

Excessive screen time and social media in children 11 to 14 years old is associated with **increased anxiety, depression, electronics addiction, and learning problems.**

The number of children with depression has **increased by 200%** in the last 15 years.

The number of children with anxiety has **increased by 250%** in the last 15 years.

The time spent with friends has **decreased by nearly 70%** in the last 15 years.



## Utah Valley Pediatrics recommendations:

- Spend time with family and **socialize with friends.**
- Make sure your child is **sleeping 8 to 9 hours** every night.
- Exercising **1 hour** per day.
- Become **involved in the community** and try a new hobby.



- If your child needs a phone, it should be a **basic phone** that only has talk/text capability.
- **Less than 2 hours** of screen time per day.
- **No screens** during family meals and for 1 hour before bedtime.
- **No electronics in the bedroom.**

Utah Valley Pediatrics recommends...

**NO SMART PHONES UNTIL HIGH SCHOOL.**

**NO SOCIAL MEDIA UNTIL 16 YEARS OLD.**



Schedule **screen-free days** or weekends regularly.  
Limit passive scrolling.

**Families can develop a Family Media Use Plan.**

Scan the QR code for more details.