

# Report on the relationship between screen time and educational outcomes of children and adolescents

*Understanding the complex, multifaceted relationship between these factors*

## Description

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The report highlights that while screen time has become an integral part of daily life, its impact on children and adolescents varies significantly based on the type of screen activity undertaken. Educational screen use tends to have positive effects, whereas entertainment use, especially TV and video games, have negative effects.

The report emphasises that the effects of screen time on academic performance are often indirect, influenced by factors like cognitive control, emotion regulation, and socio-economic status. Excessive screen time can also affect children's brain development and mental health, potentially leading to decreased academic success. Therefore, a nuanced approach that considers the quality of screen time is recommended, along with policies to promote healthy screen habits and support socio-emotional learning.

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## Countries

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 EU level

## Downloads

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 Screen Time and Educational Outcomes of Children and Adolescents

EN

## Related intervention approaches

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## **Digital inclusion and well-being**

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