TALK ABOUT TEXTS

How Much Screen Time?



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For Review Only

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macmillan education

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Introduction

Screen time is time spent on any device with a screen. It is time spent watching television or playing on a gaming system. It is time spent using a phone, computer or tablet. Do you spend time looking at screens each day?

These days, many people seem to live their lives online. They watch, post, message and shop.

However, many people think too much screen time is not good, especially for children. So, how much screen time is good for us?





Many people use screens every day.

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How Much Screen Time Are we Getting?

How much time do we spend looking at screens? Almost half of all eight year olds spend more than two hours a day on screen. By the age of 14, teens may spend up to nine hours a day looking at a screen.

What do doctors suggest? This table shows the amount of screen time doctors suggest for each age group.



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Recommended Screen Times by Age Group

Age	Time
less than 18 months	none
2–5 years old	no more than one hour per day
6 years or older	no more than the time left after school, physical activity, family and sleep

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