



Screen Time Limits



4.43 hours

A college student spent on phone per day

8-10 hours

Consuming all media on TV, phone, computer, & tablet

3,065 hours a year

Looking at a screen

Steps to Cutting Back on Screen Time



📐 Baby steps

Make gradual changes. Do you constantly reach for your phone or tablet after school or work? If so, try cutting back 1 hour a week to start. It is impossible for you to cut out electronic devices completely, but making small changes is the best place to start behavior change.

📐 Unplug the bedroom

Having devices available in the bedroom can interfere with sleep, making it hard to fall asleep at night. Not sleeping at night makes it hard to have energy to do activities during the day. Keep as many screens as you can out of your bedroom. Also, by placing TVs, computers, cell phones, and tablets in a central location, you can better monitor the time spent in front of them.

Create a screen time schedule

Once you've established a screen time limit, sit down and figure out when you plan to use screen time. Just make sure that screen time doesn't occur during meals or within an hour of bedtime. Otherwise, honor the agreement with yourself.

Out of sight, out of mind

Put devices in a place where you cannot see them. By not having them constantly in front of you, it is easier to forget they exist, thereby limiting screen time.

Do other activities

Reading, doing puzzles or playing board games, playing outside, and spending time with friends or family are a few of the healthy activities you can engage in instead of being on a device. By planning activities, you can keep yourself entertained without a screen.



⬡ **Be consistent**

Chances are, cutting back on your screen time will cause some conflicts. Stay calm and remember why these limits are important for your physical and mental health.

⬡ **Motivate yourself to be active**

Screen time can be addicting (we've all binged a show in a day). However, making sure to plan a time to get off screens and do something active that keeps you moving. Go rock climbing, bowling, hiking, or just for a walk around the campus.

⬡ **Encourage activities that involve socializing.**

Look for activities and clubs that engage you socially. Much of the socializing that used to happen is lost today with the use of social media and cell phones. WVU Tech has over 40 clubs and organizations that let you socialize and boost your resume.

Do this Challenge with Friends and Family

You'll be more likely buy-in if you create screen time rules all together. As a group, you can write up a contract that outlines clear group rules. Here are some suggestions for rules to implement together:

- No screens during meals, either at home or at a restaurant.
- No screens until after homework
- Screens get turned off at a set time every night.
- Computers, tablets, and TVs stay in a public room or away from your bed.
- No screens in bedrooms (no cell phones, computers, or TVs).

Source: <https://fit.sanfordhealth.org/blog/10-ways-to-minimize-screen-time-article>

How to set Screen Limits on a Cell Phone/Tablet:

iPhone Instruction:

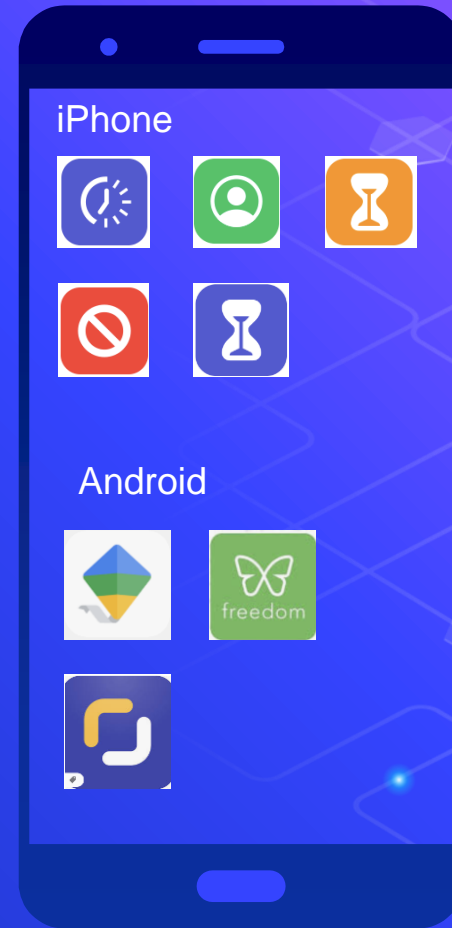
<https://support.apple.com/en-us/HT208982>

Android Instructions:

<https://familytime.io/kb/features/how-to-setup-use-screen-time-on-android-devices.html>

- 7 apps to help control Screen Time on Android

<https://dfwchild.com/7-apps-that-will-help-control-screen-time/>



How to set Screen Limits on a Laptop:

Apple MacBook:

- Apple Support

<https://support.apple.com/en-us/HT210387>

PC:

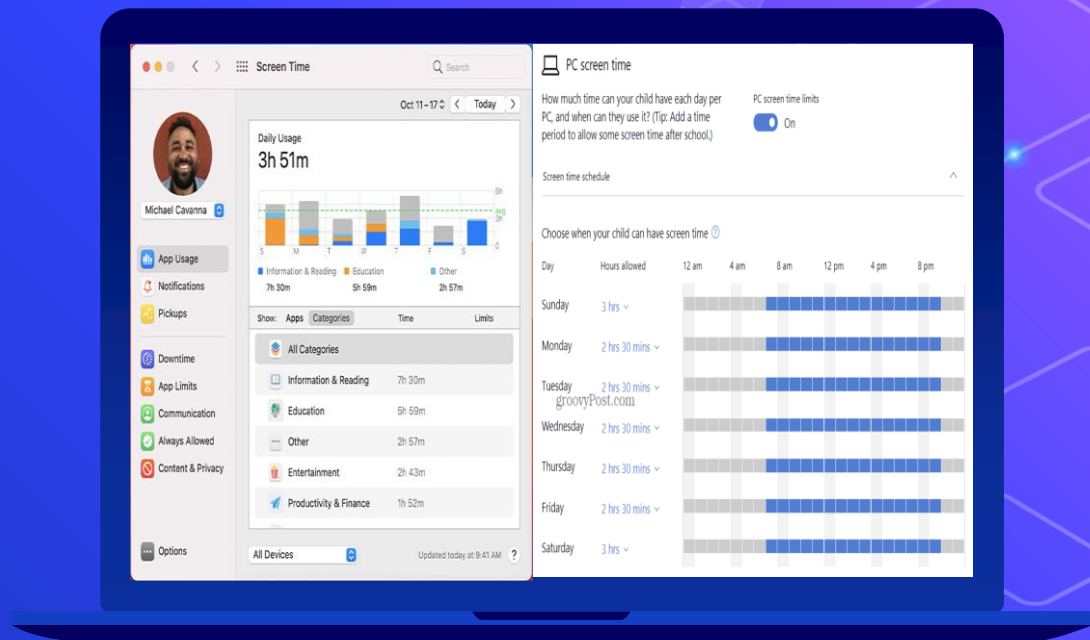
- Microsoft Windows 10

<https://support.microsoft.com/en-us/account-billing/set-screen-time-limits-on-your-kids-devices-a593d725-fc4c-044c-284d-32eab0305ffd>

Chromebook

- Chromebook Help

<https://support.google.com/chromebook/answer/9891921?hl=en>



Resource Citations:

- Penglee, Nattika et al. “Smartphone Use and Physical Activity among College Students in Health Science-Related Majors in the United States and Thailand.” *International journal of environmental research and public health* vol. 16,8 1315. 12 Apr. 2019, doi:10.3390/ijerph16081315
- <http://projects.thepostathens.com/SpecialProjects/behind-the-screens-time-spent-on-phone/index.html>
- <https://www.nami.org/Blogs/NAMI-Blog/August-2018-/How-to-Reduce-Screen-Time-in-the-Digital-Age>
- <https://www.slidescarnival.com/tag/tech>