

Quebec Federation of Home & School Associations

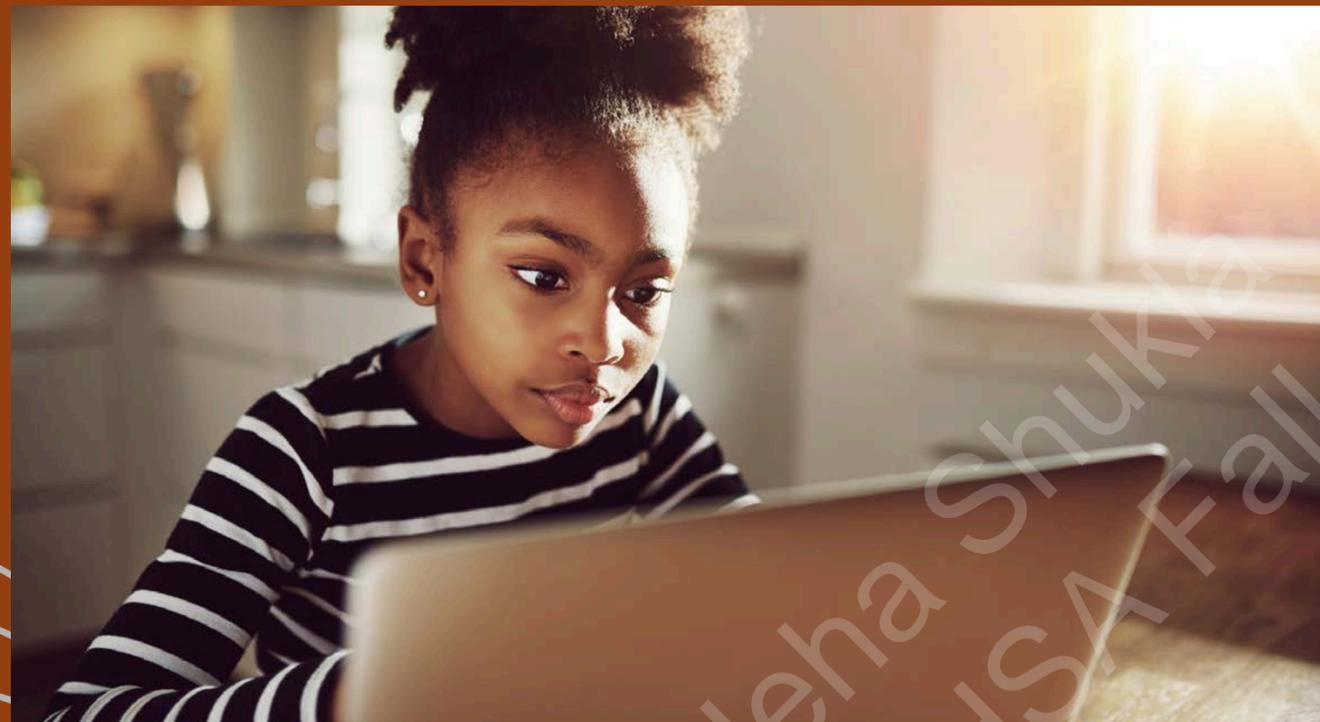
# Balancing Screens & Well-Being

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# Agenda

- 01** Introduction
- 02** Positives & Risks
- 03** Recommended Usage
- 04** Establishing Limits
- 05** Cyber Bullying
- 06** Mindfulness
- 07** Questions

# Introduction



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# The Positives



## 01 Education

- Educational apps and websites allow for kids to explore educational content in a fun and interactive way.
- Math, Videos, Tutorials.
- Research skills.

## 02 Creativity

- Opportunities for creative exploration and skill development.
- Low cost, accessible, options.
- Music, art, video, skills, etc.



## 03 Global Awareness

- Global citizenship through exposure to different cultures, communities, lifestyles, histories.
- Environmental awareness.
- Empathy and connectedness.



# Risks

## 01 Privacy & Security

- Sensitive information being shared on the internet.
- Youth uninformed about digital footprints.
- Safe and unsafe behaviours.
- Transparency.



## 02 Social



- Impact on face-to-face communication & social skills.
- Stranger Danger
- Grooming

## 03 Inappropriate Exposure

- Youth are often exposed to inappropriate material on the internet without parental knowledge.
- Can have a negative impact on healthy social development.



# Risks

## 04 Mental



- Excessive use of screens can negatively impact attention and focus.
- Difficulty concentrating in school.
- Difficulty with task completion.

## 05 Emotional & Behavioural

- Excessive use of social media by children and teens has been linked to negative mental health outcomes.
- Depression and anxiety (higher in girls)
- Body issues, disordered eating, etc.

## 06 Cyber Bullying



- Cyber Bullying is a significant issue affecting children and youth.
- Difficult to catch unless vigilant.
- Cyber bullying education essential at home and school.



# Screens & The Brain

## Dopamine and the Reward System

Instant gratification  
triggers dopamine  
release.

Addictions  
Compulsive behaviours  
Reduced patience  
Lack of interest



# Recommended Usage

## General Guidelines

0-2 years old: No screen time

2-5 years old: No more than 1 hour/day

6-12 years old: 1-2 hours/day

13-18 years old: No more than 2-3 hours/day

# Recommended Usage

## Sleep

- Blue Light (Stop at least 1 hour before bed)
- Overstimulation
- Doom Scrolling - Delayed bedtime
- Sleep disruptions
- Lack of quality sleep: cognitive, emotional, mental, physical, behavioural consequences.
- Sleep hygiene & “wind down time”



# Establishing Limits

## Strategies to Avoid

- Screen removal as punishment
- Strict (unrealistic) rules
- Screens as bribes/bargaining chips
- Inconsistency
- Shaming

# Establishing Limits

## Strategies to Try

- Boundaries, rules, expectations
- Balance (breaks, physical, outdoors)
- Schedule (school work vs. entertainment)
- Quality content (intentional vs. passive)
- Screen-free spaces (dinner table)
- Collaboration
- Offer alternatives (support)
- Realistic
- Natural consequences
- Modelling



# Mindfulness

- Time in nature
- Hands-on activities
- Reading, journaling
- Meditations
- Deep breathing exercises
- Resources: Youtube, Spotify, Calm App, Headspace App.

# Cyber Bullying

Establishing trust and open communication with your child.  
Establishing clear guidelines.

## Resources:

- <https://mediasmarts.ca/>
- <https://needhelpnow.ca/en/>
- <https://www.cybertip.ca/en/>
- <https://www.canada.ca/en/public-safety-canada/campaigns/cyberbullying.html>
- <https://kidshelpphone.ca/>

**Questions!**

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<https://cps.ca/en/documents/position/screen-time-and-preschool-children>

**Thank you!**

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