



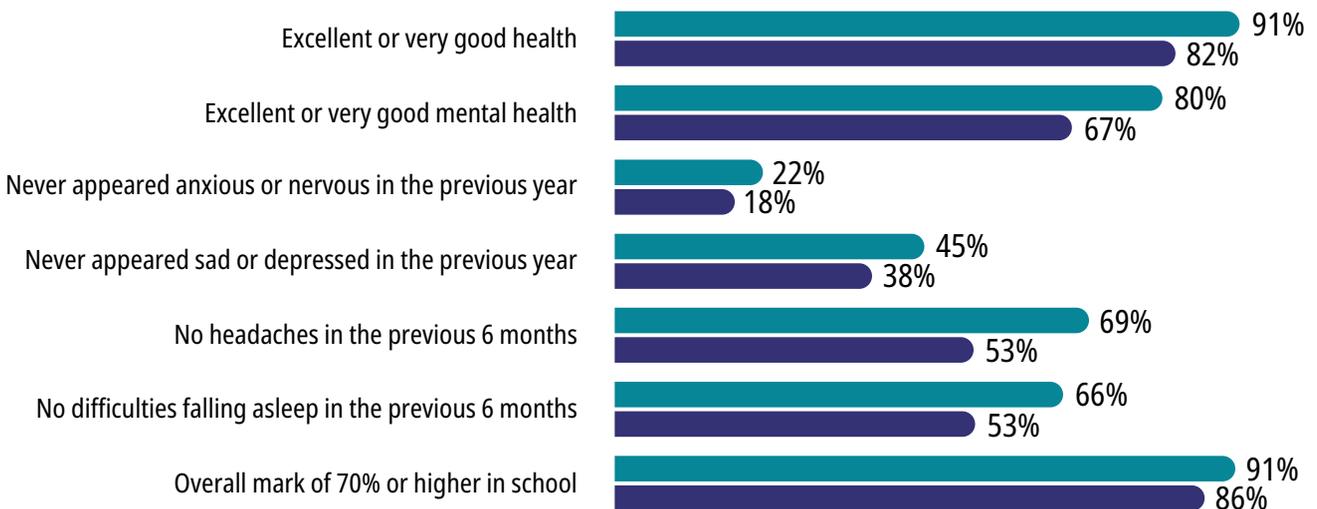
According to results observed for the same cohort of children in 2019 and 2023, **44% followed the Canadian Paediatric Society's screen time guidelines<sup>1</sup> in both years, while 12% did not follow them in either year.<sup>2</sup>**



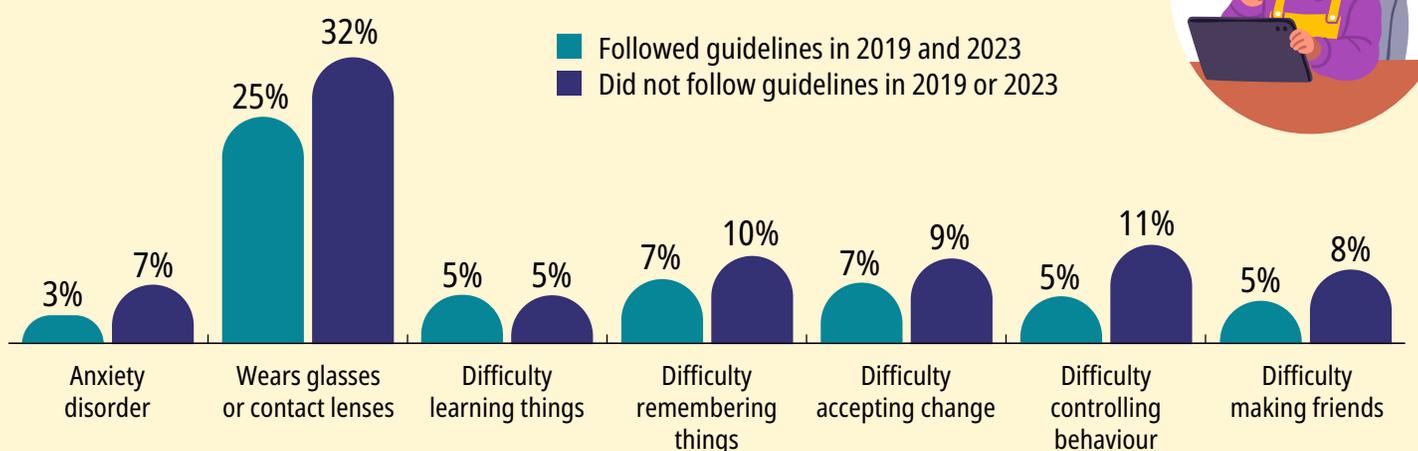
Children who followed the guidelines both years were **more likely** to have better well-being outcomes than children who did not

■ Followed guidelines in 2019 and 2023  
 ■ Did not follow guidelines in 2019 or 2023

**Well-being outcome**



In 2023, children who followed the guidelines both years **were less likely** to experience certain challenges than children who did not



Children who **did not follow** the guidelines in either year were **more likely** to use an electronic device in their bedroom before bed

**Well-being outcome**

Well-being outcome	Followed guidelines in 2019 and 2023	Did not follow guidelines in 2019 or 2023
Used an electronic device in their bedroom before falling asleep in the 7 days preceding the survey	24%	64%
Talked with a parent or guardian about online safety at least sometimes	83%	88%
Talked with a parent or guardian about online privacy at least sometimes	77%	83%
Their parent or guardian often or always knew what the child was doing online	88%	73%

1. According to the Canadian Paediatric Society's (CPS) guidelines, screen time for children younger than 2 years is not recommended, while screen time for children aged 2 to 5 should be limited to one hour or less per day. Beyond the age of 5, the CPS acknowledges that it becomes more challenging to recommend time limits, since technology is heavily integrated into our society. Meanwhile, the Canadian Society for Exercise Physiology recommends no more than 2 hours of screen time per day for those aged 5 to 17 years old. These daily limits were used for the purpose of this infographic.

2. The results are from the 2019 and 2023 Canadian Health Survey on Children and Youth, which followed the same cohort of Canadian children and youth over time to assess changes in their health and well-being. The children and youth were aged 3 to 11 in 2019 and aged 7 to 15 in 2023.

Sources: Statistics Canada, Canadian Health Survey on Children and Youth, 2019 and 2023.

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