Jan 13 th

Plan= Molly & Nora to be completed by Friday, Jan 19th

* Research question: Does screen time affect kids under the age of 15 years old?
1. What is screen time? How much screen time do kids get? **5 to 7 hours a day**
2. What’s good about screen time
	* Educational learning
	* Entertainment
	* Talking to friends and family
	* Movement & physical activity
	* Sometimes unavoidable
* What problems are caused by too much screen time
1. Physical - eating junk food, being overweight, being active
2. Mental - concentration, sleep, being violent, less play mental
3. Social - less play, less time with people, less awareness of what’s going on Social
4. Brain
5. Bar Graphs & Survey results
6. Tips & How to use screens better

https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/children-and-screen-time

Research:

* Mayo Clinic
* Less time for play
* Violence becomes Desentive to kids
* Screens in bedrooms tend to make kids do worse in school
* Elementary students who spend more than two hours a day watching TV, playing video games, or using a computer or smartphone are more likely to have emotional, social, and attention problems. Also, exposure to games is linked with an increased possibility of attention problems in children.
* The more time spent watching on a screen, the more likely children are to have trouble falling asleep or have an irregular sleep schedule
* If the TV is turned on — even if it's just in the background — it's likely to draw your child's attention. If you're not actively watching a show, turn it off.
* Children who have electronics in their bedrooms watch more than children who don't have these in their bedrooms. Monitor your child's screen time and the websites he or she is visiting by keeping TVs and computers in a common area in your house.
* Allowing your child to eat or snack in front of electronic devices increases his or her screen time. The habit also encourages mindless munching, which can lead to weight gain.
* Instead of flipping through channels, seek quality videos or programming. Consider using parental control settings on your TV and computers—preview video games and smartphone applications before allowing your child to play with them.
* Whenever possible, watch programs together and discuss what you see, such as family values, violence, or drug abuse. If you see a junk food ad, explain that just because it's on TV doesn't mean it's good for you.
* This will allow you to fast-forward through commercials selling toys, junk food and other products. When watching live programs, use the mute button during commercials.
* Have your child stretch or do yoga while watching a show. Challenge your family to see who can do the most jumping jacks during a commercial break. Choose video games that encourage physical activity.

Good websites

<https://www.aboutkidshealth.ca/Article?contentid=643&language=English>

<https://wezift.com/parent-portal/blog/7-effects-of-screen-time-on-kids-brain-development/>

<https://www.chop.edu/news/health-tip/screen-time-making-our-kids-unhappy>

<https://www.psychologytoday.com/ca/blog/mental-wealth/201402/gray-matters-too-much-screen-time-damages-the-brain>

<https://www.thepragmaticparent.com/harmful-effects-of-too-much-screen-time-for-kids/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=645178592_24521632_24295>

Social

* Screens in bedrooms tend to make kids do worse in school
* Elementary students who spend more than two hours a day watching TV, playing video games, or using a computer or smartphone are more likely to have emotional, social, and attention problems. Also, exposure to video games is linked with an increased possibility of attention problems in children.

Being on a screen can reduce the amount of time your child has to spend with friends and family.

Mental

* The more time spent using a screen, the more likely children are to have trouble falling asleep or have an irregular sleep schedule

Too much screen time can lead to emotional and mental problems

Tips

 If the TV is turned on — even if it's just in the background — it's likely to draw your child's attention. If you're not actively watching a show, turn it off.

* Children who have electronics in their bedrooms watch more than children who don't have these in their bedrooms. Monitor your child's screen time and the websites he or she is visiting by keeping TVs and computers in a common area in your house.
* Allowing your child to eat or snack in front of electronic devices increases his or her screen time. The habit also encourages mindless munching, which can lead to weight gain. Instead of flipping through channels, seek quality videos or programming. Consider using parental control settings on your TV and computers—preview video games and smartphone applications before allowing your child to play with them.

What is screen time?

Screen time is the amount of time a child spends using a device that has a screen. It includes time spent watching television, browsing the internet, using a cell phone, and playing video games. Screen time often limits a child’s opportunity to get active or spend time outdoors.

To me (Molly) screen time is the time you spend on tech (IPads, iPhones, TVs PS Xbox computers).

According to the Canadian Health Measures Survey, on average, 76% of Canadian children aged 5-11 years met the recommendation of no more than 2 hours of screen time per day. However, only 26% of adolescents aged 12-17 met the recommendation.

Due to the increasing amount of screen time in our daily lives, it may not be surprising that much of our physical movement is being displaced by more sedentary activities.

Jan 14th

Write survey

<https://ca.video.search.yahoo.com/search/video;_ylt=AwrjahWSHKNlDgko6wXtFAx.?p=impact+of+screen+time+on+brains&type=E210CA714G0&fr=mcafee&fr2=p%3As%2Cv%3Ai%2Cm%3Apivot#id=32&vid=9c07b00ae36985e1f8eb20b9a7ca7790&action=view>

Make bar graph

Jan 17

Handed out survey

Jan 18 From https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/screen-time-and-body-weight-is-there-a-connection

According to an article published by the Academy of Nutrition and Dietetics, kids spend an average of 7.5 hours per day in front of a screen. This equates to 52.5 hours per week with media.

From https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/screen-time/art-20047952https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/screen,-time/art-20047952

To complicate matters, some screen time can be educational and support children's social development.

From <https://www.plannthat.com/9-positive-effects-of-social-media-you-might-not-know-about/>

Think about the TikTok influencers you follow or the YouTubers you're subscribed to. Have they taught you a life hack? Did you get any educational value from it? Probably not but you learned something.

I found this **The problems with screens**

Too much screen time and regular exposure to poor-quality programming have been linked to:

* Obesity
* Not enough sleep
* Behavior problems
* Delays in language and not knowing how to be a good firend
* Violence
* Attention problems
* Less time learning

Physical

##  **Poor Posture**

## **Muscular Pain**

Poor posture has a huge role in causing muscular pain. The continuous forward or backward bending of the neck can cause headaches, shoulder stiffness, neck pain, and soreness—these symptoms are sometimes called "tech neck".

It happens mainly due to the distribution of the head's weight at different angles. According to [Physical Therapy and Rehabilitation Science](http://www.jptrs.org/journal/view.html?doi=10.14474/ptrs.2016.5.2.101#:~:text=The%20weight%20of%20an%20adult's,60%C2%B0%20respectively%20%5B7%5D.), when your head is in a neutral position, it puts no more than 10**–**12 pounds of stress on your neck. But when it’s tilted, the muscles have to work harder to support as much as 27 pounds at 15 degrees or 60 pounds at 60 degrees.

### **What to Do About Muscular Pain**

Begin by investing in an ergonomic office setup to maintain the right posture. For instance, when you work in your office, your computer screen should be at or slightly below your eye level, according to [Grand Valley State University](https://www.gvsu.edu/officeergonomics/computer-monitor-8.htm).

Furthermore, [PhysioMed's guide to Correct Sitting Posture](http://www.physiomed.co.uk/uploads/guide/file/22/Physiomed_Sitting_Guide_-_Working_at_a_Desk_Digital.pdf) suggests that your elbows should make an angle of about 90 degrees with the keyboard, and your legs and knees should also be at a right angle. Additionally, there should be lumbar support for your back, and your feet should be flat on the ground or the footrest, according to [Princeton University's Computer Workstations and Ergonomics](https://ehs.princeton.edu/book/export/html/72). **Eye Strain**

According to research, two out of three Americans complain about experiencing symptoms of eyestrain due according to the [National Center for Health](https://www.center4research.org/digitaleyestrain/) increased screen time. These strains can directly affect your productivity, causing you to make more mistakes in your work and take more breaks.

Moreover, you may also get dry eyes, which puts an extra burden on the muscles meant for focusing. Dr. Joshua L. Dunaief told [NBC News](https://www.nbcnews.com/health/health-news/read-it-blink-70-percent-adults-report-digital-eye-strain-flna2d11883909), "We don’t blink as much when using screens because the blink response is suppressed. So we don’t spread tears across our eyes, and they wind up drying out."

computer. Then, make sure that the lighting of your room could be more bright It's mainly due to activities like looking at computer screens for long periods, scrolling through social media, binge-watching shows, and more.

### **How to Reduce Eye Strain**

According to an [article by WebMD](https://www.webmd.com/eye-health/prevent-digital-eyestrain), keep your screen about 20–30 inches from yourself and follow the 20-20-20 rule: look at an object 20 feet away for 20 seconds every 20 minutes of working on your dim. These measures can help you reduce your eye strain.

### **How to Get Better Sleep**

There are various things you can do to ensure quality sleep at night without getting distracted by technology. For instance, dim your lights at least one hour before going to bed. Make sure that your phone is in a different room so that, when you feel the urge to use it, you'll be less inclined to reach for it.

However, if you really need to keep your phone with you for some reason, put it on do not disturb mode and [use Android’s Digital Wellbeing Dashboard](https://www.makeuseof.com/use-or-disable-digital-wellbeing-android/) or Sleep Mode on iOS to limit distractions. Or download an app like [Stay Focused](https://www.anrdoezrs.net/links/7251228/type/dlg/sid/UUmuoUeUpU2012732/https%3A//play.google.com/store/apps/details?id=com.stayfocused), which can help you block notifications and reduce the use of certain apps. You can also consider reading about the other [tools to help you with a good night's sleep](https://www.makeuseof.com/tag/sleep-apps-methods-fall-asleep-faster/). Reduced Physical Activity

sedentary behavior greatly reduces According to the [Mayo Clinic](http://www.mayoclinic.org/healthy-lifestyle/fitness/expert-answers/exercise/faq-20057916#:~:text=For%20most%20healthy%20adults%2C%20the,of%20moderate%20and%20vigorous%20activity.), adults should aim to get 150 minutes of moderate physical activity or 75 minutes of vigorous exercise per week. However, a [study in the Journal of Medical Internet Research](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6604510/) found that the usage of social media increased the amount of daily exercise people do.

Moreover, according to [research in Healthcare (Basel)](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7712844/), the usage of technology in

Technology may be the cause of your sedentary behavior and reduced physical activities, but it can also be used to fix them. [Persuasive technology](https://www.makeuseof.com/what-is-persuasive-technology/)—tools or apps to remind you to work out or block the usage of your certain devices

—and playing active video games may help you increase physical activity, according to a [report by Lifespan](https://www.lifespan.org/news/study-supports-value-video-games-promoting-physical-activity).

Promoting activity and counting the number of steps you’ve taken throughout the day are excellent [reasons you should get a smartwatch](https://www.makeuseof.com/tag/buy-wearable-4-reasons-need-smartwatch/). These devices can motivate you to move more than you do, as you’ll see how little you might currently be moving in your typical day.

### **How to Improve Your Posture**

Reduce your screen time by [cutting your use of smartphones](https://www.makeuseof.com/tag/cut-smartphone-usage-changes/), tablets, gaming, and more. You can also try using [apps to improve your posture](https://www.makeuseof.com/tag/apps-improve-posture-fix-back-neck-pain/) to help reduce back and neck pain. Finally, YouTube has some great videos available on the topic:

* How to Correct Your Posture: 5 Home Exercises to Improve Posture ([YouTube](http://www.youtube.com/watch?v=5R54QoUbbow))
* Improve Posture With 5 Easy Exercises ([YouTube](http://www.youtube.com/watch?v=fBn8u_Dlgtc))
* 5 Best Ways to Improve Your Posture ([YouTube](http://www.youtube.com/watch?v=s2ZehQim5ZE))

However, consider consulting with your doctor before introducing any heavier exercises.

* **5 to 7 hours a day**
* the time allotted to or occupied by a particular subject, actor, etc., on film or television:
* "These characters deserve more screen time"
* 2.
* time spent using a device such as a computer, television, or games console.
* **Screen time is the amount of time spent using a device with a screen such as a smartphone, computer, television, or video game console. The concept is under significant research with related concepts in digital media use and mental health. Screen time is correlated with mental and physical harm in child development.**

**Screen time lowers dopamine**

**Jan 27th**

**Plan for bifold**

1. **What is screen time**
2. **What is good about screen**
3. **Physical**
4. **Mental**
5. **Social**
6. **Brian**
7. **Bar graph**
8. **Anser & tips**

**Send survey to experts**

**Jan 28**

**Brain**

**Screens are actually changing the structure of our brians**

**Changing the way we think and focus**

**Becuase kids brians are not developed yet screens are more damaging for kids than adults**

**More than 3 hours of screen time thats not for school can be damaging your brain**

**This causes lack of attention and focus, anxiety, bad mood, sadness or depression**

**Brain is made up of two matters:**

* **Gray matter process information, plan, focus and control feelings**
* **Gray matter shrinks in front of screens which causes poor focus and decision making**
* **White matter connects the different parts of the brain and sends messages**

***https://ca.video.search.yahoo.com/search/video;\_ylt=AwrjahWSHKNlDgko6wXtFAx.?p=impact+of+screen+time+on+brains&type=E210CA714G0&fr=mcafee&fr2=p%3As%2Cv%3Ai%2Cm%3Apivot#id=35&vid=9c07b00ae36985e1f8eb20b9a7ca7790&action=view***

**January 30**

**Decorate tri fold & practice**