



# Digital Influences, Impact of Screen time on Child Development & Safeguarding

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# What is Digital Media?

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- Digital media is any form of interactive media that requires electronic devices for distribution.
- Internet-emails, social media platforms
- Applications (apps)
- Cell phones
- Digital video/audio
- Multiplayer video games
- World wide web
- Digital television
- E-book



# Online risks for children

- Content harmful or not appropriate to watch
- Coercion and extortion by the predators searching for children on social media , gaming and other platforms for sexual purposes
- Grooming
- Cyberbullying
- Sexting
- Games with gambling like elements
- Privacy concerns & digital footprint
- Dark web



# Negative health effects

- Sleep
- Obesity
- Mental health: Depression, anxiety ,fear
- Cognitive development delay
- Language delay
- Social emotional problem
- Digital eye strain
- Risky health behaviors



# Tips for parents

- Parent digital media use-Be a role model
- Make your own family media use plan
- Talk to them and include them in making rules
- Set limits-use parental settings, programs like Common sense media
- Screen free zones and times
- Limit Screen time –No screen for less than 2 years except for video chatting
- 18-24 months co viewing, supervised
- > 24 months less than 1-2 hrs per day



# Tips for parents

- Older children-personalized plan with 8-12 hr sleep, 1 hr physical activity and time away from devices.
- Co viewing
- Talk about Digital footprint
- Talk about being good digital citizens
- Pay attention to their mental health



# References

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Thank  
you