

# EVIDENCE FOR FOCUS & BRAIN CHANGE



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## ...addictive

- 46% of teens say they use their phones "almost constantly"

## ...preventing children playing outside

- ...creating structural changes to children's brains

## ...reducing children's academic performance

- Smartphones reduce memory and recall accuracy, even when not in use

- Children who spend 5-7 hrs/day on a digital device are 49 points (equivalent of two school years) behind children who are on a screen <1hr/day

- MRI scans of young children shows screen time reduces the size of the brain areas responsible for visual processing, empathy, attention, complex memory and early reading skills