**Let’s Talk: Screen time and social media**

**Secondary**



This resource is part of our self-care suite of resources and has been co-produced with children and young people living in Essex, for children and young people. They have also been developed and quality assured by the following stakeholders:

* Essex Educational Psychology Service
* Health Watch Essex
* Essex Mental Health Support Teams (MHSTs) NELFT NHS Foundation Trust
* Essex Multi-schools Council
* Essex Social, Emotional and Mental Health (SEMH) strategy team
* Essex Child and Family Wellbeing Service, HCRG Care Group in partnership with Barnardos
* NELFT NHS Trust Southend, Essex, and Thurrock (SET) Child, Adolescent and Mental Health Service (CAMHS)
* Professionals in schools and settings can access all these resources via the [Essex info link SEMH portal](https://schools.essex.gov.uk/pupils/social_emotional_mental_health_portal_for_schools/Pages/Self-care-for-CYP-Library.aspx). Children and young people (CYP), parents/carers and professionals can also access these resources via the SET CAMHS website. Our self-care content can also be accessed via SET CAMHS Instagram account:

The resources are intended to be accessed by CYP independently or trusted adults use these resources with CYP through 1:1 conversation, whole school/group discussion and assemblies.

Please note: some of the content within our self-care resources may be emotive for CYP. We recommend that you make use of the ‘signposting to support’ section of this document should any of the content be triggering.

   

 

**Introduction**

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Screen time play a significant role in our lives and how we view and see the world. Screen time is the amount of time that someone spends using a device or computer, watching television, or playing on a games console. Social media refers to the different media platforms (apps and websites) and can include YouTube, TikTok and Snapchat. There are lots of benefits to social networking and can allow users to connected with friends and family. They can also learn many different things, from make-up or gaming tutorials to making slime, or how to create your own videos.



**Facts**

Screen time and social media:

* **Children ages 11-14 spend an average of 9 hours a day in front of a screen**.
* **Young ages 15-18 spend an average of 7.5 hours a day in front of a screen**.
* **Screen time should be limited to 1-2 hours per day for children aged 0-17.**
* **47% of young people use technology to support and promote respect and kindness.**



Screen time and social media activities support:

* Teamwork and creativity
* Knowledge and understanding of the world
* Takes away physical barriers to social connections
* Supports academic development

**Myth Buster**

Screen time and social care

* Screen time and social media make people happy X
* Giving people devices fosters their connection with family X
* Young people should be given free rein with screen time and social media to foster their peer relationships X
* Young people learn better using screens and social media X
* Screen time and social media are not addictive X

**Video clips**

Check out these videos about screen time and social media:

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| * [Screen time advice hub for parents | Internet Matters](https://www.internetmatters.org/issues/screen-time/)   Information and video for young people, parents, and caregivers for top tips to support young people. |
| * [Screen time tips to support 11-14 yrs. (Key Stage 3) - Internet Matters - YouTube](https://www.youtube.com/watch?v=Bq7DSfBgoYk)   Screen time tips to support 11-14yrs (Key Stage 3) – internet matters. Information for both young people and their parents. |
| * [How Do social media, Screen Time Affect Children’s Mental Health? – NBC4 Washington (nbcwashington.com)](https://www.nbcwashington.com/news/health/how-social-media-and-screen-time-can-affect-childrens-mental-health/3284440/)   Article and video of a news feed looking into screen time and social media and the impact on their wellbeing. |
| * [Screen Time - UK Safer Internet Centre](https://saferinternet.org.uk/online-issue/screen-time)   Video of young people describe what they think about screen time and social media. |



**Resources**

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| * [Screen time advice hub for parents | Internet Matters](https://www.internetmatters.org/issues/screen-time/)   Information for young people, parents, and caregivers for top tips to support young people. |
| * [Screen Time Impact on Children Statistics 2023: Key Insights And Trends • Gitnux](https://blog.gitnux.com/screen-time-impact-on-children-statistics/)[Making a self-care plan](https://www.annafreud.org/media/15030/my-self-care-plan-secondary.pdf)   Brief study into research (2023) on screen time and social media. |
| * [Internet-Matters-Guide-Balancing-Screen-Time-11-14-KeyStage3-1.pdf (aspirationsacademies.org)](http://atlantic.academies.aspirationsacademies.org/wp-content/uploads/sites/11/2020/06/Internet-Matters-Guide-Balancing-Screen-Time-11-14-KeyStage3-1.pdf)   Balancing screen time and social media – top tips information sheet. |
| * [Teens on screens: Life online for children and young adults revealed - Ofcom](https://www.ofcom.org.uk/news-centre/2023/life-online-for-children-and-young-adults-revealed)   Resource looking at how young people’s relationship with social media and screen time. |
| * [Screen Time - UK Safer Internet Centre](https://saferinternet.org.uk/online-issue/screen-time)   Supporting young people with a healthier attitude towards screen time and social media.   * [Screen time | How much is too much? | eSafety Commissioner](https://www.esafety.gov.au/parents/issues-and-advice/screen-time)   Help your child achieve a healthy balance in their online and offline activities.   * [Resources for 11-19s - UK Safer Internet Centre](https://saferinternet.org.uk/guide-and-resource/young-people/resources-for-11-19s)   Resources for young people in relation to managing screen time and social media. |

**Reflective questions**

(Try exploring these reflective questions with a CYP)

* How much social media and screen time do you spend on per day / per week?
* What do you do to give yourself a break from screen time?
* What advice would you give a friend if they found something online that was not helping them?
* How do other people your age use screen time?
* How much do your parents / caregivers use screen time or social media?



**Signposting to Support**

For additional support we recommend you:

* [Anna Freud Centre – On My Mind](https://www.annafreud.org/on-my-mind/)
* [Kooth.com](https://www.kooth.com/)
* [Explore counselling/therapy](https://www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling/counselling/)
* [Childline](https://www.childline.org.uk/info-advice/your-feelings/mental-health/?&&&&gclsrc=aw.ds&&gclid=EAIaIQobChMIqryktIeP_wIVicPtCh3QZQs6EAAYASAAEgJr5vD_BwE&gclsrc=aw.ds) 0800 1111
* [Text ‘SHOUT’ to 85258 for access to their 24/7 text line](https://giveusashout.org/)
* [Kooth.com](https://www.kooth.com/) (Age 11-25)
* [Togetherall](https://togetherall.com/en-gb/faqs/becoming-a-member-and-managing-your-profile/#:~:text=Togetherall%20is%20only%20for%20adults,is%20only%20available%20to%2018%2B.) (age 16+)
* [Share any concerns about your mental health with your GP](https://www.mind.org.uk/information-support/guides-to-support-and-services/seeking-help-for-a-mental-health-problem/talking-to-your-gp/) and [Understanding Confidentiality](https://www.mind.org.uk/for-young-people/your-rights/understanding-confidentiality/)
* [NHS 111](https://www.nhs.uk/nhs-services/mental-health-services/)
* [Southend, Essex & Thurrock Children and Adolescent Mental Health Service (SET CAMHS)](https://www.nelft.nhs.uk/set-camhs/)
* [Where to get urgent mental health support from: Advice from NHS](https://www.nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/)



**The adult box** (for professionals and parent/carers to read)

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| * [How to talk to your teens about self-care](https://courtneyharriscoaching.com/talking-to-teenagers-about-self-care/)   Blog that shares top tips about talking to teens about self-care. |
| * [Modelling self-care as a supporting adult](https://www.educationsupport.org.uk/resources/for-Individuals/guides/the-building-blocks-of-good-mental-wellbeing/?gclid=EAIaIQobChMIhcqFxImP_wIVgt_tCh13Uw4GEAAYASAAEgIEv_D_BwE)   It’s important to model self-care to young people. This resource is for teaching staff exploring the building blocks of good mental health and wellbeing. |
| * [Secondary student self-care booklet](https://www.twinkl.co.uk/resource/secondary-student-self-care-booklet-au-c-1649815812)   A range of self-care activities that can be printed off for young people. |
| * [Self-care form time activities](https://mentallyhealthyschools.org.uk/resources/self-care-form-time-activities/)   A series of activities for Key Stage 3 and 4, introducing them to a range of self-care techniques. |
| * [Bank of self-care ideas for students](https://www.homeworkhelpglobal.com/us/blog/self-care-ideas/)   250 self-care ideas that you can add to your routine |
| * [Looking after yourself as a parent/carer](https://www.youngminds.org.uk/parent/parents-guide-to-looking-after-yourself/)   Young minds offer some advice about supporting yourself whilst support a child/young person’s mental health. This link includes parents A-Z mental health guide, how to talk to your child about mental health, getting help for your child, how to set up a parent support group, parent helpline and webchat and a parent blog. |



   

 