



## Join the Screen Time Challenge!

### Did You Know?

51% of U.S. teenagers spend at least four hours a day on social media, or as high as 5.8 hours per day for 17-year-olds.<sup>1</sup>

51%



### The Problem?

Youth who spend the most time on their screens were statistically more likely to exhibit depression, anxiety, social anxiety, and other concerns.<sup>2</sup>

### The Common Culprits

One study showed that teenagers spend the majority online time watching videos, with almost 2 hours per day spent on YouTube and another 1.5 on TikTok.

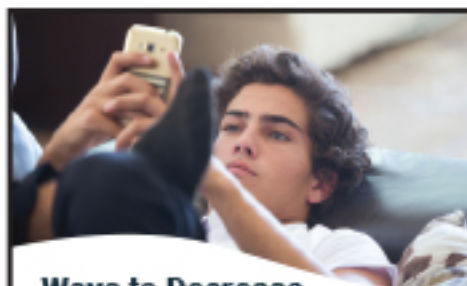


### What Can You Do?

Find ways to limit screen time, and find other activities to fill your time instead. See the back of this card for inspiration.

### Let Your Voice Be Heard

Our brief survey asks questions about hobbies, family, and goals. Help us give Mercer County kids a brighter future!



## Ways to Decrease Your Screen Time

1. **Exercise.** Ride a bike, play a sport, lift weights, or go for a walk outside. This helps keep your brain healthy.
2. **Visit with others.** Spend more time with people face to face.
3. **Try a creative hobby.** Cook, play an instrument, dance, or do arts and crafts.
4. **Make it a challenge.** Come up with three things to do in the morning before you look at your phone. Try journaling, cooking a healthy breakfast, or spending more time with family. Post about your experience when you have your limited screen time!

988

### Need Someone to Talk To?

Teen depression rates have increased, but help is available. Call or text the 988 Lifeline for 24/7, free and confidential support.

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<sup>1</sup>www.gallup.com <sup>2</sup>medlineplus.gov

Funded through a grant by the Department of Justice OJJDP

