



# SCREENS & MENTAL HEALTH

## DID YOU KNOW?

Spending too much time online can have a negative impact on children's physical and mental health. Screen time has been linked to unhealthy lifestyle habits, problems with self-esteem, difficulty in school, mental health and social development issues.

Supervision of children is important and is not a one-size-fits-all approach. Children need different levels of supervision depending on their age, development, environment and individual characteristics. It's important to find a balance and stay involved.

Adapted from <https://www.aboutkidshealth.ca/>



Here you will find information about the ever-changing online world, the potential risks children face and strategies to keep your child safe.

## WHEN TO SEEK HELP

- Fatigue, difficulty concentrating
- Increase in online time, waste of online time
- When offline, remain concerned about getting back online
- Poor personal care / hygiene
- Mood changes, irritability, apathy, anger
- Social isolation, withdrawal from friends and family
- Intense reactions to questions or internet usage limitations
- Decreased performance or interest in school, extracurricular activities
- School absenteeism
- Weight changes
- Withdrawal symptoms





- Glow Kids: How Screen Addiction Is Hijacking Our Kids and How to Break the Trance (2016), *Nicholas Kardaras*
- Screen Kids (2020), *Gary Chapman and Arlene Pellicane*
- The Social Media Workbook for Teens: Skills to Help Balance Screen Time, Manage Stress, Take Charge... (2019), *G.S. Bocci and G. M. Biegel*
- iGen: Why Today's Super Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy... (2017), *Jean M. Twenge*
- But It's Just a Game (2013), *Julia Cook*
- Parenting in the Screen Age: A Guide for Calm Conversations (2020), *Delaney Ruston*
- Raising a Screen-Smart Kid: Embrace the Good and Avoid the Bad in the Digital Age (2019), *Julianna Miner*
- The Tech Solution: Creating Healthy Habits for Kids Growing Up in a Digital World (2021), *Dr. Shimi Kang*
- Limit Your Dragon's Screen Time: Help Your Dragon Break His Tech Addiction (2019), *Steve Herman*

- <https://www.protectchildren.ca/en/resources-research/online-safety/>
- <https://protectkidsonline.ca/app/en/>
- <https://www.kidsintheknow.ca/app/en/>
- <https://www.cybertip.ca/app/en/>
- <https://www.common sense media.org/>
- <https://childmind.org/article/is-internet-addiction-real/>
- <https://www.ementalhealth.ca/>
- <https://ontario.cmha.ca/documents/addictions-and-problematic-internet-use/>
- <https://www.aiephone.com/ressources/livres/>
- <https://cyberdependance.ca/>
- <https://www.camh.ca/>



- ✚ **8-1-1:** Info-Sociale, <https://www.quebec.ca/sante/trouver-une-ressource/consulter-un-professionnel/info-social-811/>
- ✚ **Tel-Jeunes:** Support for youth 20 years old and under, 24/7, Tel: 1-800-263-2266, Text: 514-600-1002, Chat / courriel: <https://www.teljeunes.com/Tel-jeunes>.
- ✚ **Kids Help Phone:** 24/7 - Free call: 1-800-668-6868 <https://kidshelpphone.ca/>
- ✚ **Centre de Réadaptation en Dépendance (CRD) :** Tel : 514-486-1304, <https://santemonteregie.qc.ca/services/dependances/programme-de-readaptation-jeunesse-17-ans-et-moins-dependances>
- ✚ **Centre Dollard Cormier:** Tel: 514-385-1232 <https://ciusss-centresudmtl.gouv.qc.ca/soins-et-services/>
- ✚ **Portage:** Tel: 1-844-939-0202 <https://portage.ca/en/quebec/english-adolescent-program/>

