

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 way a child or young person uses technology can be as important as the amount of time they spend on it.	True/False

Screen Time Quiz: Answers

1. On average, people in Scotland spend 2 hours a day online.	False It is in fact much higher than this. According to Ofcom's Online Nations Report 2025, adult internet users in Scotland spent an average of 4 hours and 30 minutes online a day on computers, tablets, and smartphones. Young adults aged 18-24 spend even more time online, at an average of 6 hours and 20 minutes a day.
2. Screen time is a sedentary activity.	False 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 game 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).
3. Time spent on screens is causing increases in mental health problems among children and young people.	False 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.
4. Time spent on screens is always harmful.	False 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

	discuss the benefits of screen time in more detail in the session.
5. The way a child or young person uses technology can be as important as the amount of time they spend on it.	True Research suggests that factors such as compulsive or addictive use, sleep disruption, cyberbullying and exposure to harmful content may influence wellbeing, not just the amount of time spent online.