

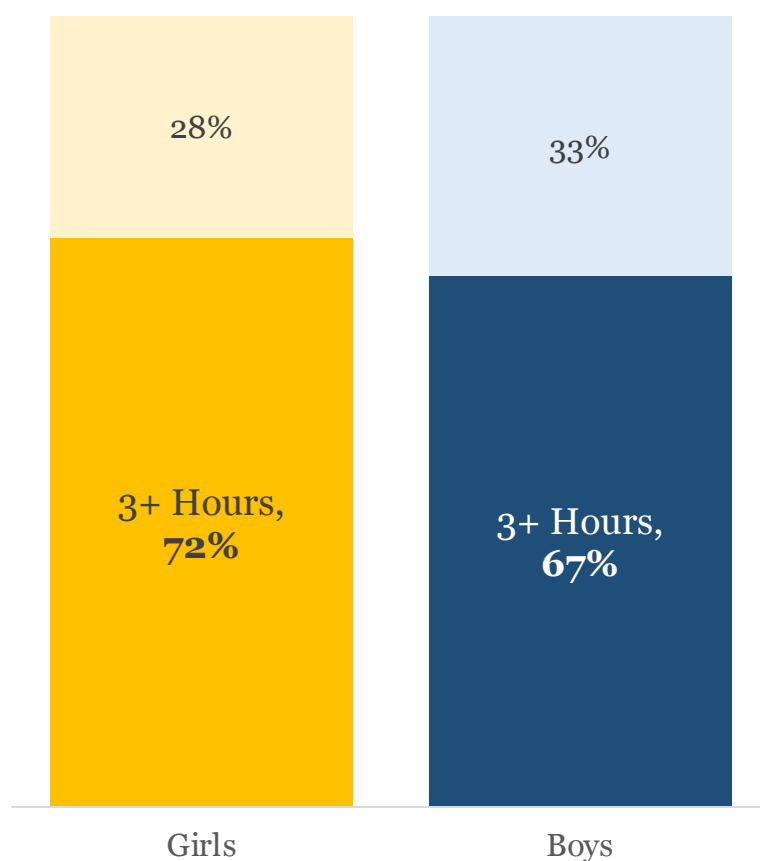


# Girls on Screens

Commissioned by the Girl Scout Councils Serving Alabama

**72% of girls** spend 3 or more hours a day on screens. Experts recommend less than 2 hours.

Alabama Youth Screen Time



The use of screens can serve as an important connection between youth entering adolescence and their peers, their education, and topics they care about. However, multiple studies have confirmed that excessive screen time has a negative impact on girls' development:

- Girls are more likely to struggle with attention problems and ADHD characteristics;
- Girls demonstrate lower academic outcomes compared to peers with low or moderate screen time.
- Girls experience poorer sleep quantity and quality after excessive screen time.

The guidance we offer girls must go beyond managing screen time. During these critical years, girls need our support in learning digital citizenship skills to stay safe online, become digital leaders, and build positive online relationships.

Source: Youth Risk Behavior Survey, CDC, Alabama, 2021

## Digital Leadership: More than Limiting Screens

The simple objective of limiting youth screen time ignores the important role technology in our daily lives. A more comprehensive approach includes also supporting girls in becoming digital leaders - leaders who seek to improve their own lives and the world through their digital experiences and use of technology. This means learning new things, looking critically at information viewed online, and getting involved in issues they care about through technology.

# 64%

of Girl Scouts are digital leaders, compared to 43% of non-Girl Scouts and 50% of boys.