



# 11 to 17 years

## YOUR TIPS FOR A HEALTHIER SCREEN TIME

‘Studies show there is a clear link between **excessive social media** and screen use and **difficulties with concentration, sleep and mental health**. There may also be distinct **physical changes** in the developing brain.’



No screens

M	T	W	T	F	S	S
Up to 2hrs/day					Up to 2-3 hrs /day	



Stay active.  
More green time,  
less screen time



Screen-free  
time together



No screens at least  
1 hour before bedtime



Be careful of violent or frightening content especially before bed.

## RECOMMENDATIONS:

### 1

**WAKING UP WITHOUT screens**  
It is recommended that social media/screens are **not used for the first hour of the day**.

### 2

**SCREEN TIME** As a general rule, it is suggested that screen time **should not exceed 1-2 hours per day** in the week and not more than **3 hours on weekends**.



Watching lots of short videos on platforms such as TikTok and YouTube is being linked to concentration difficulties in children.

### 3

**STAY ACTIVE** Encourage physical activity for at least **an hour per day**.

### 4

**SCREEN-FREE time together**  
Children will often mimic behaviours of the adults around them. **Consider your own social media usage**.

### 5

**Phones, tablets and computers should not be in a bedroom overnight**.



HEALTH PROFESSIONALS FOR SAFER SCREENS



SCAN ME