Blue Ribbon Task Force on Screen Time

September 5, 2024

KANSAS
STATE DEPARTMENT OF
EDUCATION
www.ksde.org | #KansansCan
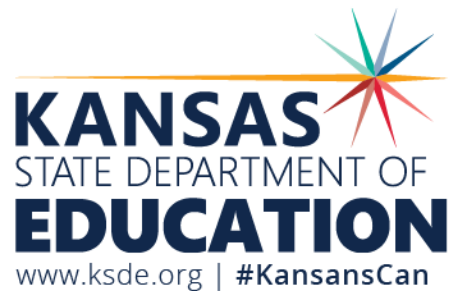
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Check Your Screen Time

- iPhone: Settings > Screen Time > Daily Average

- Android: Settings > Digital Wellbeing & parental controls > tap the chart for more information

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Framing the Conversation

- Personal Devices in School

- Screen Time and Mental Health

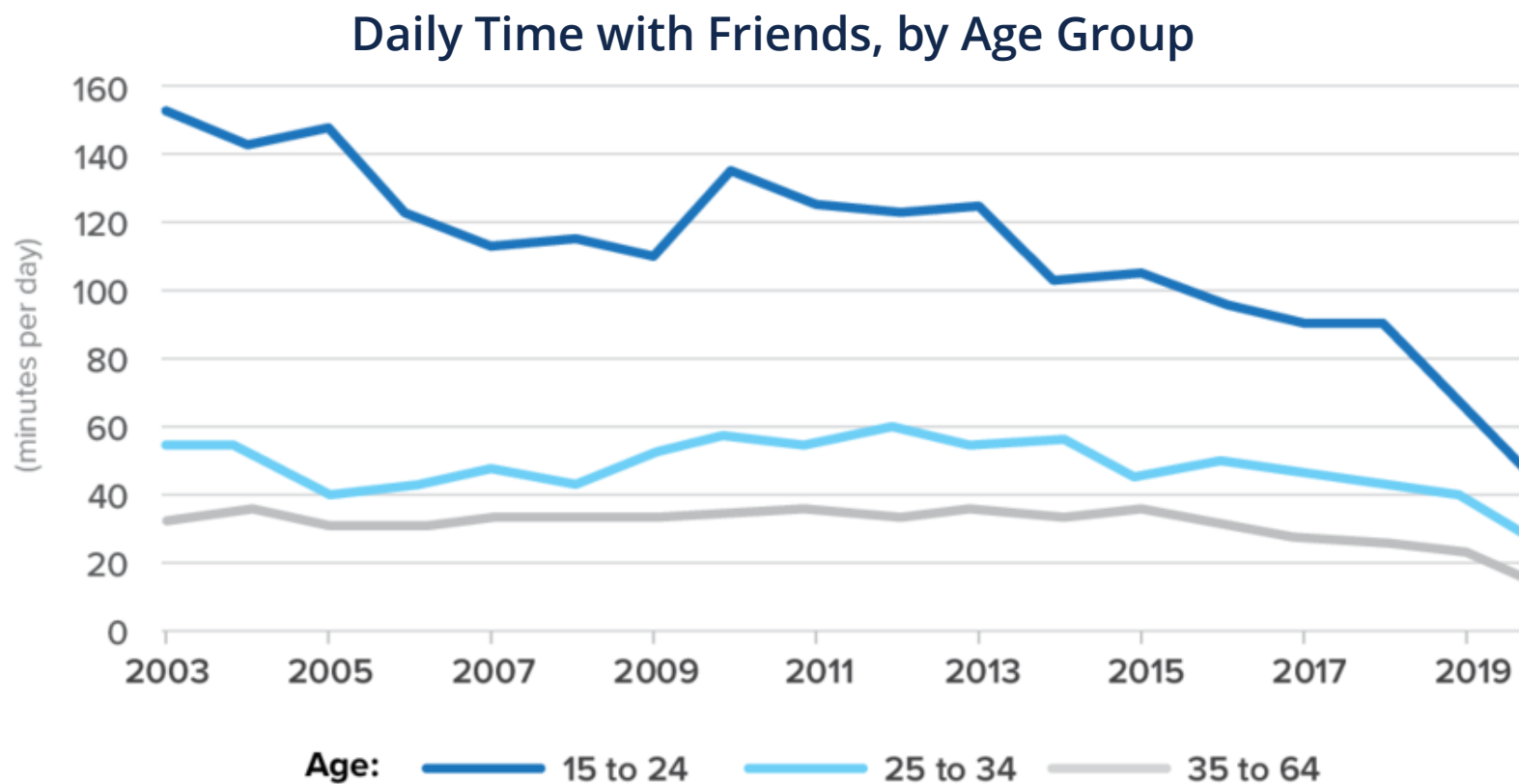- Parental Oversight of District-owned Devices

Four Fundamental Harms

1. Social Deprivation

2. Sleep Deprivation

3. Attention Fragmentation

4. Addiction

Social Deprivation

Daily Time with Friends, by Age Group

(minutes per day)

Age: 15 to 24 · 25 to 34 · 35 to 64

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Sleep Deprivation

FIGURE 20. Self-reported technology management challenges of 203 11- to 17-year-olds

Do you find it difficult to stop using technology such as the internet or your mobile phone, once you start?

14%	50%	36%

Are you short of sleep due to being on your phone or the internet late at night?

33%	49%	18%

Never | Sometimes | Often

2023-cs-smartphone-research-report_final-for-web.pdf (commonsensemedia.org)

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Attention Fragmentation

- Teens receive a median of 237 notifications every day

- About 25% of notifications arrive during the school day

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Addiction

FIGURE 20. Self-reported technology management challenges of 203 11- to 17-year-olds

Do you neglect your daily obligations (school or family life) because you are using technology?

| 39% | 45% | 16% |

Do you feel restless, frustrated, or irritated when you cannot access the internet or check your mobile phone?

| 30% | 53% | 18% |

Do you use technology to escape from your sorrow or get relief from negative feelings?

| 31% | 39% | 30% |

Do you choose to spend more time online over going out with others?

| 42% | 38% | 20% |

Never ■ Sometimes ■ Often

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Social Media Benefits

- Positive mental health can be influenced by social media features:
  - Connection with friends/global community
  - Engagement
  - Outlet for expression

[Social Media–Driven Routes to Positive Mental Health Among Youth: Qualitative Enquiry and Concept Mapping Study - PMC (nih.gov)](#)

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