

Experts increasingly question the effectiveness of harsh restrictions on the use of gadgets by children.

Despite the popular opinion that screens are harmful to the brain and psyche, scientific data do not yet give an unambiguous answer. Psychology Professor Pete Etchells claims that many frightening headlines are based on weak or distorted conclusions.

The key problem is the methodology. Most studies are based on self-reports: adolescents ask how much time they spent behind the screen and how it affects their mood.

But this does not give an objective picture. In addition, the context is not taken into account: whether the child watched the educational video, played alone or talked with friends.

Some scientists, such as Jin Twendge, insist that it is still necessary to limit gadgets – especially children under 14-16 years old. But others believe that excessive prohibitions only enhance interest and risks.

The current approach is not punishment, but the involved and conscious use of technologies in which parents help children find balance and critically evaluate what is happening on the screen.