

# Digital competence

## Healthy habits for screen time

### 1 Discuss.

- 1 Outside school, which activities take most of your time? Number them from 1 (most time) to 6 (least time).

messaging with friends • playing videogames • watching tv series or videos • videocalls • creating videos, images or texts

- 2 Do you think you spend too much time on screens? Why?

### 2 Look at these statistics from the United States and answer the questions.

Daily screen time for teenagers aged 12–17 (not including schoolwork):

**50.4%** of teenagers spend 4 hours or more on screens every day.

How teenagers (aged 13–17) feel when they're not with their phone:

**72%** say they feel peaceful, but **44%** also say they feel anxious.

- 1 Are these statistics surprising to you?
- 2 Do you think that the statistics are similar in the region where you live?

### 3 Read these opinions about the statistics. Which people talk about the good things about spending time online?

*Too much screen time can cause problems with sleep and exercise. The maximum should be around two hours a day.*

*I love spending time online. I laugh a lot when I chat with friends or when I watch funny videos.*

*With online videos, I learn a lot about other people and cultures. It's interesting to see how other people live.*



Emilia (doctor)



Leo (student)



Ana (student)

*Using computers and tablets is a great way to find so much information. It helps my students with their homework.*

*Sometimes, I spend too much time online. I feel better after I go outside and spend time with friends in the real world.*



Layla (teacher)



Ahmed (student)

### 4 Read the opinions again. Are the statements true or false?

- 1 Emilia says that screens help people to exercise.
- 2 Leo enjoys his time online.
- 3 When Ana is online, she sees people who are different from her.
- 4 Layla says that it's bad to use computers for homework.
- 5 Ahmed prefers chatting with his friends online.

### 5 Discuss in pairs.

- 1 In the opinions above, we saw some benefits about being online. Can you think of more?
- 2 How many hours a day do you think is a 'healthy' screen time? Explain.
- 3 After reading about screen time, will you change anything that you do? Why/why not?