

Name _____

Unlocking Potential: Why We Should Reduce Screen Time

Short Answer Key

1. Excessive screen time can lead to physical health issues such as obesity due to lack of physical activity or posture-related problems from prolonged screen use.
2. Excessive screen time can lead to stress, anxiety, and sleep problems as screens can be addictive and disrupt healthy sleep patterns.
3. Reducing screen time can lead to increased productivity and creativity by allowing individuals to explore hobbies, read books, or spend quality time with loved ones, which can inspire new ideas and activities.
4. Real-life connections and experiences are considered more meaningful because they involve genuine face-to-face interactions, emotions, and shared experiences that virtual connections cannot fully replicate.
5. Practical steps to reduce screen time may include setting daily screen time limits, scheduling device-free hours, or engaging in outdoor activities.

