

**There are some studies that focus on the amount of time people spend on the Internet.**

**1) Read the text and answer the questions:**

1. What's the purpose of the article? \_\_\_\_\_  
\_\_\_\_\_
2. What is the screen time? \_\_\_\_\_
3. Why are parents concerned? \_\_\_\_\_  
\_\_\_\_\_

## **The Center for Parenting Education**

A resource to help parents do the best job they can to raise their children

LIBRARY OF ARTICLES::  
KIDS AND TECHNOLOGY:

### **INTERNET ADDICTION – HOW MUCH IS TOO MUCH TIME ON THE INTERNET?**

#### **Kids and the Internet**

Many parents today are concerned that their kids may be spending too much time on the Internet. However, the U.S. National Library of Medicine National Institutes of Health (NIH) reports that "screen time" as a whole is the problem.

What is screen time? It's any time spent in front of a digital screen of any kind. This includes TVs, video game players, handheld digital devices, and of course computers.

So, how much time is considered to be too much for kids to be on the Internet and in front of screens in general?

## Let's Look at the Stats

Parents around the world are concerned that their kids may be spending so much time in the "screen world", that their kids may be missing out on real life experiences. Here are some of the stats to back that up:

- It's estimated that kids and teens between the ages of 8 to 28 spend about 44.5 hours each week in front of digital screens.
- About 23% of kids and teens have reported that they actually feel as if they have addictions to video games. That breaks down to 31% of males and 13% of females.

No one is suggesting that kids should not get any screen time or access to the Internet. These days, kids and especially teens need the Internet to research information for school projects. And, when used properly, it can be a reliable source of information for kids who simply love to read or want to learn more about specific topics.

Source: <https://centerforparentingeducation.org/library-of-articles/kids-and-technology/how-much-time-internet-kids/#:%7E:text=Let%27s%20Look%20at%20the%20Stats&text=It%27s%20estimated%20that%20kids%20and,in%20front%20of%20digital%20screens>

### 2) Answer the following personal question:

How many hours a day do you spend on the Internet?

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