## The Real Science of Screen Time

Delve into the real science behind screen time, age recommendations and good habits for mobile phone use.

What do parents need to know?

peteetchells.com

Pete Etchells

The Real Science of Screen Time (and how to spend it better)



## **Professor Pete Etchells**

Psychologist, digital tech researcher, science writer

"Realistic and reassuring"

**7pm - 8pm online 26 June 2024** 

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