

Unit 16:

Lesson Plan: Screen time addiction

Supporting materials

Definition of screen time addiction

It's when screen use becomes so compulsive that it leads to impaired daily functioning in terms of productivity, social relationships, physical health, or emotional well-being (Horwood & Anglim, 2018). That may mean that excessive screen use is interfering with work or school, having a negative impact on relationships, encouraging inactivity or less sleep, or generally making you feel sad or unhappy.

Most recent discussions on screen time addiction

A systematic examination of reviews, published in 2019, concluded that evidence, although of mainly low to moderate quality, showed an association of [screen time](#) with a variety of health problems including: "[adiposity](#), unhealthy diet, depressive symptoms and quality of life". They also concluded that moderate use of digital media may have benefits for young people in terms of social integration, with a curvilinear relationship found with both depressive symptoms and overall well-being. A 2017 United Kingdom large-scale study of this "Goldilocks hypothesis"—of avoiding both too much and too little digital media use—was described as the "best quality" evidence to date by experts and NGOs reporting to a 2018 UK parliamentary committee. That study concluded that modest digital media use may have few adverse affects, and some positive associations in terms of well-being.^[1]

Screenagers - aimed to shock video

https://www.youtube.com/watch?v=ymb_s9baYV0

Smart screen app activity

Android apps

<https://igamemom.com/smartphone-addiction-apps-to-control-screen-time/>

Also screen time parental controls



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