Helping your child build healthy screen habits

The following information is made possible by the 2025 Utah SHARP survey. The Utah Student Health and Risk Prevention (SHARP) survey is the most comprehensive source of information on the challenges and opportunities our youth face.

In Utah:

79.5%
of students spend 2+ hours a day on electronic devices (playing games, texting, or using social media), not for schoolwork.

81.7%
of students have rules about screen time, content, apps, and when devices can be used. However, only half say their parents enforce these rules —and almost 1 in 3 students say their parents never do.

Screen time & academics

Students who spend 2 hours or less on screens a day are **47% more likely** to volunteer in their community than students who spend 5+ hours on screens.

45% of students with A grades spend **2-3 hours/day** on screens. After 3 hours of screen time, grades tend to drop.

Studies show **too much screen time** is linked to delays in development, behavior issues, poor sleep, inactivity, and trouble with problem-solving.

Screens & sleep: what you should know

Only **39.2% of Utah youth** get 8 or more hours of sleep on an average school night.

Not enough sleep is linked to loneliness, substance use, and mental health struggles.

The more screen time kids have, the **less sleep they get.**

Smart digital habits: quick tips for parents and caregivers

1. Get involved
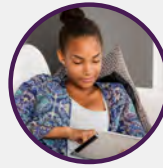Play games, ask about their favorite apps, and show interest in their online life.

2. Be open & set rules
Talk about screen time rules and use parental controls to guide—not just limit.

3. Create balance
Set tech-free zones (bedrooms, dinner), and limit screens before bed.

4. Earned freedom
Give more screen time as kids show responsibility.

5. Focus on quality
Choose educational, positive content. Avoid mindless scrolling.
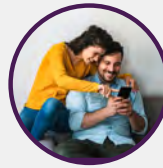
6. Lead by example
Show healthy screen habits yourself.

TOP TIP

The Goal:
find 10-15 minutes of screen-free time to connect with your child every day.

Resources to help you succeed:
sharp.utah.gov

Utah Department of
Health & Human
Services