

# RAISING TECH-HEALTHY HUMANS

## A Guide To Smarter Screen Choices For Your Kids

Navigating screen-time requires a bit of knowledge. It's helpful to consider the amount of **time** your kids are online, the **content** they are watching, and the **context** through which they watch it.

### 1. Screen Time

Everything a young child experiences will impact their developing brain. There are **no** risks to not exposing your children to screens when young. Start slow and grade up as they grow up.

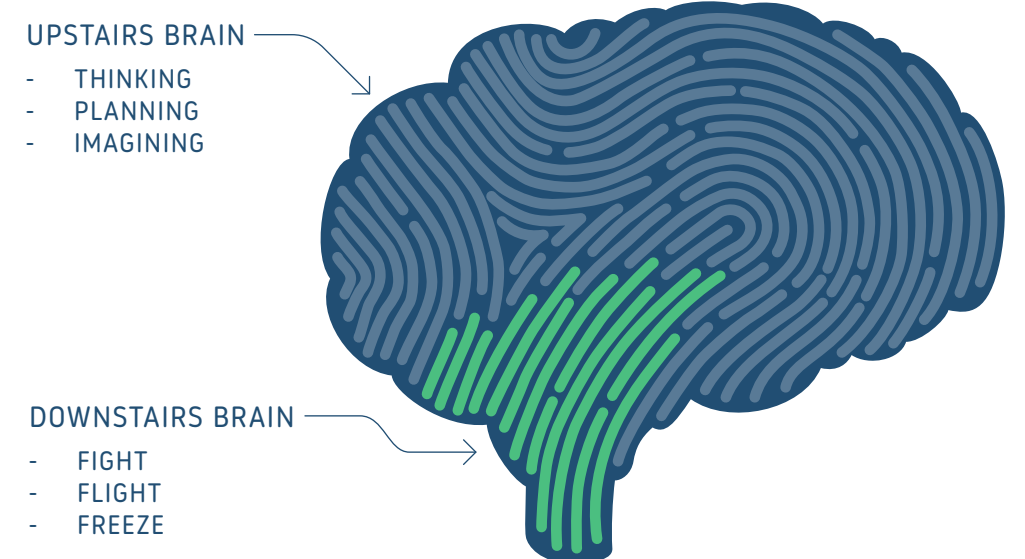
0 - 2 YEARS OLD	2 - 5 YEARS OLD	5 - 17 YEARS OLD
NIL	1 HOUR PER DAY	2 HOUR PER DAY + STUDY / WORK

### 2. Screen Content

Curate the content your children are viewing and be actively engaged in watching media with them.

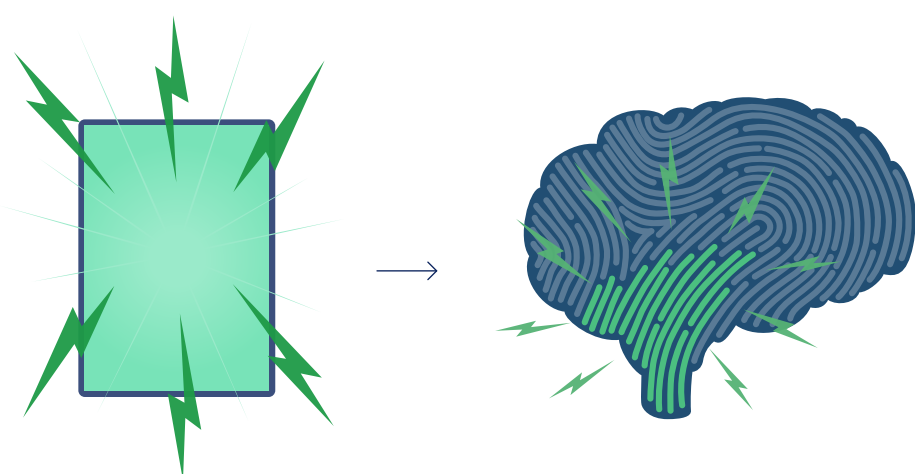
Be careful of games and 'educational' apps with flashing colours and variable rewards. These ramp up the downstairs brain.

Follow media classification ratings and avoid violent and sexual content. Just because friends are viewing M or MA-rated content in primary school doesn't mean it's suitable.



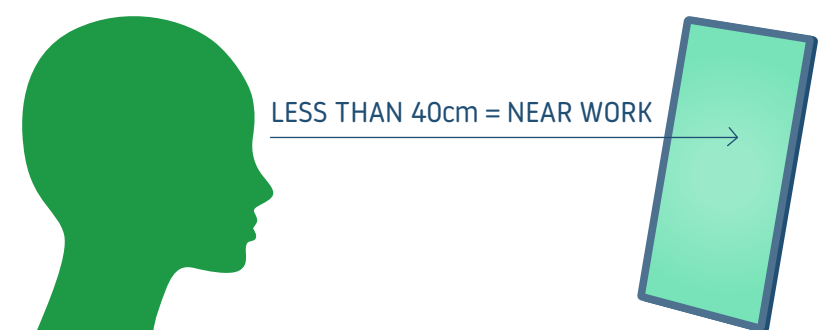
### 3. Screen Context

Not all devices are equal. Be thoughtful about the type of devices your children are using.



#### Lean forward or lean back?

Interactive media used on tablets and phones (lean forward) stimulate the downstairs brain (fight-flight-freeze) in a different way than passive media on a television screen (lean back). Be thoughtful about how early and how often your kids use interactive media in the younger years.



#### Near work or far work?

Kids who use handheld devices (near work) are more likely to develop myopia (near-sightedness) and experience visual problems as adults. Encourage screens at a distance where possible (far work) and get kids playing outdoors.