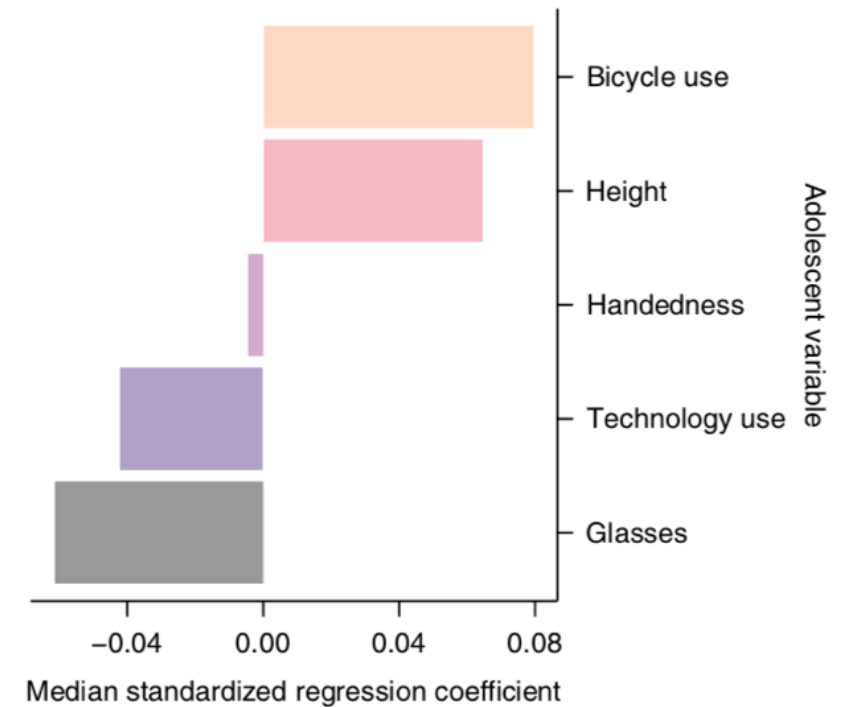


A Researcher's Perspective

The link between 'screen time' and adolescent well-being is...

1. Minimal
2. Bidirectional
3. Inherently individual (use and users)



Screen time is a flawed and outdated method for quantifying the outcomes of digital technology use