Switch off the screen and get active

Spending time watching TV, going online, playing computer or hand-held electronic games can be fun. It can also be educational. But spending too much time sitting still in front of a screen can be bad for your health.

Effects of too much screen time

- Poor posture
- Poor eyesight
- Strains of the thumb, wrist and elbow
- Sleep problems
- Delayed ability to make friends with others
- Becoming overweight.

How long is too long?

Limit yourself to 2 hours a day of sitting in front of a small screen, including the computer or TV.

“Playing ‘active’ computer games uses more energy than playing ‘sitting’ computer games, but nowhere near as much as playing sport itself.”

Screen time facts

- Kids who watch TV for more than 2 hours each day are more likely to have an unhealthy diet, less likely to eat fruit and less likely to be physically active.
- Nearly half of Year 6 girls and more than 6 out of 10 Year 6 boys spend more than 2 hours of leisure time every day sitting still.
- It is more likely that kids will snack on foods that are high in sugar, salt or saturated fat while watching TV.
- Playing ‘active’ computer games uses more energy than playing ‘sitting’ computer games, but nowhere near as much as playing sport itself.
- The energy used playing ‘active’ computer games is not moderate or vigorous and doesn’t count towards your recommended at least 60 minutes (1 hour) of physical activity every day.