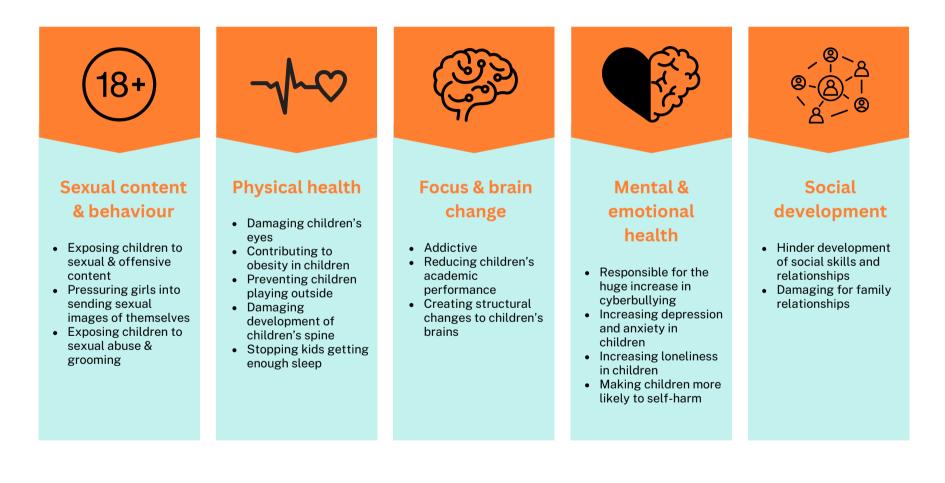


EVIDENCE

At Unplugged Rebels NZ we have been inspired by the incredible mahi of the UK group Delaysmartphones.org.uk and have found many references through them which we hope you find helpful. Please note: This is a global problem and these are global references.



W W W . U N P L U G G E D R E B E L S N Z . C O M

EVIDENCE FOR Sexual Content & Behaviour

W W W . U N P L U G G E D R E B E L S N Z . C O M

...exposing children to sexual & offensive content

 90% of girls and 50% of boys say they and their peers are sent explicit pictures or videos of things they do not want to see 36% of children aged 8-17 said they had seen something 'worrying or nasty' online in the past 12 months

 51% of 11 to 13 year olds say they have seen pornography online ...exposing children to sexual abuse & grooming

1,058% increase since
 2019 of webpages showing
 sexual abuse of 7-10 year
 old children

...pressuring girls into sending sexual images of themselves
80% of teenage girls are

 80% of teenage gins are being put under pressure to provide sexual images of themselves

 Girls are commonly contacted by multiple boys a night asking for 'nudes' (naked/ semi-naked images)

The Telegraph – We Must do Everything to Stop Children Watching Porn 6 December 2022, British Board of Film Classification Research, 2019, Review of Sexual Abuse in Schools and Colleges, Ofsted Report, 2021, Sexual Abuse Imagery of Primary School Children 1,000% worse (...) The Internet Watch Foundation, 27 January 2023

EVIDENCE FOR PHYSICAL HEALTH



UNPLUGGED REBELS NZ

...contributing to obesity in children

 9 hrs/day average screen time in kids with a smartphone

W W W . U N P L U G G E D R E B E L S N Z . C O M

...damaging development of children's spine

 Studies of young, healthy individuals show habitual use of smartphones causes musculoskeletal problems.



Paediatricians, chiropractors and physiotherapists are warning of "text neck syndrome" 43% higher risk of obesity for those using smartphones for 5+ hrs/day

...preventing children playing outside

 Children spend twice as long looking at screens as playing outside

- ...stopping kids getting enough sleep
- 57% more teens sleep deprived in 2015 than in 1991
 - When they should be sleeping 80% of teens are using smartphones

...damaging children's eyes

 Children's myopia risk (shortsightedness) is linked to smartphone use

Clinical and Experimental Optometry 25 May 2020, Five or More Hours of Smartphone Usage Per Day May Increase Obesity American College of Cardiology, 25 July 2019, The Independent, 26 October 2018, UK's Chartered Society of Physiotherapy, 2015, The Influence on Smartphone Use on Spinal Posture, University of Toronto, 2021, Awake, Online and Sleep-deprived – The Rise of the Teenage 'Vamper' Elizabeth Englander PhD, The Conversation, 10 December 2014, Have Smartphones Destroyed a Generation? Jean Twenge, The Atlantic, September 2017



W W W . U N P L U G G E D R E B E L S N Z . C O M

...addictive

 46% of teens say they use their phones "almost constantly"

...preventing children playing outside

 ...creating structural changes to children's brains

...reducing children's academic performance

- Smartphones reduce memory and recall accuracy, even when not in use
- Children who spend 5-7 hrs/day on a digital device are 49 points (equivalent of two school years) behind children who are on a screen <1hr/day



MRI scans of • young children shows screen time reduces the size of the brain areas responsible for visual processing, empathy, attention, complex memory and early reading skills

Teens, Social Media and Technology 2022 Pew Research Centre, 10 August 2022, Mobile Phones, the effects of its use on learning and memory, National Library of Medicine, 2020, OECD Pisa Results 2022, Screen Differences in Brain Structure in Young Children, Research Horizons Scientific Reports, 2022

EVIDENCE FOR MENTAL & EMOTIONAL HEALTH

W W W . U N P L U G G E D R E B E L S N Z . C O M

...increasing depression and anxiety in children

 A 2023 study of 27,969 18-24 year olds found that mental health outcomes were significantly better the older the young person was when they got a smartphone.

The first generation of children who were given smartphones in primary school are now adults.

We now know for every year younger they were given smartphones by their parents, the worse their mental health is today.

Depression, feelings of aggression, suicidal thoughts, low self-confidence, poor self-image, detachment and weak relationships increase for every year younger a child is given a smartphone – even in those with no traumatic or adverse childhood experience.

...increasing loneliness in children

- Loneliness has doubled in children since 2012
- School loneliness is highest where access to smartphones and internet use is high



...making children more likely to selfharm

 194% increase in emergency department visits for self-harm by 10-14 year olds girls (94% for boys)

 Up to 30% of teenage girls report purposefully hurting themselves without wanting to die in the last year

84% of bullying in children with smartphones, takes place online. (Ofcom report- Threat of online bullying greater than online- 19 May 2022), Sapien Labs: Age of first smartphone/tablet and mental wellbeing outcomes, 2023. Worldwide increases in adolescent loneliness Science Direct, Journal of Adolescence, Volume 93, December 2021, US Centres for Disease Control, Zach Rausch, 2021, Non Suicidal Self Injury Study, American Journal of Public Health, 2015, Age of First Smartphone/Tablet and Mental Wellbeing Outcomes, Sapien Labs, May 2023

EVIDENCE FOR SOCIAL DEVELOPMENT



W W W . U N P L U G G E D R E B E L S N Z . C O M

Children with smartphones spend longer in a virtual world without human interaction The quality of family relationships and friendships decreases for every year younger a child is given a smartphone

 Hinder development of social skills and relationships

- Social Self how we see ourselves and relate to others – shows the most significant and steepest improvement with older age
 - Damaging for family relationships

The daily average of 5-8 hours adds up to 1,000 to 2,000 hours a year that would otherwise be spent in face-toface social interactions, learning and mastering these important skills and building strong relationships