Minimizing dependence on screens matters

8.3 hours daily

Amount of screen time for students across all uses

5.9 hours daily — Average screen time excluding educational use

2.4 hours daily — Average use of school-issued device

2.0 hours daily — Limit on academic screen time set in even the most tech-forward schools

Where growth inhibited by screens occurs

Impact of screens on students:

20% less able to stay calm when challenged

18% less able to finish tasks once started

15% less curious or interested in new things

10% more likely to argue with parents or teachers

School leader concerns:

88% of educators said that learning challenges rose with increased screen time

60% say students are distracted by one device while using another

Parent concerns:

43% say their children's schools use extensive screen time, undermining their efforts to reduce screen time at home

66% are not content with the amount of school screen time

Benefits of less screens:

31% more meaningful interactions with discussion based learning

34% more questions and engagement from direct instruction without screens

42% more brain activation from hands on learning

58% observed higher engagement in low screen environments

Sources:

Education Week, 2022
https://www.edweek.org/technology/what-the-massive-shift-to-1-to-1-computing-means-for-schools-in-charts/2022/05

Forbes," Feb 10, 2025
https://www.forbes.com/sites/rayravaglia/2025/02/10/alpha-school-using-ai-to-unleash-students-and-transform-teaching/

Source: Hedderson et al., 2023
https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2801457#248832319

PubMed, 2018
https://pubmed.ncbi.nlm.nih.gov/30406005/

Student impact taken from ages 14-17. Impacts vary by age, but all have mesasurable impacts.

M2 by Swivl
Education technology that minimizes screen dependence