

Screen Time Facts

Parents

- 36% of parents and teens argue about device use every day [[Source: Common Sense Media 2016](#)]
- 50% of parents now impose some form of screen limits on their kids. [[Source: Common Sense Media 2015](#)]

Teens:

- Teens average 6 hours 40 mins screen time a day, excluding school and homework. [[Source: Common Sense Media 2015](#)]
- 77% of parents feel their teens get distracted by devices [[Source: Common Sense Media 2016](#)]
- 72% of teens feel they need to immediately respond to texts and other notifications [[Source: Common Sense Media 2016](#)]

Tweens:

- Tweens average 4.5 hours screen time a day, excluding school and homework. [[Source: Common Sense Media 2015](#)]
- 23% of kids say they have missed sleep and felt tired because they spent too much time on their connected devices [[Source: Childwise 2017](#)].
- Children check their smartphones 20 times a day on average [[Source: Childwise 2017](#)].

Academic study:

- 50% of teens use social media and 60% text while doing their homework [[Source: Common Sense Media 2015](#)]
- Researchers recorded the activities of more than 800 14-year-olds and analysed their GCSE results at 16. Those spending an extra hour a day on screens (TV, computer, games console, phone) saw a fall in GCSE results equivalent to two grades overall. An additional hour of screen-time each day was associated with 9.3 fewer GCSE points at 16 - the equivalent of dropping a grade in two subjects. Two extra hours of screen-time was associated with 18 fewer points - or dropping a grade in four subjects. Even if pupils spent more time studying, more time spent watching TV or online, still harmed their results. [[Source: 2015 Cambridge University research](#)]

Health:

- Children get more sleep, do better in school, behave better and see other health benefits when parents limit content and the amount of time children spend on the computer or in front of the TV. [[Source: 2014 study by Iowa State University, published in JAMA Pediatrics](#)]