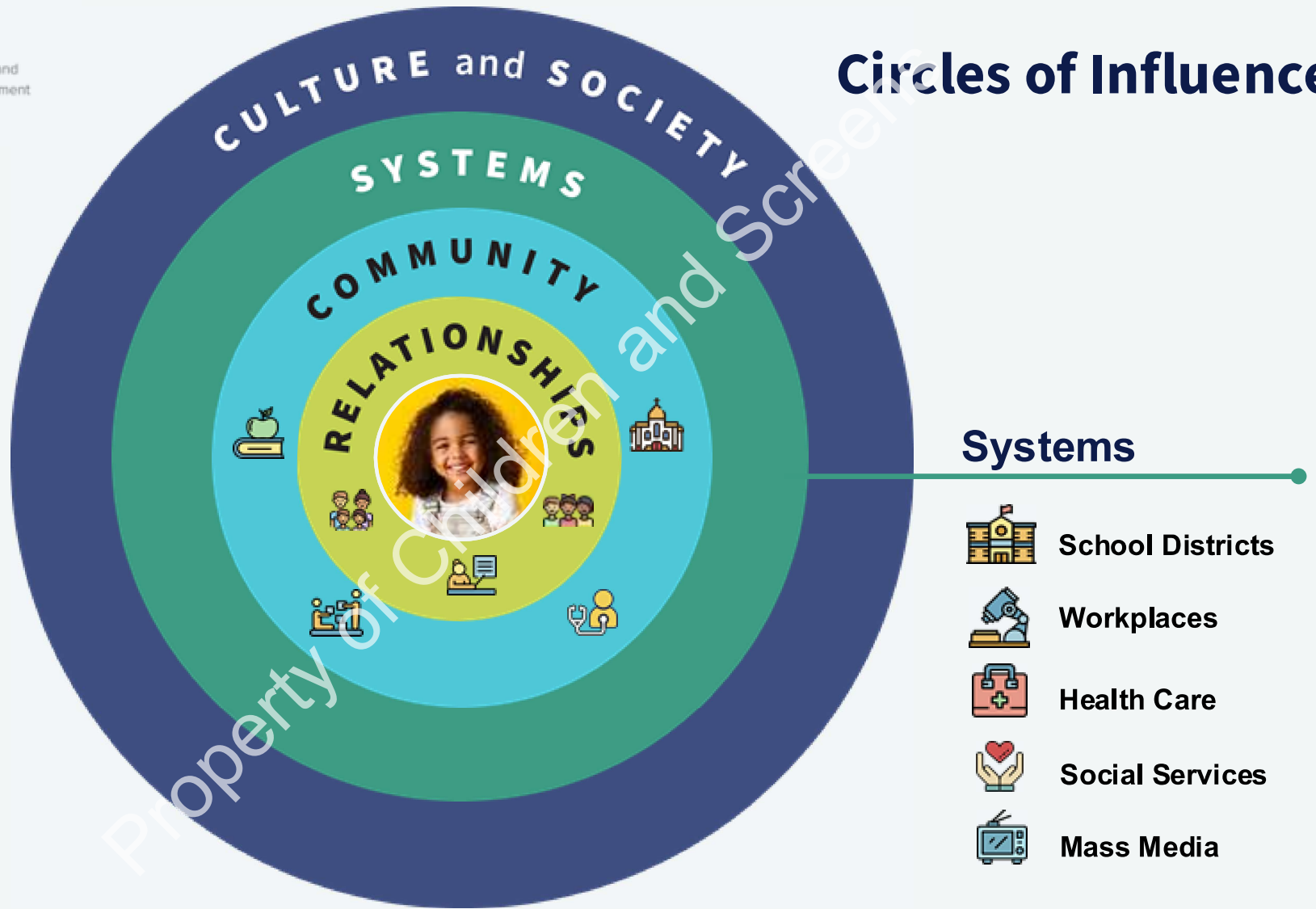
Circles of Influence



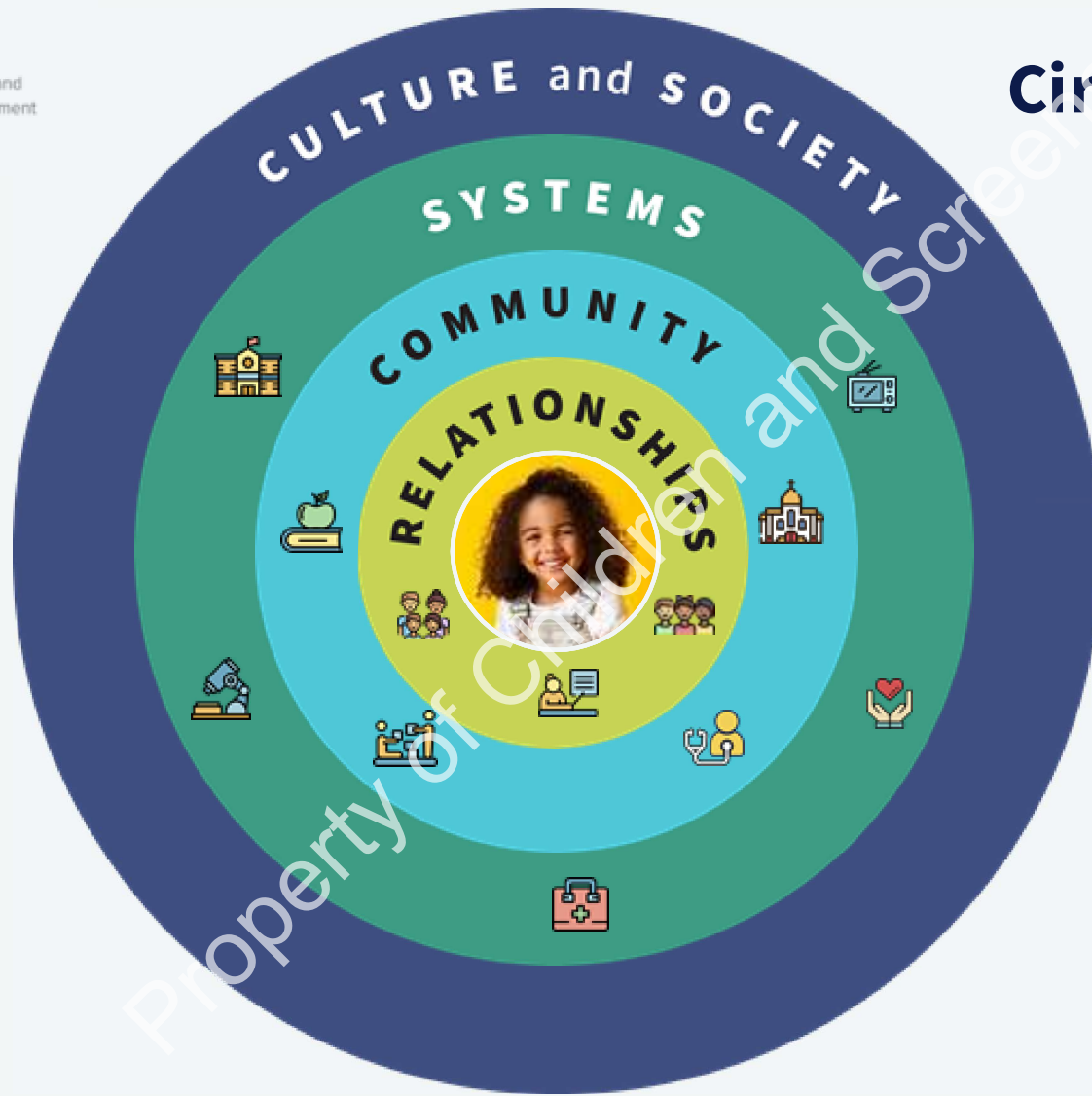
Circles of Influence



Circles of Influence



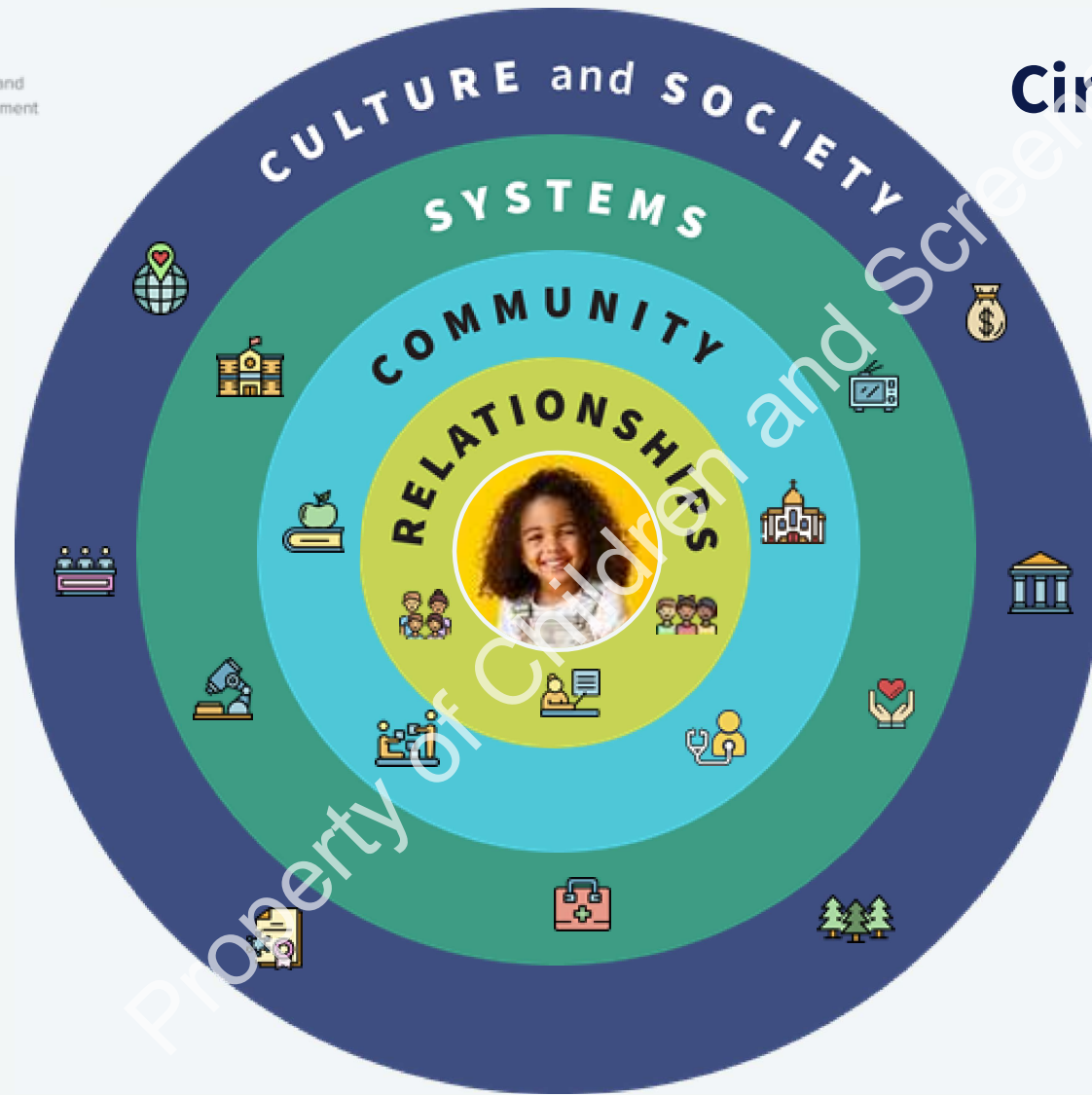
Circles of Influence



Culture and Society

-  Cultural Values
-  Public Policy
-  Laws
-  Material Resources
-  Government
-  Economics

Circles of Influence



Property of Children and Screens



Accessible Public Education



Learn and Explore Website Resource Library

- Tips for Parents
- Research-at-a-Glance
- Common Questions



Ask the Experts Webinar Series

Social Media Content



New Podcast!

Community Workshops



This is why Children and Screens exists

Promote healthy childhood for all

Evolving interdisciplinary research

Educate. Communicate. Inform.



Thank you!

Stay informed on the latest research and resources about digital media, screens, and child development! Sign up for the Children and Screens email list to receive updates, expert insights, and news on upcoming events.



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*Helping children
lead healthy lives
in a digital world.*

