



Folkhälsomyndigheten

# How do you talk about screen use at home?

Tips and advice for parents of children aged  
13-18



# Help your teen use screens well

Mobile phones, tablets and computers can be used for many good things, but screens also have risks. Children and young people can be bullied, approached by strangers and see scary things online.

Most apps and games are designed to make us want to use them more and more. This makes it easy for teenagers to get hooked.

Screens can wind up robbing young people of time they could be spending on other aspects of life crucial to their well-being. Research shows that too much screen time can cause teens to sleep less, find it harder to concentrate, and become dissatisfied with their bodies.

You can help your teenager use screens in a way that doesn't harm their health. Remember that changing habits can take time.

## Tips for creating good habits

**1.** 

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 Show interest in what your teen is doing on the screen, just as you do with other things in their life. This will increase the chance that your teen will talk to you about what's happening online and ask for help if they need it.

**2.** 

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 Talk about how we should treat each other online and how your teenager can contribute to a good atmosphere, for example by using a kind tone and pleasant language.

**3.** 

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 Talk to the parents of your child's friends. The more people have the same rules, the easier it is to impose and follow them.

**4.** 

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 Help your teen put away all screens at least half an hour before bedtime. Have a rule at home that everyone must leave their phone, computer and tablet outside their bedroom at night.

**5.** 

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 Be on the lookout for signs that your child is unwell. Support your child, and get help if you need it.

**6.** 

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 Be a role model! Think about how and when you use screens around your teen.

## Balance between screen time and other activities

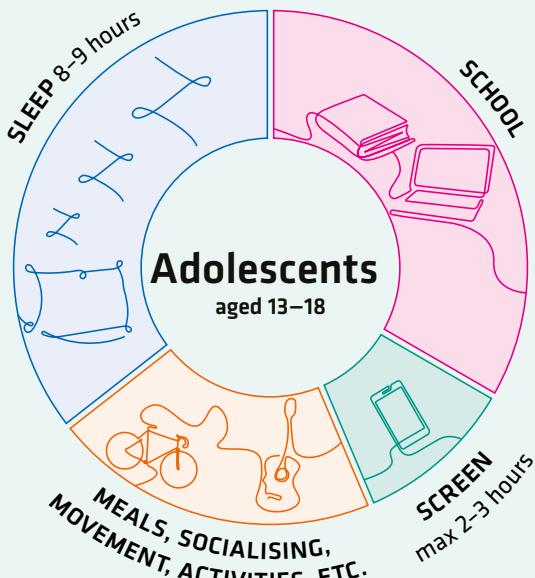
Talk with your teenager about how they can budget their time so they can fit in everything they want to do in their free time. Use the 24-hour clock on the right to help.

### Ask questions like these:

- How much screen time do you have per day?
- Would you like to change that time in any way?
- Are there any screen-free things that you would like to do more?

For more questions you can ask, scan the Public Health Agency of Sweden's QR code.

Research shows that more than 2-3 hours of screen time per day can negatively affect teenagers' health.



Screen time at school, doing homework, listening to music/podcasts or assistive technology for young people with disabilities is not included in that amount.

## Sometimes it pays to put your phone away!

- Young people do their homework up to four times faster if their phone is in another room.
- Young people who sleep with their mobile phone outside the bedroom sleep better and longer.
- Young people are more present when their mobile phone is in another room, rather than within reach.
- Physical activity reduces the risk of negative effects of screen time on young people. All movement counts.

# Where your teenager can get help

If a child is being victimized online, there are many organizations that can help.

**The Bris** (bris.se) support line is open around the clock. Call or text 116 111, or contact them via chat or email. If you are an adult, you can call the Bris support line for adults at 0771 - 50 50 50.

**Ditt Ecpat** (dittecpat.se) offers support regarding issues related to nude photos, sexual abuse, threats and assault.

You can reach them via chat, phone or email.

Phone numbers for young people:

020 - 112 100

Telephone number for adults:

020 - 111 33 44

**Näthatshjälpen** (näthatshjalpen.se) provides information about what cyber hate is and help to deal with it, as well as online forms for reporting digital crimes to the police.

Contact the **Swedish Police** (polisen.se) to report crimes and get answers about what is illegal, when to report something, and how to file a report.

At **UMO.se**, you can find contact details for youth centres and other places to get advice and support. If you are concerned about your teen's mental health or think they may have an eating disorder, you can also contact the student health service for advice and support.

**1177** can provide guidance and help you navigate the healthcare system.

**Scan the QR code for more tips and research on topics such as:**

- The influence of beauty ideals in social media
- Ways to deal with disputes over screen use
- Specific tips for young people with disabilities

Signs that your child is addicted to gaming or social media, for example, and may need to seek treatment:

- Your child has difficulty stopping on their own.
- Their habit leads your child to be unable to cope with school or work, or to high absenteeism.
- It affects how your child feels.



[folkhälsomyndigheten.se](http://folkhälsomyndigheten.se)

**Scan the QR code for more tips from the Swedish Agency for the Media on:**

- Young people's rights and safety online
- Security and time settings in apps and games
- How to become media-aware  
Take the online training course!



[mediemyndigheten.se](http://mediemyndigheten.se)