## Impacts of Screen Time on Brain Development

## Infotext Activity

1. Write down all the things that the article says can happen with your brain from too much screen time? (1 point for each idea outlined up to 5 point maximum)

2. Given the average amount of daily screen time for the average teen is about 7 hours according to the article, which changes could an average teen make to their schedule/habits to limit the amount of screen time they get, if it was a concern?

3. What would be a good SMARTGOAL for someone wanting to set a goal around reduced screen time. (remember, it must be specific, measurable, attainable, realistic and timely)

4. EXTENDING (extra credit) - Can you find a credible, perhaps newer source that might refute the findings given in this article? How might it compare based on the rigor of the experiment? How reliable do you think the source is and what tells you so?

Source: \_\_\_\_\_