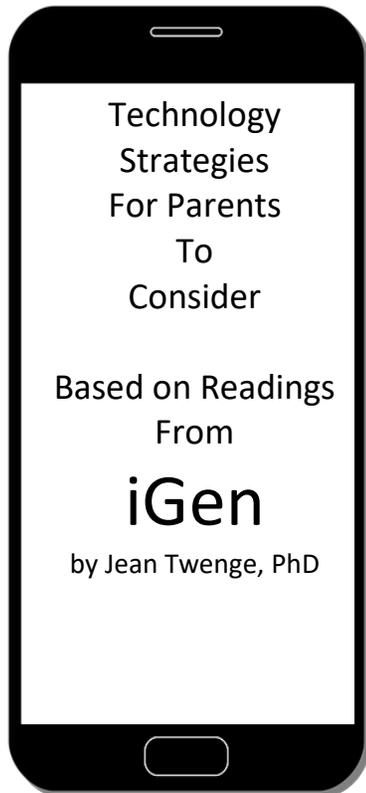


## iGen Screen Time Strategies



Tip #1 - Set the screen time usage limit on their smartphone to 2 hours a day.

*Data reflects that more than 3 hours of screen time a day increases depression.*

Tip #2 - Set the downtime setting on their smartphone to the hours between 9pm & 6am.

*Those late night notifications are keeping your iGen'er from getting their rest.*

Tip #3 - Ask your iGen'er to charge their phone at night outside of their bedroom.

*Research reflects that looking at the blue screen on a phone tells the brain that it is daytime. This keeps your iGen'er from falling asleep and staying asleep.*

Tip #4 – Model these screen time limits at home.

*Creating healthy screen time habits is difficult. Adults modeling appropriate screen time usage is a powerful tool to lifestyle changes.*

**YouTube Video Links on how to adjust screen time setting can be found here:**

<https://www.youtube.com/watch?v=RzViosMRUHg>

iGen'ers were born in 1995 or later and do not remember life before the invention of the internet. They likely had an instagram page before they entered high school.

"...iGen: an optimism and self-confidence online that covers a deep vulnerability, even depression, in real life...iGen'ers are calm and composed on the surface but paddling madly underneath (Twenge, 102)

"...as a true experiment, it shows that Facebook use causes unhappiness, loneliness, and depression." (Twenge, 80)

***"Just for happiness, the results are clear: screen activities are linked to more loneliness, and nonscreen activities are linked to less loneliness." (Twenge, 80)***

***"Teens who visit social networking sites every day are actually more likely to agree "I often feel lonely," "I often feel left out of things," and I often wish I had more good friends." (Twenge, 80)***

Data indicates that more than 1 in 4 iGen'ers do not have a driver's license by the time they graduate from high school.

## Screenshots of Information About iGen Kids

Based on Readings From

# iGen

by Jean Twenge, PhD

"The number of teens who get together with their friends every day has been cut in half in just fifteen years, with especially steep declines recently." (Twenge, 71)

Research reflects current teens are less independent and more protected than any other generation. 1 out of 5 high school seniors asks their parents for what they want instead of managing a cash flow from a job or allowance.

Data shows that the feeling of inadequacy has skyrocketed since 2011. 8<sup>th</sup>, 10<sup>th</sup> and 12<sup>th</sup> graders surveyed feel like they can't do anything right. They wonder what they are doing, should be doing and wonder if it's enough. This stems from what they see posted (Twenge 100, 101)

"...those who spend time with their friends in person or who play sports are less lonely." (Twenge, 103-104)

***"We can't say for sure that smart phones are to blame, but the timing is very suspicious. With twice as many young teens killing themselves, something clearly needs to be done." (Twenge, 110)***

"The results could not be clearer: teens who spend more time on screen activities are more likely to be unhappy, and those who spend time on non screen activities are more likely to be happy." (Twenge, 88)

"Teens who spend more than 3 hours of screen time a day on electronic devices are 35% more likely to have at least one suicide risk factor." (Twenge, 83)

"If you're going to give advice for a happy life...it would be straightforward: put down the phone, turn off the computer or iPad, and do something – anything that does not involve the screen." (Twenge, 78)