

EDUCATE



A lot of information is available online. The following statistics are intended to get you started on your education journey regarding the influence of device use.

Smartphones affect childhood development

Children who spend more than 2 hours a day looking at a screen **score lower on thinking and language tests.**

Smartphones increase the risk for depression and anxiety

Youth who spend 7+ hours per day on electronic devices are **2x more likely to be diagnosed with depression.**

Smartphones expose children to other risks

About one out of every four children has experienced cyber bullying, and about one out of every six children has done it to others.

More than 40% of female victims of human trafficking have also been subjected to some form of online abuse.

Nearly 40 percent of children have **either received and/or sent a "sex" by the age of 13.**

By having an open and honest relationship with your child, you can cultivate healthy digital habits around smartphones.

When children eat with their parents regularly, they are more likely to be **emotionally strong and have better mental health.**

Positive family relationships that feature open communication **help young people stay healthy and avoid substance use and violent behavior.**

Sources:

<https://www.common sense media.org/sites/default/files/uploads/research/2019-census-8-to-18-full-report-updated.pdf>

<https://www.cbsnews.com/news/groundbreaking-study-examines-effects-of-screen-time-on-kids-60-minutes/>

<https://cyberbullying.org/facts>

<https://balkaninsight.com/2020/11/11/study-underscores-link-between-human-trafficking-and-online-abuse/>

<https://internetsafety101.org/mobilestatistics>

<https://coronadosafe.org/blog/6-psychological-benefits-of-family-meals/>

<http://actforyouth.net/adolescence/demographics/family.cfm>

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