

**Title:** Beneficial Use of Digital Screen Time: Importance of Parental Control

**Presenters:** Saara Tayani, Nikhil Medukonduri, Saddleback College

**Mentor:** Carrie Goulding

Found on every continent, digital screens connect, inform, and entertain most of the population.

Digital technology is no longer a choice; it is a part of life. Ubiquitous and unquestionably

useful, these networked screens hide a problematic side. Digital screen time is rising, and it is

correlated with the deterioration of overall health among children. While significant research on

the association between screen-time, health, and quality of life has been conducted, it lacks a

causal relationship directly between digital screen time and health risks. As digital screen time is

addictive and correlated with a host of psychological and physical negative impacts, we

conducted this study to review the scientific consensus on screen time and human health; and to

understand the tradeoffs parents have to make when exposing their children to this modern

technology. Through our research, we suggest parents to accept that digital technology is here to

stay. In order to allow children to have a benefiting experience with the use of digital technology,

we recommend parents to monitor and mentor children's use of digital screens and also follow

the recommendations offered by AAP (American Association of Pediatrics) to limit screen

time. We also recommend parents to encourage physical activity and human interaction to

replace screen time. We conclude that a new paradigm for parents must be to continuously ask

“what benefit is derived?” from the time children spend on screens; this paradigm is functional

as it frames screen time as a beneficial tool if monitored properly.

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