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SCREEN TIME RESEARCH

Tonight I will present the research I did for my senior paper, give my perspective on the current cell phone policy and tell you what I did for my senior project and how my views changed.

WHAT I DID

For my senior paper I researched how screens affect children and the detriments of excessive screen time for elementary aged kids, specifically 3-5th graders.

Many sources agreed that students in the past few years have become apathetic and have seemed to have more anxiety and depressive symptoms. This is attributed to the excessive screen time that children are exposed to, both in school and at home.

INTERVIEW

For my interview I talked to Jennifer Harmon who has been a teacher here at Kimberly for many years. I learned that in recent years she has had to change her lessons, making them shorter and having more breaks and comprehension checks to keep her students engaged. She said in our interview that students have decreased attention spans and ability to focus.

This sentiment was reflected in my research, with experts attributing this to the nature of the screens that kids are using. They are constantly viewing fast-paced videos and are scrolling short form content that is specifically engineered to keep their brains engaged.

One source that I read stated that early-onset dementia rates are going up and that global intelligence is going down.

This is disheartening and somewhat scary, but there are things that I learned can prevent and combat this.

- Eliminate background/mindless screen time.
- Less or no personal devices.
- Make screen time a family or group activity that is intentional.

MY PERSPECTIVE

While I focused my research on elementary aged children, I was also asked by Mr. Gonzales to give my opinions on the high schools' recent changes to the phone policy and my own experiences with screen time.

As a high school student with a cell phone and personal computer, I know that screens can be a big distraction. Many don't like the cell phone policy but for me it has not been a huge drag. It separates my spaces and allows me to have school as a place just to learn and socialize and not be on my phone. Truthfully, I think the old policy was fine but I do understand the sentiment behind getting rid of phones completely.

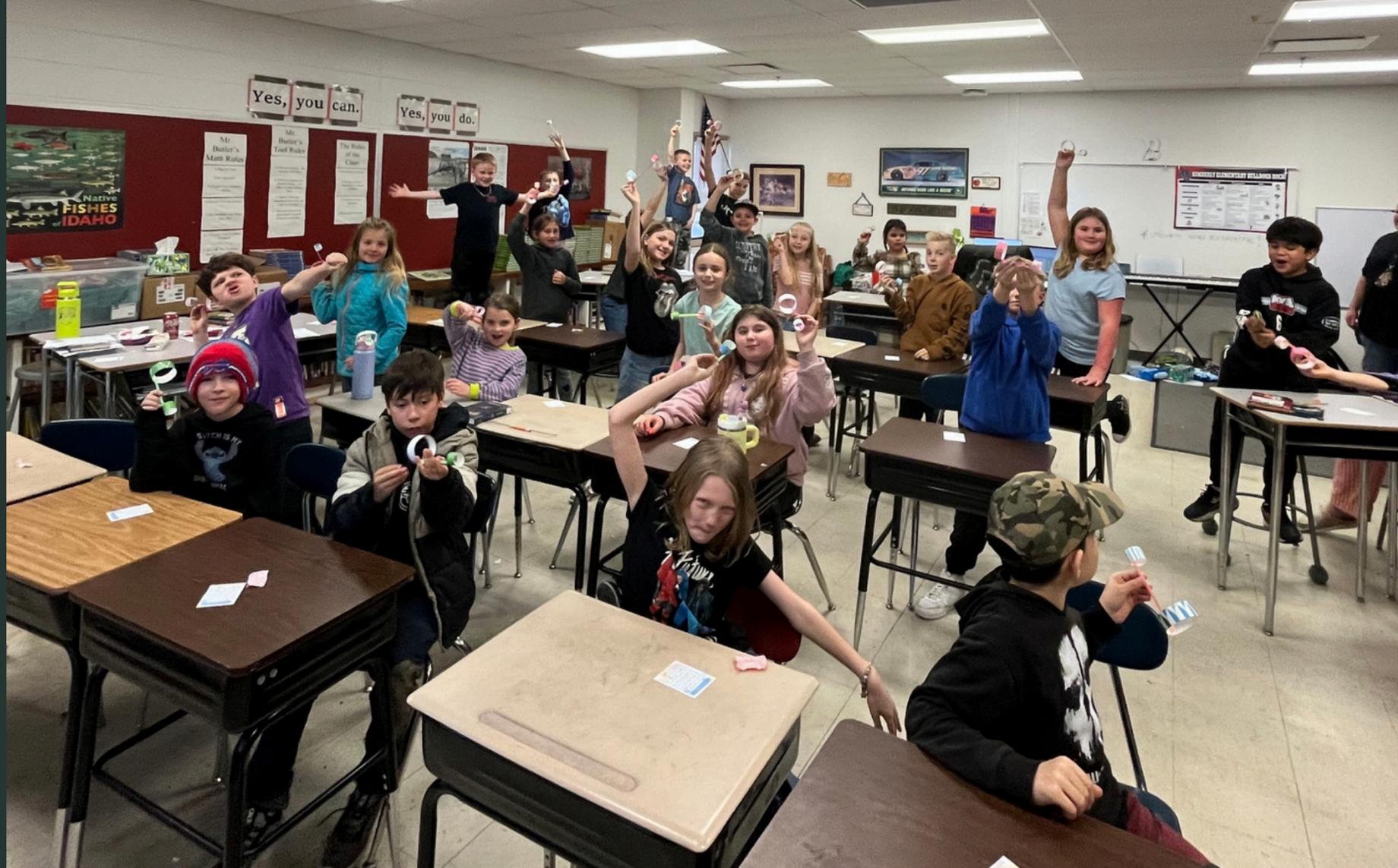
TAKEAWAY

The big takeaway from my senior paper was that screens are not going away, so we need to find ways to intentionally use them and also intentionally not use them, leaving time and space to socialize and have real connections. Screens and devices are tools, but we need to use them, not let them use us.



Screen-Free Bingo!

Read for 20 minutes!	Go for a walk!	Make up a game!	Write a silly story!
Create an obstacle course for a sibling!	Write a letter to a family member!	Learn a word in a different language!	Do a puzzle!
Learn a magic trick!	Find a cool rock!	Bake or cook something!	Play outside!
Do a craft!	Play a board game!	Play sports!	Draw a picture!



For my senior project, I presented this research to 3-5th grade classrooms and asked them about how they use screens in their lives. I then taught them about activities they can do that are screen free and did a craft with them to show that being creative and getting off screens doesn't have to be boring!

**THANK YOU
FOR
LISTENING!**

SOURCES:

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