**What the research says:**

**Screen use can be positive or negative**

Digital technology can have both positive and negative effects on children and adolescents, and using the device can be a way to escape unpleasant situations.

- Have you heard of the sus displacement hypothesis?

**Screen time:**

• More research is needed on what effects social media use and screen use have on adolescents.

**Tips on managing screen use in your home (for parents)**

For tips on how to take control of screen use, check out these TELUS Wise tip sheets at teluswise.com/else

**Tips on managing screen use in your home (for parents)**

- Digital media can be an important tool for parents and in their relationships with their children.

**Screen use can hurt mental wellness**

Screen time has the biggest direct impact on sleep.

- **29%** of two- to eleven-year-olds are under six hours of sleep.

**What the research says:**

- What kids say:
  - Screen use has its pros and cons but overall is more positive than negative

- The regular effects of screen use are inconsistent or vulnerable children - but often having more than one or more effects.

- More research is needed on what effects social media use and screen use have on adolescents.

**What the research says:**

- What the research says:
  - Screen use can hurt mental wellness

**What the research says:**

- **51%** of teens say that parents are sometimes, sometimes, sometimes, or never involved when they are using their devices.

**What the research says:**

- What the research says:
  - Screen use can be positive