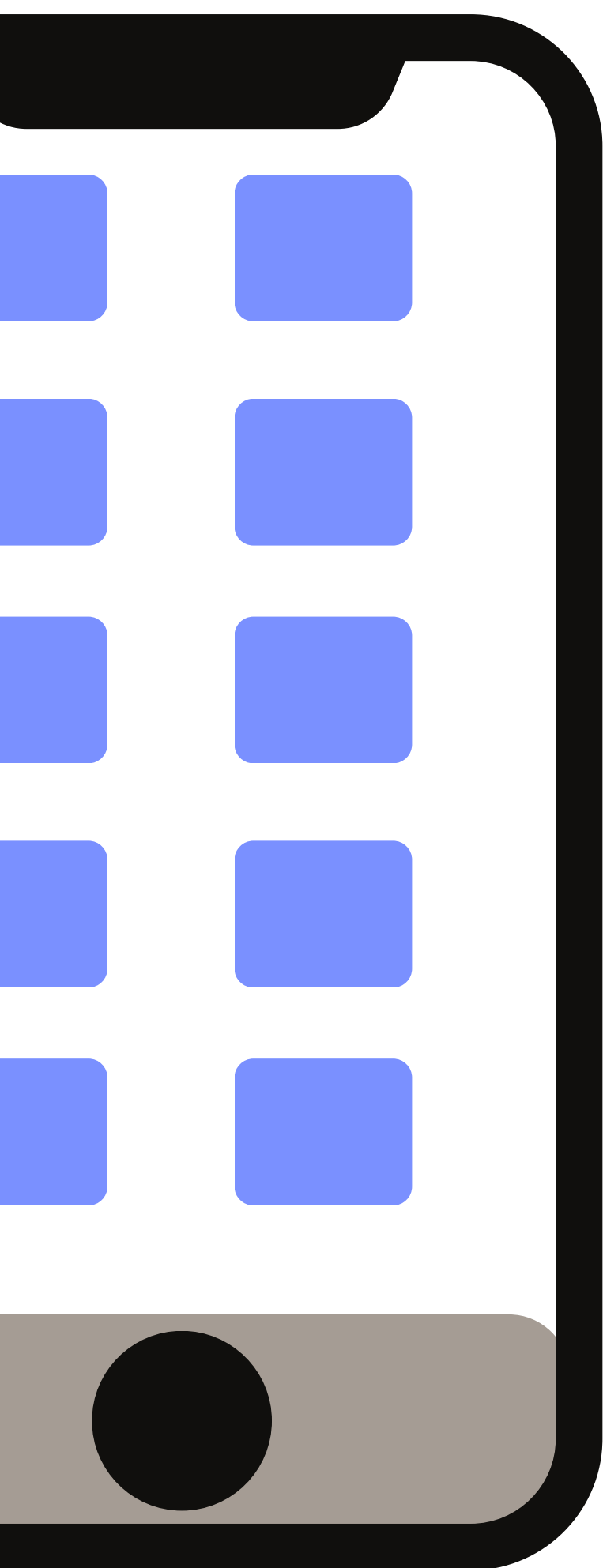


mount michael's SCREENAGERS



did you know?

68% of Mount Michael students reported a screentime of 2-4 hours EVERY DAY

that's longer than...

- The average half-marathon time



- A Broadway musical



- A nonstop flight from Omaha to Dallas



- The ACT (WITH the Writing section)



**Every.
Single.
Day.**

The downsides of screentime

Screentime can affect your mental health:

The National Institute of Health links increased levels of depression, anxiety, and other mood disorders to screentime

Screentime can impact your confidence:

Brown University links excessive screentime to increased self-image issues and a higher prevalence of FOMO (or the fear of missing out)

Make the Change

How to adapt:

According to the New York Times, spending time outdoors, with family, or with friends can all decrease dependency on technology

Screenager Infographic Artist Statement

I had the idea to create this graphic because I noticed the amount of time students would spend recreationally on their screens every single day and wanted to raise awareness of the negative effects this could be having on their lives. I started by sending out a schoolwide survey to gain data for the infographic and began researching the negative effects of screentime. I then started with a blank Canva page, which I customized to look like a “professional” graphic that looked like our school would use it. Other than the icons next to the statistics, I created the infographic from scratch. I made the decision to go for an “electric blue” color scheme that reflected the blue light emitted by screens. The process took about 4 class periods, where I spent my time ensuring that it was both visually pleasing and accurate to the data reported via our survey.