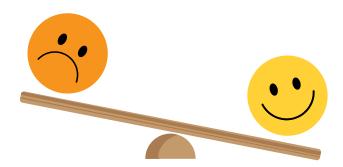
Youth and screens



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 addictionlike mechanisms
- Risk of exposure to cyberbullying or inappropriate content

AMONG PRESCHOOLERS SPECIFICALLY

- Delays in language development
- Behavioural and emotionregulation 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-sectiona As such, it is often difficult to establish correlations between different elements, and the situations are observed only at a specific point in time.



