

Conferência

Screen use by young children: consequences and opportunities

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Abstract

Screen media, referring to content that is available through electronic devices such as televisions, computers, phones, and tablets, has infiltrated children's personal, family, and school ecologies. This trend is not without concern as most children and youth exceed daily recommended time limits put forth by the World Health Organisation and Canadian Society for Exercise Physiology. What are the consequences of screen use for children? Do violent contents and video games present additional concerns? How does the family environment influence the consequences of screen time? This presentation will address these questions with a focus on the cognitive, social, and health consequences of screen use across development. Strategies to support healthy media by children and families will also be discussed.



Caroline Fitzpatrick is a professor at Université de Sherbrooke and a visiting research fellow at the University of Johannesburg. She is also a Tier II Canada research chair in Digital Media Use by Children and Its Implications for Promoting Togetherness: An Ecosystemic Approach. She studies the childhood origins of education and health inequities. The goal of her research is to inform social policies and public health initiatives aimed at improving child health and education.