



UTAH VALLEY PEDIATRICS



Excessive screen time and social media in children 15 to 18 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:

- Emphasize apps that help with **study, goal setting, creativity, or personal growth.**
- 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.



- Parents should help set limits, **closely monitor their child's social media** activity, and provide feedback.
- Delete social media accounts that negatively impact mental health.
- **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.