Children are spending more time in front of screens than ever before and it’s a worldwide concern. Adolescents are the most connected generation and according to a UNICEF survey, children under the age of 5 hours a day. Among the options offered in P.E.T.:

- **Screen Time Consequences:**

  While screens provide endless entertainment as well as educational content, prolonged screen time can lead to harmful effects:

  - **Adolescents:**
    - Over-stimulation tires the brain and it's harder to focus.
    - Those who spend more time on social media have no clue what it does to the brain.
    - Excessive use of screens can cause hyperarousal.
    - Exposure to screen-based light can cause desynchronizes the body clock.
    - Children are learning how to use tech before they learn how to talk, walk, and read.

  - **Adults:**
    - No sleep: Blue light suppresses melatonin levels and prevents people from falling asleep.
    - Mental fatigue and eye strain.

  - **Children:**
    - 72% of teens are using their smartphone, email, text, and social media all the time.
    - 80% of parents report their child’s behavior that causes problems.
    - Children are more likely to follow the rules when they participate in making their rules.

  - **Marketing companies:**
    - $17 billion spent on parents this weekend, I am really annoyed with your plans this weekend.
    - Half of children aged 12-17 send or receive 30 or more text messages per day.
    - Obese children are 7 times more likely to use Facebook than children with average GPA.
    - 60% of children spend 2.5 hours more than it was 10 years ago.

HOW CAN P.E.T. HELP?

Children have a lot to lose from spending too much time in front of a screen. If you are a parent and are concerned with your child’s screen habits, there are some of the options offered in P.E.T.:

- **Advertisements:**
  - Marketing companies are everywhere, marketing to children, and growing up in the digital age.

- **Quality:**
  - Children notice an increase in attention span with every hour of entertainment.

- **Hours of screen time:**
  - Induces acute and chronic stress, produces changes in brain structure that can lead to hypervigilance.
  - Expose to screen-based light before dinner or evening hours results in depression and lower self-esteem.

- **Example:**
  - As a family, you all sit down and talk about the rules that will be in place.
  - Work out a solution that works for everyone.
  - When people participate in making their rules, they are much more likely to follow them.

- **Worried about the environment:**
  - The excessive use of screens is not only unhealthy for children but also for the environment.

- **Example:**
  - This is a reminder to parents that their children will spend more time with their digital devices than with anything else, including their parents.
  - Family-friendly workshops are offered to help families navigate the digital age and foster healthy relationships.

- **Example:**
  - “When I want to talk with you about the TV you're watching, I am really annoyed that you're not listening to me.”

  - Call us today for a free consultation and let’s talk about some screen time during dinner and based on your plan, we can help you to make better decisions.

- **P.E.T. Training:**
  - Want to learn more or host a workshop? Call us today! 800 - 628 - 1077

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