



Advice on screen balance for parents of teens

HYPERCONNECTIVITY STATISTICS*

* Sources available on request

TEENS

27 %

use screens more than 4 hours per day for recreational purposes only.

87 %

have their own smartphone with an Internet connection.

1/5

teens is at risk of developing a problematic use of the Internet.

ADULTS

15 %

of adults use screens more than 4 hours per day for recreational purposes only.

They spend close to

3 hours

per day on their smartphones.

90 %

of parents would like to reduce their screen time.

Hyperconnectivity is the social context in which we now live: omnipresence of screens, smartphones, smartwatches, increased access to Wi-Fi, ever-growing number of applications...

PAUSE invites parents to reflect on their digital habits, take action to enjoy the advantages that screens can bring without suffering their harmful effects, and encourage screen-free moments.

POSSIBLE CONSEQUENCES OF EXCESSIVE OR INAPPROPRIATE SCREEN USE:

- Increased risk of anxiety and depression
- Increased risk of impaired sleep quality and lack of physical activity
- Link between the nature of some social media use and psychological and physical stress



PAUSE is not against screens, but reminds us that it feels good to set them aside from time to time.

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BALANCE IN 3 POINTS

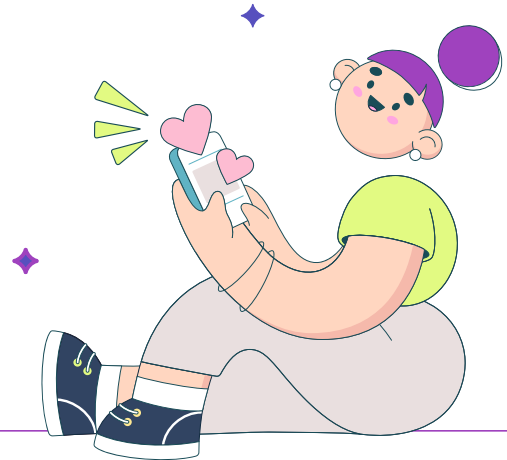
1. Limited screen **time**
2. Quality **content**
3. Appropriate **times**

Parents are role models for their kids

- Setting a good example
- Establishing rules
- Talking with their teen
- Having a positive and open-minded attitude

6 tips to take action

1. **Evaluate your habits** and set goals.
2. **Dare to turn off** or put aside your screens.
3. **Turn off** visual and audio notifications.
4. **Ask yourself two questions** before checking your phone: Is it really important? Can it wait?
5. **Define screen-free moments**, such as during meals or 1 hour before bedtime.
6. **Stop responding** instantly.



Pauseyourscreen.com



- Advice, tools, and quizzes for parents
- Quizzes and challenges for parents and youth
- Unplugging events
- Help resource
- And much more!