

BENEFITTING FROM THE ADVANTAGES OF SCREENS WITHOUT TIPPING OVER TO THEIR DOWNSIDES

Screens are an integral part of young people’s everyday lives nowadays. Used wisely, they can have a multiplying effect on learning, creating, and exploring the world. On the contrary, excessive or inappropriate screen use can compromise young people’s health, well-being, and educational success.



PHYSICAL HEALTH

- Increased sedentary time
- Reduced physical activity
- Poorer nutritional intake
- Reduced quality and quantity of sleep
- Increased musculoskeletal and visual problems

MENTAL HEALTH AND WELL-BEING

- Increase in symptoms of depression
- Greater anxiety (including a decrease in self-esteem and an increase in eating disorders)
- Risk of activating addiction-like mechanisms
- Risk of exposure to cyberbullying or inappropriate content

AMONG PRESCHOOLERS SPECIFICALLY

- Delays in language development
- Behavioural and emotion-regulation difficulties
- Low level of preparation for school
- Reduced attention span and ability to concentrate in class
- Difficulties in following instructions and autonomous learning later in elementary school



KNOWLEDGE AND COMPETENCIES

- Acquisition of digital skills essential to function and thrive as an adult
- Improved access to information and knowledge
- Technology-based adaptations that benefit students with learning disabilities
- Development of creativity, literacy, and conflict resolution skills (especially through video games*)

SOCIALIZATION

- Maintenance and expansion of social connections (long-distance contacts, communities of interest, etc.)
- Reduced feelings of isolation among youth from marginalized groups (e.g., sexually- and gender-diverse youth)
- Opportunities for personal expression on social networks.

MENTAL HEALTH AND WELL-BEING

- Positive effects on well-being and reduced risk of depression (compared to a complete lack of screen time) when used in moderation
- Improved well-being and prosocial behaviours through cooperative or competitive games with family or peers*



*It is important to note that studies reporting positive effects of video games rarely focus on young children and are often descriptive or cross-sectional. As such, it is often difficult to establish correlations between different elements, and the situations are observed only at a specific point in time.