



Folkhälsomyndigheten

Are you in control of your screens?

Tips and advice on screen use for
13- to 18-year-olds



Does this sound like you?

Are you tired at school because you've been scrolling on your phone late into the night? Do you feel like gaming is taking over your life? Or that everyone else on social media is more successful than you? You're not alone.

Screen use can make you feel bad

– but there are things you can do about it, and help is available.

Tips for creating good habits

1.

Put away all screens half an hour before bedtime and leave your phone outside the bedroom. You will sleep better and longer.

2.

Unfollow social media accounts that make you feel bad or think less of your appearance.

3.

You can do your homework up to four times faster if your phone is in another room.

4.

If you feel that your phone or gaming is taking time away from things that make you feel good, try to do more screen-free activities that you enjoy.

5.

Do you like gaming? Follow the example of the pros and make sure you stay physically active and get enough sleep.

6.

Be decent to other people online; think about how what you write or say can affect others. Everyone can contribute to a better online climate.

7.

You are more present in the moment if you have your phone in another room than if you have it within arm's reach.

Research shows that:

Most apps and games are designed to give you a quick buzz and make you want to use them more and more. This means that you can easily get "sucked in" to the screen, and that other, important things can seem boring.

What you see on social media is often an exaggerated and embellished picture of reality, and it's easy to feel like a failure when you compare yourself. Many young people who frequently use social media become dissatisfied with their bodies, increasing the risk of eating disorders.

It's smart to have screen-free zones and occasionally take a break from your screens.

What do you want and need to do in your leisure time in order to feel good? Make a plan to achieve a better balance and get what you want out of your time. To prevent it from negatively affecting health, screen time should be limited to a maximum of 2-3 hours per day. This time

does not include the use of screens at school or assistive devices if you have a disability, nor does it include screen use for doing homework or listening to music or podcasts. If you currently clock many hours of screen time, keep in mind that changes take time, and any reduction counts!

SLEEP 8-9 HOURS

I go to bed at o'clock
...and get up at o'clock
That means I get hours of sleep.
At o'clock, I need to turn off/put away all screens for the night.

MEALS, SOCIALISING, MOVEMENT, ACTIVITIES, ETC.

What I like to do in my leisure time:

How I give my brain a rest:

How much time my screen-free interests take:

SCHOOL

I go to school at o'clock
...and come home at o'clock
How much time my homework takes
That means I'm at school for hours.

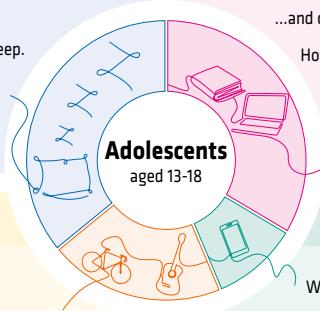
SCREEN MAX 2-3 HOURS

When I want to use screens:

What I think is fun about screens:

What I think is important to do with screens:

Adolescents
aged 13-18



Staying active reduces the risk that your screen use will lead you to feel unwell. All movement counts.

Too much screen time can make it harder to sleep and concentrate.

Screen challenge!

Unfollow five accounts that make you feel bad.

Dare to be bored. Keep your phone in your pocket while you're waiting for something – or someone.

Where you can get help

If you or a friend is victimized online, there is help.

The Bris (bris.se) support line is open around the clock. Call or text 116 111, or contact them via chat or email at bris.se

Ditt Ecpat (dittecpat.se) offers support regarding issues related to nude photos, sexual abuse, threats and assault. Telephone number: 020-112 100

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.

Scan the QR code for more tips from the Public Health Agency of Sweden and research on screens and health:

- What happens in the brain when you use screens
- How marketing and beauty ideals can affect you

Signs that you are addicted to gaming or social media, for example, and may need to seek treatment:

- You find it hard to stop, even though you have tried many times.
- Your habit leads you to be unable to cope with school or work, or to high absenteeism.
- It affects how you feel.

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Contact the **Swedish Police** (polisen.se) to learn more and report crimes related to cyber hate, sexual assault, and nude photos.

At **UMO.se**, you can find contact details for youth centres and other places to get advice and support.

You can also contact **the student health service** or **1177** for advice and support if you feel mentally unwell or wonder if you have an eating disorder.

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!



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