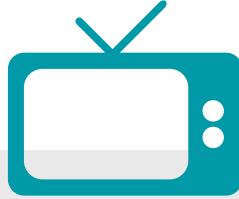


START A FAMILY CONVERSATION ABOUT SCREEN TIME



Doctors say too much screen time can get in the way of a healthy lifestyle. Do you agree? Why?

What is the most common feeling you have online? Happy? A little scared? Self-confident? Left out or ignored?

Do you think it's true that people can become "addicted" to their screens (phones, tablets, computer, TV, video games)? Is it possible to break the habit?

If a giant electrical pulse destroyed the internet, what would you do instead?

What are the top 3 ways smartphones have improved people's lives? The top 3 problems with the ways people use phones?

Do you think family members' screen-time habits rub off on each other?

Share the infographic (pg 2 of this doc). Do these numbers seem about right to you? Did anything surprise you?

I SCREEN. YOU SCREEN. WE ALL SCREEN.

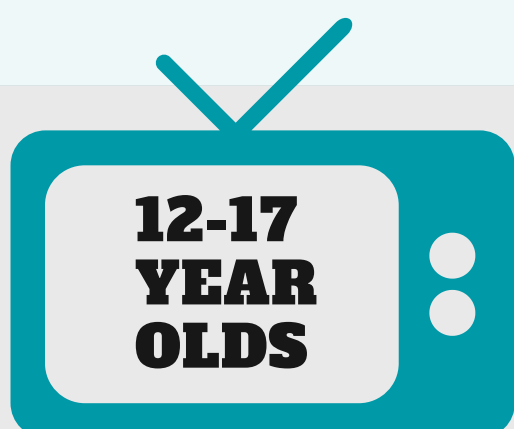


**ADULTS
60+**

SPEND 6 PLUS HOURS OF
AVERAGE DAILY TELEVISION
CONSUMPTION

**18-34
YEAR
OLDS**

CONSUME LESS THAN 2
HOURS OF TV A DAY

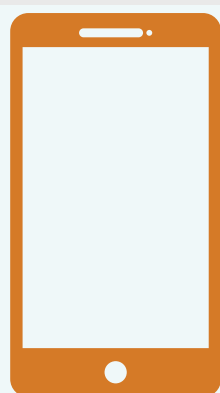


**12-17
YEAR
OLDS**

WATCH EVEN LESS
TELEVISION: LESS THAN 1.5
HOURS A DAY. THIS IS CUT IN
HALF FROM JUST 5 YEARS AGO

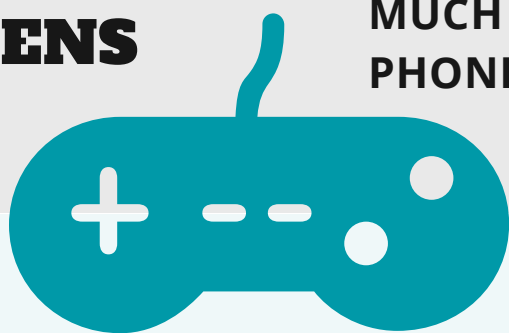
**45% OF
TEENS**

ARE ON THEIR PHONE
“VIRTUALLY ALL THE TIME”



**54%
OF TEENS**

ADMIT THEY SPEND TOO
MUCH TIME ON THEIR CELL
PHONES



**VIDEO
GAMERS**

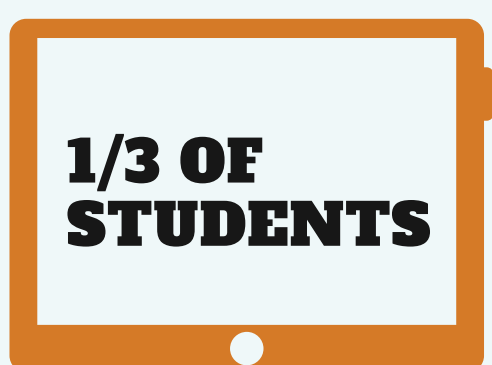
SPEND AN AVERAGE OF 5.96
HOURS EACH WEEK PLAYING
GAMES

**58%
OF TEENS**

HAVE TRIED CUTTING BACK ON
THE AMOUNT OF TIME THEY
SPEND PLAYING VIDEO GAMES

**1/3 OF
STUDENTS**

DID NOT READ A BOOK IN
2016



**1/3 OF
STUDENTS**

U.S. ADOLESCENTS IS MEETING
NATIONAL RECOMMENDATIONS FOR
SLEEPING, PHYSICAL ACTIVITY, AND
SCREEN TIME, ACCORDING TO NEW
RESEARCH BY THE UNIVERSITY OF TEXAS
HEALTH SCIENCE CENTER AT HOUSTON