

Health

Screen-Time



For Middle Primary



Contents

Square Eyes.....	Page 3
Screen-Time	Page 4
My Screen-Time	Page 5
Reducing Screen-Time	Page 6
Screen-Time Solutions.....	Page 7
Answers.....	Page 8

Preview

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SQUARE EYES

- The Australian Health Survey conducted in 2012 found that approximately 26% of children aged between 5 and 17 years of age were overweight or obese.
- Children who spend more screen-time each day are less likely to play sport.
- Children who have more screen-time see more advertising, including food advertisements.
- Children are more likely to snack in front of a T.V. screen.
- With so many T.V. channels, children have a greater choice of programmes to watch.
- More than 50% of primary school children spend two hours or more each day watching T.V.
- Recommended screen-time for primary school children is no more than two hours a day.

Screen-Time And Using Electronic Media

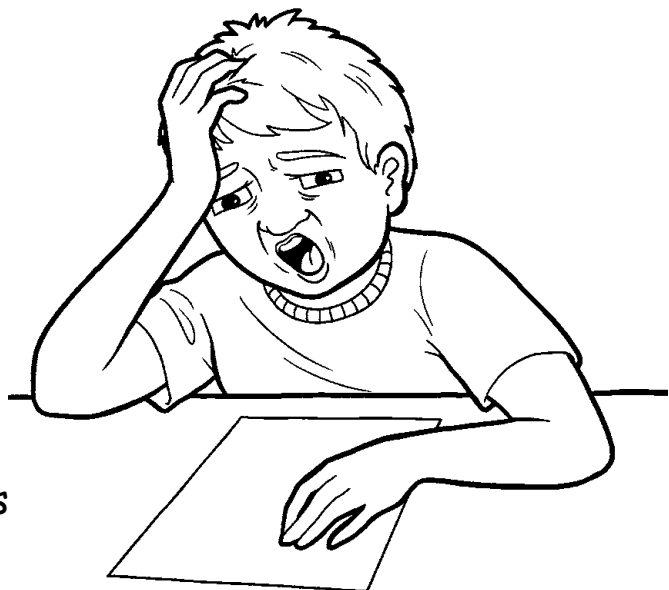
Having too much screen-time can affect your health now and in the future, especially if you are not managing to do at least one hour a day of "huff and puff" physical activity.

Too much media-time and screen-time can reduce:

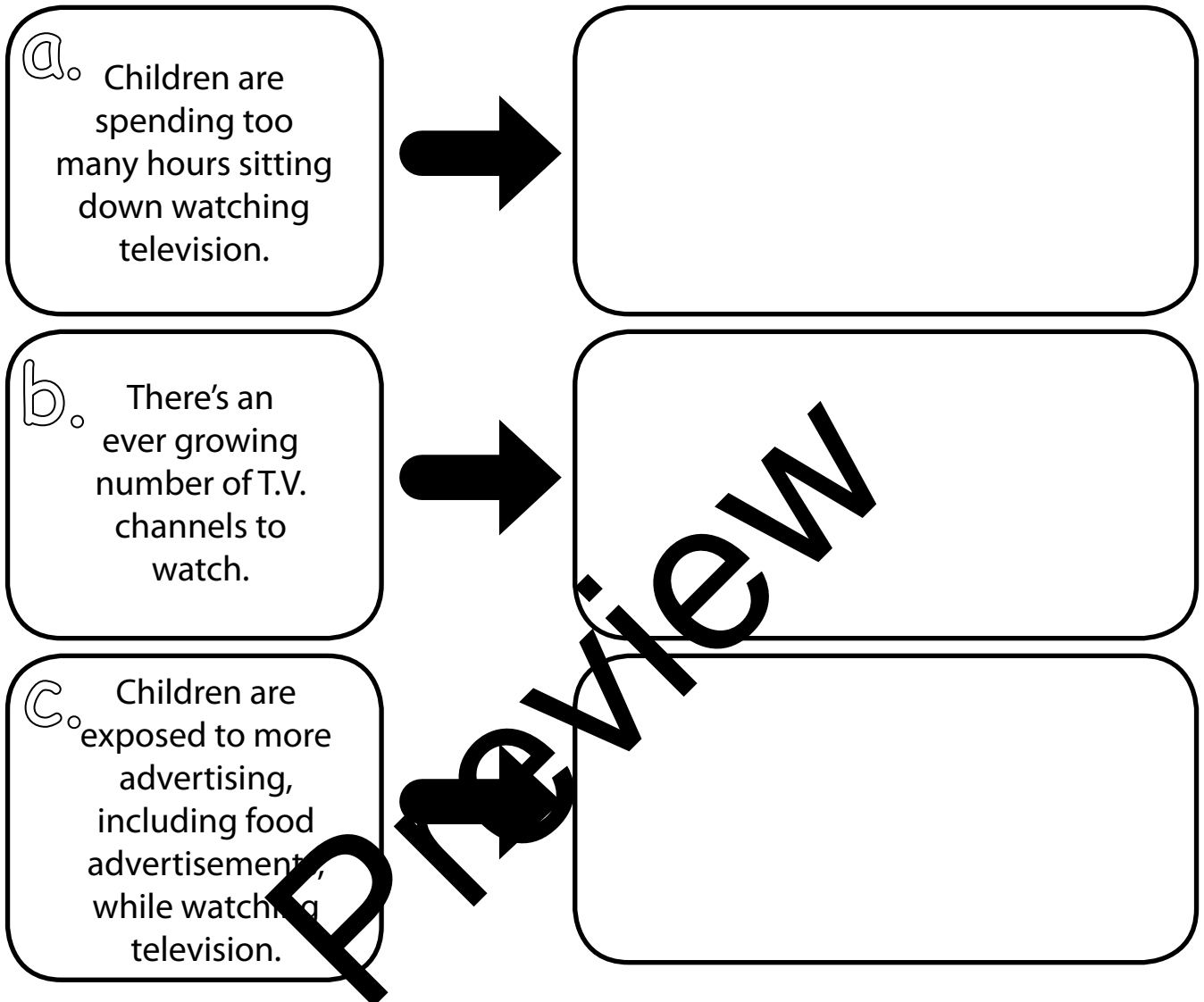
- time spent with family;
- time playing with friends;
- time reading;
- time spent on homework.

Too much media-time and screen-time can create:

- sleeping problems;
- problems with your weight and joints;
- problems in your relationships with other people;
- problems concentrating at school.



1. Complete the cause and effect flow chart based on the information on the previous page.



2. Look at the image on the previous page. Why are children who watch too much television referred to as having “square eyes”?

3. How can too much screen-time affect a child’s performance at school?

4. What is the recommended limit for screen-time and electronic media per day? Why do you think more than 50% of primary school children exceed this limit?

Activity**My Screen-Time**

1. Monitor and record your screen-time over a period of one week. Ask a family member to help you to do this. Record your screen and media-time in hours and minutes.

Name: _____ Dates: _____ to _____

	T.V./DVDs	Nintendo/Wii	iPad/Tablet	P.C./Laptop	TOTAL For The Day
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
TOTAL Hours For The Week					

2. Present your screen-time results in graph form below.



3. What conclusions can you make about your screen-time?

Activity

Reducing Screen-Time

- To have a healthy lifestyle, you have to strike a balance between the time that you are active time and screen-time.
1. Work with a partner and discuss the merits of these suggestions for reducing screen-time. Award stars for each suggestion: 1 star = poor (won't work) to 5 stars = excellent (will work!). Colour in the stars.
 2. Add a suggestion of your own to the list and rate it.

Suggestions	Rating
a. Take T.V.s from children's bedrooms.	☆☆☆☆☆
b. Turn T.V. off during meal times and eat together away from the T.V.	☆☆☆☆☆
c. Turn T.V. off when no-one is watching. Put music on instead.	☆☆☆☆☆
d. Limit school day viewing so that you can earn "bonus time" to watch your favourite weekend programmes.	☆☆☆☆☆
e. Make up a schedule for T.V. time and monitor hours. Draw red flags when someone has gone over the agreed limit.	☆☆☆☆☆
f. Choose a "T.V. Free Day" and stick to it.	☆☆☆☆☆
g. During advertisement breaks do some air jumps or stretching exercises instead of surfing channels.	☆☆☆☆☆
h.	☆☆☆☆☆

3. Share your ratings with another pair. As a group, decide which two suggestions have the most merit. Explain how these two suggestions are the most likely ones to have a positive effect on reducing screen-time. Discuss your ideas with the class.

Suggestion _____

Suggestion _____

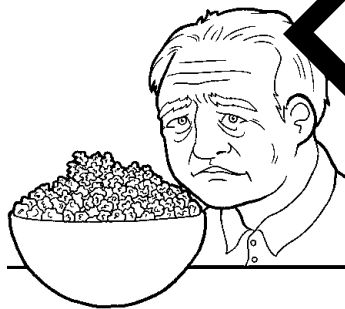
- Read these letters to a newspaper column asking for advice about children’s screen-time. In the space under each letter, give the author your advice.



My two daughters aged 8 and 10 are bright and active, but spend at least three hours a day watching music videos on T.V. When I get up at 6.30am to get their bags packed and lunches ready for the day, my girls have already switched on the T.V. I have tried to discuss this situation several times calmly, but things usually end up in tears and I’m accused of being mean. What can I do?

Mean Mum, Fremantle

Hi Mean Mum,



I often babysit my three grandchildren on the weekend and I genuinely look forward to spending time with them. However, the kids only want to play video games. They sit on the lounge gobbling popcorn and other snack food for hours on end. If I don’t play the games with them, they would hardly say a word to me. How can I convince the kids (and their parents!) that life outdoors can be fun too?

Weekend Granddad, Norwood

Dear Weekend Granddad,

Page 4

- 1 a) More children are becoming overweight or obese.
- b) There's even more temptation to watch more programmes on television.
- c) Advertisements could lead children to snack more in front of screens.
- 2) It's connected to the shape of the screen and the idea of eyes becoming bigger and wider.
- 3) Not completing homework or revising the day's lessons; children are too tired (lack of sleep) to pay attention in class.
- 4) Two hours; reduction in leisure hours available; the widespread availability of electronic media devices.

Preview