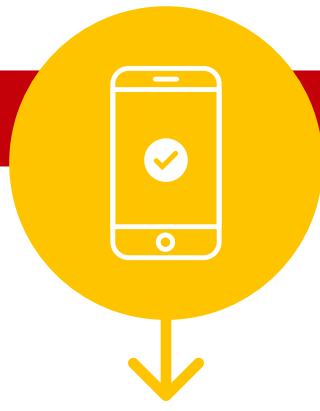


Raising Screen-Smart Kids



Kids now spend more time on devices than sleeping, eating or attending school. That's why digital resilience is an important part of your child's health journey.

Have your family values—not algorithms—shape who they become and how they understand the world around them.

By the Numbers

95%

Up to 95% of teens are on social media.*

52%

52% of kids use AI regularly for companionship.**

47%

47% of parents admit to spending too much time on social media.***

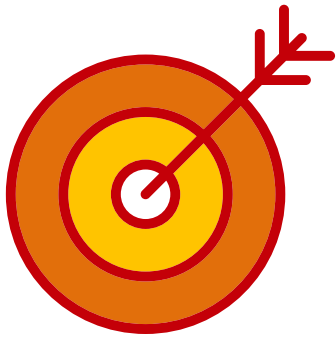
*U.S. Department of Health and Human Services **Common Sense Media ***Pew Research Center

Know the Risks



- ✗ The Digital Downward Spiral**
For kids with anxiety or ADHD, screen time can amplify symptoms. Also, if a child seeks excessive reassurance online, they often encounter negative feedback or hate, creating a damaging cycle.
- ✗ Digital Addiction**
Watch for disrupted sleep, intense FOMO or self-esteem that's tied to online feedback. Be mindful if offline relationships are replaced with online ones or if your child becomes secretive or deceptive about screen time use.
- ✗ The AI Trap**
Because AI is programmed to be agreeable, it can impair a child's social development, potentially lowering empathy and emotional intelligence.

Screen-Smart Strategies



- ✓ Be a role model.**
Keep devices out of mealtimes and bedrooms. Be honest with your children when you find it hard to put your own phone down.
- ✓ Keep open communication.**
Ask your children what they're watching on social media. Watch videos together and play games with your children to understand their world.
- ✓ Cultivate digital kindness.**
Teach kids to respond to texts, send kind messages, delete embarrassing photos and stand up for peers who are bullied.
- ✓ Neutralize the screen.**
Avoid using screen time as a reward or punishment. By treating it as a neutral activity, you prevent it from becoming an object of obsession.
- ✓ Celebrate the wins.**
If your child logs off when asked or uses their device to help a friend, notice it. Positive reinforcement builds better habits than constant policing.

Visit weillcornell.org/doctors to connect with a provider who can help make sure your child thrives both on and off the screen.