



# HMS Sepac Presents

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Balancing Screen Time and the Impact It Has on the Teenage Brain

# Open Discussion



Turn and talk to a partner about the following:

1. How old was your child (what grade were they in) when you purchased a cell phone for them?
2. What was the reason why you purchased a cell phone for them?
3. How many parents have consistent rules that are enforced at home regarding cell phone usage with their child(ren)?
  - a. What are those rules? How did you come about setting them - was this a joint decision?

# Screenagers Clip

[Clip](#)



# Impactful Fact/Statements



- ❖ Dopamine in the brain is most activated during adolescence
- ❖ MRI Scans show similarities in kids who have too much screen to that of individuals who are addicted to a chemical substance
- ❖ Rapid-paced media and exposure to that can impact the brain's ability to learn new things

# How can we influence a change?



- ❖ Have a dialogue with your child about their use of the phone - ask them - do they think they are on it too much? Try to then come up with a compromise for an appropriate measurement of time on a daily basis
- ❖ Model good behavior for your child to see (ie: no phones at the dinner table)
- ❖ No phones in the bedroom at night - kids need sleep - family agreements (something visual like a basket that everyone places their phones into at night before going to bed)
- ❖ “A Balancing Act” - taking things away cold turkey don’t really work for any kid these days

# Additional Resources

Ted Talk - Dr. Adam Alter [“Why Our Screens Make Us Less Happy”](#)

[“How Smartphones Sabotage Your Brain’s Ability to Focus”](#)

[“Screen Time: How Much is Too Much?”](#)

