

Screen Time Quiz

True or false statements (please circle)

1. On average, people in Scotland spend 2 hours a day online.	True/False
2. Screen time is a sedentary activity.	True/False
3. Time spent on screens is causing an increase in mental health problems for children and young people.	True/False
4. Time spent on screens is always harmful.	True/False
5. The amount of time children and young people spend on screens should be restricted.	True/False

Screen Time Quiz: Answers

<p>1. On average, people in Scotland spend 2 hours a day online.</p>	<p>False</p> <p>It is in fact much higher than this. According to Ofcom's Online National Report 2022, adult internet users in Scotland spent an average of 4 hours and 18 minutes online a day on computers, tablets, and smartphones. Young adults aged 18-24 spend even more time online, at an average of 5 hours and 6 minutes a day.</p>
<p>2. Screen time is a sedentary activity.</p>	<p>False</p> <p>While people can be physically sat down when using screens, such as watching TV, not all screen time is sedentary. Many people use screens to watch exercise videos, play games consoles that involve being active (such as a wii), or use screens while they are walking (such as listening to a podcast on a walk).</p>
<p>3. Time spent on screens is causing increases in mental health problems among children and young people.</p>	<p>False</p> <p>Evidence about the impact of screen time on mental health of children and young people shows mixed results and does not clearly show that it has a direct negative impact on mental health and wellbeing. It cannot therefore be said that screen time causes mental health problems, although there may be a link between the two.</p>
<p>4. Time spent on screens is always harmful.</p>	<p>False</p> <p>There are a wide range of benefits to time spent on screens, not just the harms. This can include connecting with others, finding support, and accessing information. We will</p>

	discuss the benefits of screen time in more detail in the session.
5. The amount of time children and young people spend on screens should be restricted.	False It is not always the case that children and young people's screen time needs to be limited. Some can spend time on screens in a healthy and positive way, without it displacing other activities such as sleep or physical activity. In these cases, time spent on screens doesn't need to be restricted. For other children and young people who may not be having such a positive experience online, they may need further support. We will cover what this could look like later in the session.