

REDUCING SCREEN USE

A responsible use of screens benefits both health and the climate. Increasing awareness of the effects of screens on individual and planetary health, along with digital education, is essential to addressing excessive screen time.

SCREEN USE IN NUMBERS

- ✓ 8 digital devices per household.¹
- ✓ Swiss teenagers use their smartphones an average of 3.5 hours/day on weekdays and 5 hours/day on weekends.²
- ✓ From age 16, 50% of people have already been victims of online sexual harassment.²
- ✓ 42% of children aged 6-13 look at their phone during the night.³
- ✓ In Europe, adults spend approximately 51 hours per week in front of a screen, with 20% of this time at work.⁴

HEALTH BENEFITS OF REDUCING SCREEN USE

- ✓ Improvement in sleep disorders, visual issues, and musculoskeletal problems.
- ✓ Increase in physical activity.
- ✓ Improvement in psychiatric disorders⁵
(e.g., depression, distress, loneliness, anxiety, aggressive behavior, and «multitasking attention disorder»).

IN CHILDREN SPECIFICALLY⁶

- ✓ Decrease in myopia epidemic.
- ✓ Improved emotional regulation and learning abilities.
- ✓ Reduction in psychological trauma caused by exposure to disturbing images or cyberbullying.

PLANETARY BENEFITS OF REDUCING SCREEN USE⁷

- ✓ Reduction in the extraction of rare metals needed for screen production.

- ✓ Lower greenhouse gas emissions :



1 computer = 1 ton of CO₂

- ✓ Decrease in global electricity consumption: 6-10% of the world's electricity is used by screens.

THE SUSTAINABLE PRESCRIPTION

- ◆ For children, use screens with adult supervision.
- ◆ Improve digital literacy.
- ◆ Prioritize social interactions.
- ◆ Maintain varied activities, physical exercise, and adequate sleep.
- ◆ Buy refurbished phones and consider repairing digital devices instead of replacing them.

When to address screen use?

During check-ups for children, in consultations for sleep, behavioral, or mood disorders, or issues related to harassment or in cases of overweight/obesity.

REFERENCES

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