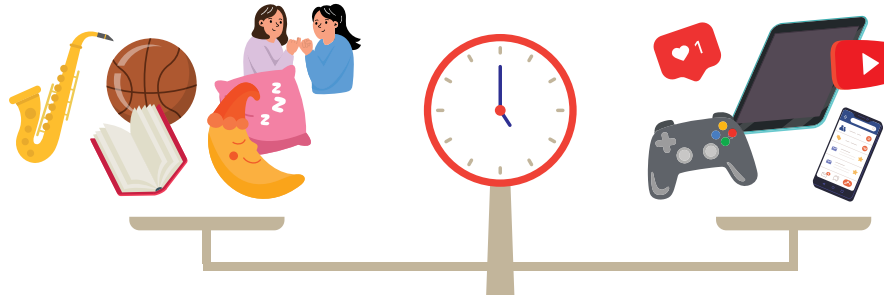


## BALANCING BENEFITS AND RISKS

Nowadays, screens are an integral part of young people's lives. While they have many benefits, they also pose risks to their health, well-being, and educational success.



### WHAT CAN TIP THE BALANCE

The effects of screens can vary according to several factors, including:

- The type of screen (computer, television, smartphone, tablet, videogame, etc.)
- When the screen is used (during the week or the weekend)
- The setting (e.g., mealtime, bedtime routine)
- The amount of screen time
- The type of content
- A person's individual and family characteristics (e.g., gender, age, socioeconomic situation)



Young people's media consumption habits can thus represent an important vector for mitigating risk factors.

### SCREEN TIME



**The greater the screen time, the more likely it is that negative effects will appear.**



**Screen time increases as children get older.**



#### **Educational screen time vs leisure screen time**

Educational screen time is necessary for some schoolwork, while leisure screen time occurs when the student could also be doing something else. However, in a young person's daily life, these two types of screen time add up and can lead to substantial overall exposure.



#### **Weekday vs weekend**

Holidays, weekdays, and weekends offer varying amounts of available leisure time, and this must be taken into account.

Experts recommend limiting leisure screen time to less than 2 hours/day. Data shows that most young people, especially teens, exceed this amount.



## FACTORS THAT WEIGH HEAVIER THAN OTHERS



Certain situations or characteristics can put a young person at greater risk of developing digital habits detrimental to their quality of life, reducing the benefits they can derive from screens.

- Being in early childhood
- Belonging to a visible minority
- Being an only child and having a stay-at-home parent
- Having a parent who holds a vocational studies diploma or less
- Being from a disadvantaged background
- Living in a neighbourhood that is unsafe or has little public infrastructure
- Having parents who frequently use screens
- Having accrued a high amount of screen time from early childhood
- Needing a computer at home to study

## WHEN IS CONCERN WARRANTED?



Screen use is problematic when the youth:

- Often spends more time than expected in front of screens
- Engages in less physical activity
- Sleeps less
- Changes their behaviour
- Is less engaged socially
- Has trouble undertaking other tasks

## PROMOTING A GOOD DIGITAL BALANCE – IT'S EVERYONE'S BUSINESS

Screen use is influenced by many different factors, including overall conditions, family situation, school setting, social networks, and peers. Intervention is therefore possible at all levels: governments; technology companies; parents, friends, and family; educational daycares; schools; the health and social services system; the community; researchers; and, of course, young people themselves.

For more information:

[www.reseautreussitemontreal.ca/dossiers-thematiques/les-ecrans-et-les-jeunes](http://www.reseautreussitemontreal.ca/dossiers-thematiques/les-ecrans-et-les-jeunes)  
(This page also includes links to all the sources used to compile this infographic, courses of action, resources, etc.)

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