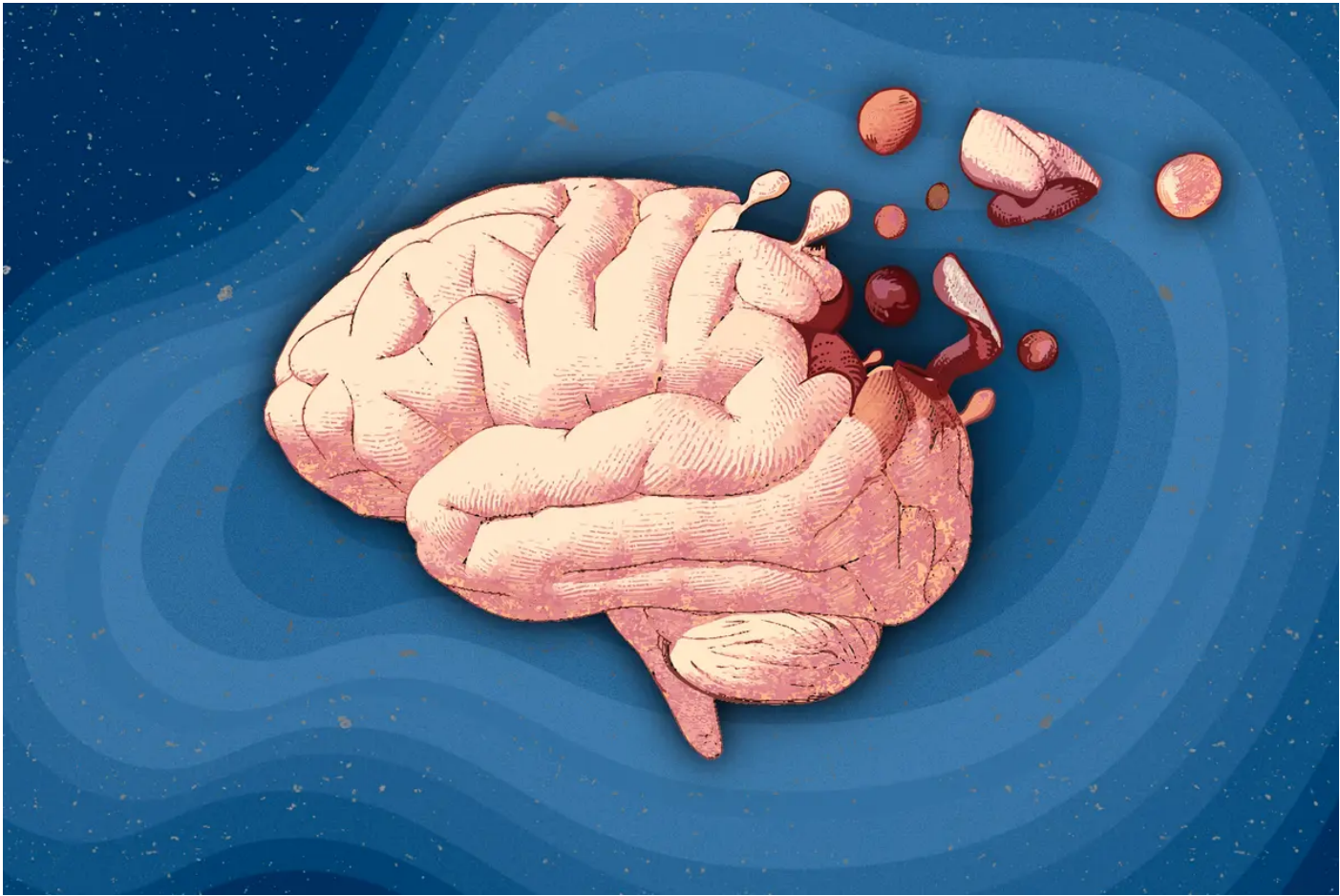


HEALTH PREMIUM REPORTS

# The Silent Epidemic Eating Away Americans' Minds

  450



(Illustration by The Epoch Times, Shutterstock)

By Marina Zhang

January 16, 2024 Updated: January 18, 2024

Billy was a bright 10-year-old boy with two Ivy-League-educated parents. He was book smart—got straight A's in school—but lacked street smarts.

He was also a poor sport. Billy would frequently lie and cheat when playing board games or participating in team activities and have full-blown meltdowns when he lost. His friends, who had been with him since kindergarten, began losing patience. His parents recognized that something had to be done.

So Billy's parents brought him to Dr. Victoria Dunckley, a pediatric psychiatrist specializing in screen use.

After a four-week “screen fast” prescribed by Dr. Dunckley, which eliminated all TVs, phones, and video games, Billy's problems miraculously cleared up. His parents were so pleased that they decided to maintain the fast.

Six months passed, and Billy's friends were no longer avoiding him, and his sportsmanship had improved markedly. Billy decided to run for class president and delivered a speech, something that would have previously terrified him.

Billy is one of Dr. Dunckley's many patients whose mental and behavioral problems disappeared once they eliminated or significantly reduced screen time.

Excessive use of screens has become an epidemic silently eroding lives with little resistance. Gallup's 2012 survey found that around 60 percent of young adults admit to spending too much of their time on the internet; a subsequent survey estimated that 83 percent of smartphone users say they keep their phone near them “almost all the time during their waking hours.”

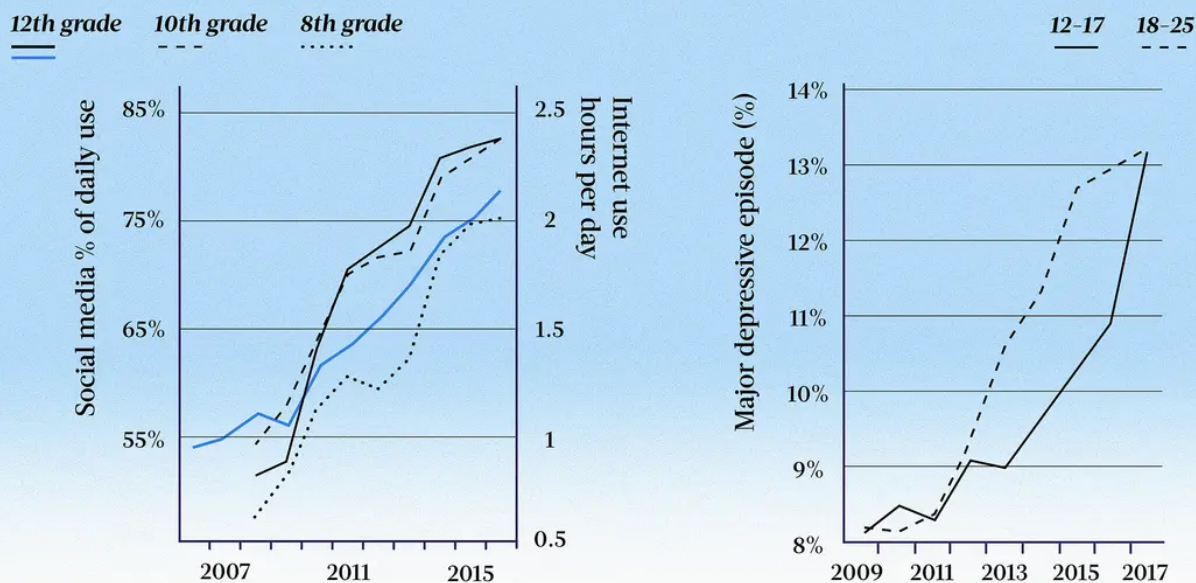
Screens can overstimulate our brains, resulting in a perpetual, highly stressed, fight-or-flight state. This then makes us prone to meltdowns, depression, and anxiety when even minor changes in the environment occur.

## Rising Problem

The initial link between screen time and poor mental health was spotted through generational studies by Jean Twenge, who has a doctorate in psychology and is a professor of psychology at San Diego State University.

“I got used to changes that would grow slowly and steadily over time,” but then after 2010, “I started to see some changes that were much more sudden—I had really never seen anything like it,” Ms. Twenge said in a TEDx talk.

### *After 2010, Screen Use and Depression Surge*



Source: American Psychological Association

Around 2010, social media and internet use saw a dramatic increase, followed by an increase in major depression. (The Epoch Times)

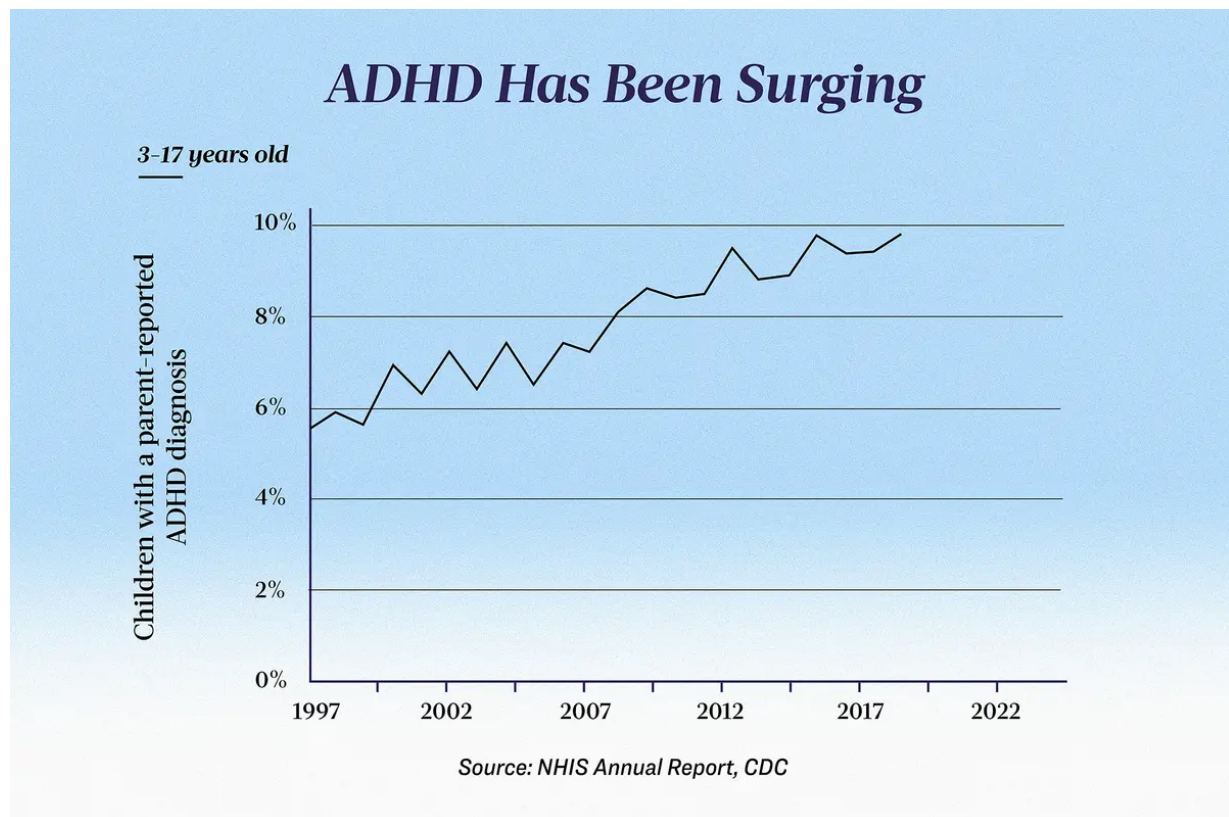


Between 2005 and 2012, the change in rates of depressive episodes in teens aged 12 to 17 barely exceeded 1 percent. However, between 2012 and 2017, there was an almost 4 percent increase.

Additionally, fewer teenagers are going outside or reading books, while their time on social media and the internet is dramatically surging.

In 2008, psychotherapist Tom Kersting, who worked as a school counselor for 25 years, saw a rise in attention-deficit/hyperactivity disorder (ADHD) diagnoses in children over age 8.

ADHD tends to be detected in early childhood after a child starts school. However, he has witnessed increasingly delayed diagnoses in teenagers and adults. While it could be possible that some of these teens were missed by clinicians when they were young, Mr. Kersting suspects that some developed symptoms of ADHD due to screen use.



ADHD diagnosis has been on the rise. (The Epoch Times)



Around 2012, when 30 percent of teenagers had a smartphone, he started to see rebellious behavior and anxiety disorders becoming more common among children. Young adults and teenagers growing up now also tend to be more antisocial and have reduced emotional resilience, which may be related to insufficient in-person socializing due to spending most of their time behind screens.

“It’s not just the amount of time spent in the cyber world,” Mr. Kersting told The Epoch Times, “but also what they missed out on: outside play and social learning.”

During the pandemic, adolescents’ screen time doubled.

# 13

## TIMES

People who have definite or severe internet addiction are more likely to have both depression and anxiety.

Few studies investigated internet addiction in children during the pandemic, but a large study done in adults in 2021 showed that adults who were considered at risk of internet addiction were 2.3 times more likely to have depression and 1.9 times more likely to have anxiety than the general population. Furthermore, people with definite or severe addiction were 13 times more likely to have both depression and anxiety.

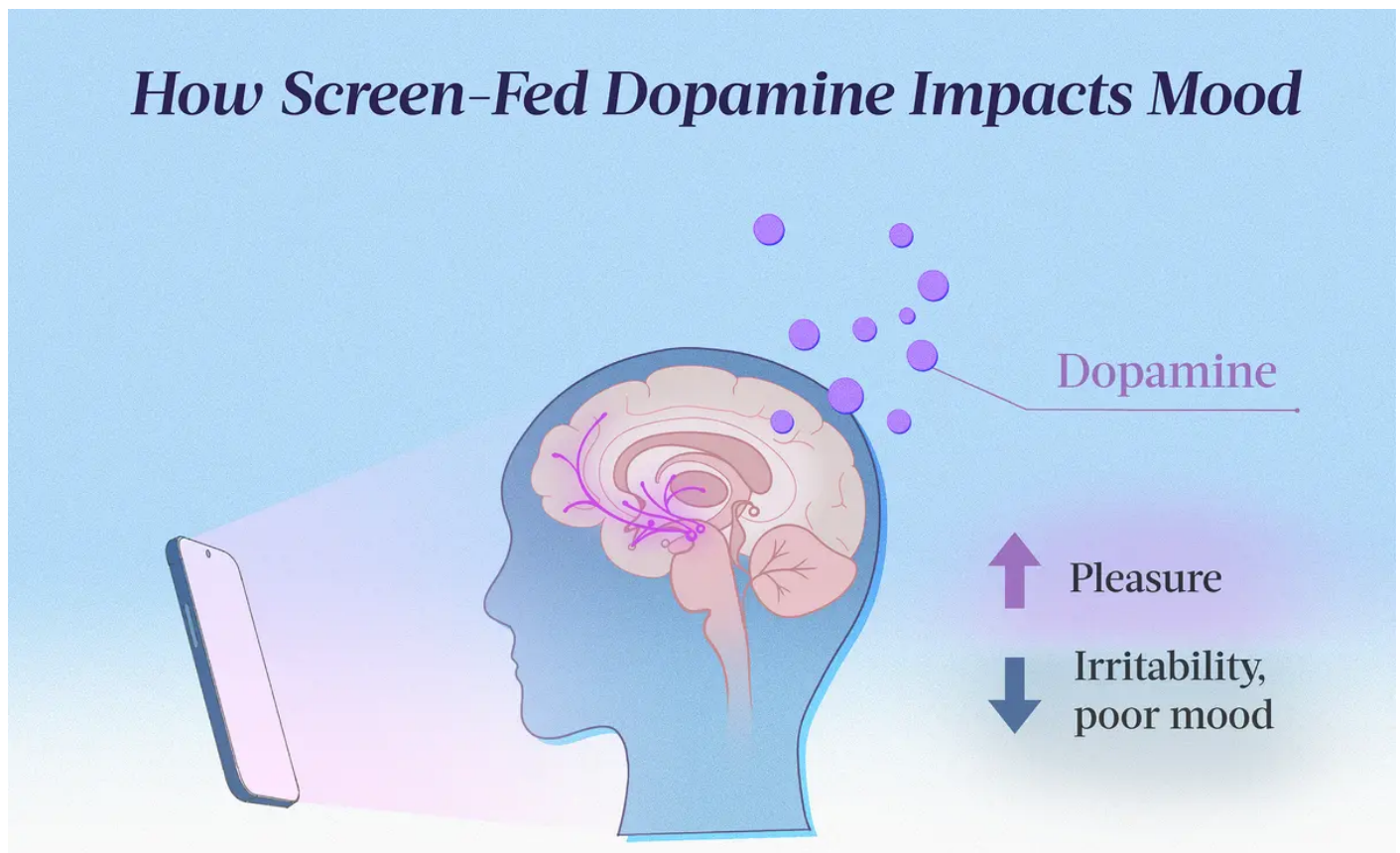
Fast forward to post-pandemic times, with teachers reporting that the latest generation—Gen Alpha, also known as “iPad kids”—is aggressive, undisciplined, and regulates emotions poorly in the classroom.

Dr. Clifford Sussman, a psychiatrist specializing in screen addiction, has focused his practice on treating this condition due to increasing need. Especially after the pandemic, “demand for help with this issue exploded,” he told The Epoch Times.

## How Screens Hook You

Screen activities—whether they include video games, social media, internet scrolling, or video streaming—offer an escape. These activities are also highly stimulating for the brain due to their bright colors and seamless integration into the virtual world, medical professor and psychotherapist Dr. David Rosenfeld at Buenos Aires University told The Epoch Times.

When presented with anything new and exciting, the brain releases dopamine, and anything that induces dopamine release can be addictive. Dopamine produces a feeling of pleasure, while a drop in it is linked to irritability and poor mood.



Dopamine produces a feeling of pleasure, while a drop in it is linked to irritability and poor mood. (Illustration by The Epoch Times, Shutterstock)

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Screen activities have been designed to capture our attention by feeding us regular doses of dopamine. Like playing an immersive video game, giving you a thrill when you level up, defeat a boss, or find a new item, screens entice you to spend more time in the virtual world.

“Video games are governed by microscopic rules,” Bennett Foddy, who teaches game design at New York University’s Game Center, said in the book “Irresistible: The Rise of Addictive Technology and the Business of Keeping Us Hooked” by Adam Alter, as excerpted by The Guardian.

These micro-rules can be a “ding” sound or a white flash whenever a character moves over a particular square and are synced to the player’s actions so they feel they were the one who caused it. This micro-feedback generates a sense of reward, hooking people into continuously playing the game.

This system may also explain why interactive screen activities may be more problematic for children than passive screen activities, like watching TV.

Dr. Dunckley has observed that while two hours of TV is linked to signs of dysregulation in children, only 30 minutes of interactive screen activities is stimulating enough for signs to occur.

Many video games also employ strategies used in gambling, such as loot-box rewards, where players are rewarded at random intervals throughout the game. Since players do not know when the next reward drop will come, they are further compelled to play the game—even if they are not enjoying it.



This strategy came from the works of psychologist Burrhus Frederic Skinner. Skinner put pigeons in a box with a button, rewarding them with food whenever they pressed it. He found that the pigeons rewarded irregularly were more compelled to press the button than those rewarded with every button press.

This compulsion also exists in humans.



A child plays video games at a trade fair in Milan, Italy, on Nov. 22, 2013.  
(Tinxi/Shutterstock)

Social media posts break information into bite-sized pieces, feeding users a jolt of dopamine with every post, like, and comment.

Furthermore, social media has been engineered to lack natural stopping cues inherent in many aspects of life.

Whether it's a newspaper article, book, or movie, there is always an ending. One is, therefore, left to choose another activity once the end of the article, chapter, or movie comes. However, with social media, one

can scroll on forever without an end to the content—known as the doom scroll.

Internet surfing is no different. Put a word into the search engine, and endless results and related links surface, leading you down a rabbit hole.

## When Screentime Eats Into ‘Human’ Time

The social acceptability and pervasiveness of screens often make it hard for people to realize that their screen time may be getting out of control.

So far, no consistent criteria on what counts as screen addiction exists, but there are increasing data suggesting that many Americans have problematic screen use.

# 7

### HOURS

The average amount of time an American spends per day behind screens, excluding school and work time.

Americans spend seven hours a day behind screens on average, excluding time spent at school or work.

Counsellor Hilarie Cash, the co-founder of reSTART Life, a residential treatment center for tech addiction, told The Epoch Times that screen use is classified as problematic when it starts eating into time necessary for normal human functioning.

People need around eight hours of sleep every day, and the average working time is 8.5 hours. They also need time to socialize, exercise, eat, shower, and manage daily affairs and hobbies. Seven hours of screen time daily would mean necessary activities are being sacrificed.

Dino Ambrosi, the founder of a 12-week program that helps college students limit social media time, estimated in a TEDx talk that if most 18-year-olds today lived to be 90, they would have 334 months of free time left in their lives.

What those people do with this remaining time “will quite literally determine the kind of person you become,” he said. Yet Mr. Ambrosi’s estimations show that around 93 percent of that time is spent behind screens—mostly unintentionally.

Ms. Cash, whose program to treat people struggling with addiction to internet pornography and video games began in the 1990s, has observed a worrying trend.

While her earlier clients also experienced major upheaval due to their screen addictions, they had sufficient life skills. In contrast, many of her clients today lack necessary life skills, such as knowing how to cook, maintain personal hygiene, hold down a conversation, make meaningful relationships, keep a job, etc. These people are more challenging to treat.

One reason for this is that they were given a tool to escape early into their childhood or adolescence. As a result, they have become chronic escapers of inconveniences and difficulties in life. Ms. Cash said these people struggle to build social connections, navigate challenges, and hold down a job—all essential in helping a person construct a life outside the virtual world.





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**Screen use is classified as problematic when it starts eating into time necessary for normal human functioning.**

*Hilarie Cash, co-founder of reSTART Life*

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(Courtesy of Hilarie Cash)

## 4 Major Mental Disorders

Psychologists and professors Daria Kuss and Mark Griffiths at Nottingham Trent University are some of the leading researchers investigating the effects of problematic screen use.

Among the 26 psychotherapists who treat people with internet addiction who Ms. Kuss and Mr. Griffiths surveyed, some said their patients' mental health problems were undoubtedly caused by screen use.

“They didn’t have social anxiety or generalized anxiety disorder prior to when they started playing,” one psychotherapist reported.

Dr. Sussman added that when comorbid with addiction, mental health problems are often untreatable before first addressing the addiction.

## Depression

Prolonged screen entertainment leads to protracted periods of dopamine release. This means one experiences a dopamine drop when quitting screen time. Low dopamine levels are linked with irritable mood and depression.

With constant stimulation, the body eventually attempts to stabilize itself by making the brain's pleasure pathways less sensitive. This means that to achieve the same "high," a person must either increase how stimulating the content is or watch more. This could mean more graphic, intense, or violent content. Then, when a person gets off the screen, this results in further disinterest and poor mood.

Naturally, people are less interested in less-stimulating activities—like inherent, interpersonal pleasures.

Screen use is also associated with low melatonin release, potentially linked to a variety of mood disorders, including depression.



Since 2010, fewer teenagers go out with their parents, and the percentage of children reporting

depression symptoms has surged. (Alain Jocard/AFP via Getty Images)

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## Anxiety and Irritability

Being on the screen means a person is constantly distracted.

Social media and internet scrolling break up a person's attention span, as attention is diverted from one thing to the next. "We find in our research a correlation between frequency of attention switching and stress," researcher Gloria Mark, who has a doctorate in psychology, said in an interview on the podcast "Speaking of Psychology." The faster the attention switching occurs, the higher the stress—measured by heart rate monitors and self-reporting.

Stimulation from screens also activates the fight-or-flight response and causes adrenaline to be released. This adrenaline rush can cause a sense of anxiety or great excitement. If this state continues to be triggered, a person may become adrenaline-depleted, said pediatric occupational therapist Cris Rowan, a critic of the impact of technology on human development, behavior, and productivity. Adrenaline depletion can lead the body to release cortisol instead, Ms. Rowan said. Cortisol is a stress hormone linked with anxiety and major depressive disorders.

## ADHD

A major disorder linked with screen misuse is ADHD.

The brain is like a muscle that can be trained, said Dr. Andrew Doan, an ophthalmologist specializing in public health, problematic gaming, and excessive personal technology use.

Since screen entertainment is highly distracting, less time is needed to train a person's ability to sustain attention, which is required to



complete a mentally challenging task like finishing lengthy homework.

Prolonged screen time is also associated with thinning of the prefrontal cortex, which is critical for compulsion control and logical thinking. This is also what makes people with ADHD have difficulty in completing tasks they find uninteresting.



**I started to see some changes that were much more sudden—I had really never seen anything like it.**

*Jean Twenge, professor of psychology, San Diego State University*

(Courtesy of Jean Twenge)

## Autism

Screen time is isolating.

While a person is engaging with games, social media, and the internet, “the question is, what are they not doing?” Mr. Kersting asked.

For parents, this might be parenting and building a connection with their children. For children, it could be opportunities to play and socialize, which stunts social development and can lead to withdrawn, antisocial, and anxious behaviors that can mimic symptoms of autism.

Drs. Dunckley and Sussman have discussed that the formation of problematic screen usage and mental health problems can be bidirectional. In other words, people with autism or autism-like symptoms may use screens to avoid socially anxious situations, but the less they train themselves to be social, the more withdrawn they become.

## Avoiding Screens Is Like ‘Drinking Water in a Bar’

Problematic screen use is not limited to children. Ms. Rowan, who has conducted over 400 workshops on topics such as productivity, addictions, technology overuse, media literacy programs, and school environmental design, said that parents sometimes enable children to seek out screens.

“Raise your hand if you’re managing your screen use adequately,” Ms. Rowan asked a room of adults during one of her workshops. While about 500 people signed up for it, fewer than 10 people raised their hands.

The work of educator and clinical psychologist Catherine Steiner-Adair has also shown that children are increasingly competing with screens for their parents’ attention. Some children have reported feeling neglected because their parents are constantly checking their phones.

Parents who are unaware or not in control of their own screen use may also struggle to set screen time limits for their kids.

Some parents are now raising their children by using screens as babysitters. This can cause children to prioritize screens over family and vice versa with the parents, Dr. Rosenfeld said.

This phenomenon is reflected in Gen Alpha. A common issue with these children is a lack of discipline, leaving parents stressed, and only screens can pacify them during their tantrums.

Schools and workplaces going digital have also facilitated screen use.

As entertainment is often a click away, Dr. Sussman described the difficulty of cutting screen use in the current environment: “It’s like drinking water in a bar.”

When asked if people can recover from an addiction, Dr. Rosenfeld said that the most crucial factor is having a loving family that cares and is willing to do everything to help the person get better.

But what about the new family dynamic where parents are also addicted to their screens and, therefore, do not see their children’s screen addictions as much of a problem?

“That is not a situation a psychoanalyst can help with,” Dr. Rosenfeld said somberly.

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**Eve Saint** 2 days ago

My kids are 8 and 4. Their only screen time is a couple of movies one night per week, it's a special "movie night" complete with popcorn and candy, and it's a privilege. No other screens. At this age they don't need to be on screens. They have other interests.

SHARE +192

Show 10 Replies

**A Arturo Mur...** 2 days ago

Great article! Thank you very much for it.

The first paragraphs in the intro definitely hit home. As a father I'm struggling with a young soul (8yr old) at this instance with the same symptoms in public.

I will surely try a "screen fast"

SHARE +112

Show 4 Replies

**P Paul Henry** 2 days ago

I am a 6th grade teacher and I and my coworkers have seen a dramatic increase in children who are "aggressive, undisciplined, and [who] regulate emotions poorly in the classroom." Many are addicted to porn at the age of 11 or 12, and tablets, phones, and Chromebooks, are commonly used as babysitters by parents. I now include a section in my back to school night presentation on monitoring screen time and charging all devices in the parent's room at night to keep their children from playing on them all night. Our speech therapists (we now have 3, we used to have one) are overwhelmed, and I have three out of 5 of my classes with almost half of the students with special needs (I have never have more than 2 classes, with about  $\frac{1}{4}$  –  $\frac{1}{3}$  of the students listed with special needs). I have 5 students with safety passes to go to the counselors whenever they need to for meltdowns (I've never had any before this year). Most of my students have almost no ability to hold a thought longer than a few minutes, and almost no number sense. We have fights almost daily, and sometimes up to 8-10 in a day – across the district. I have 6 children in my classes alone who are on no contact contracts for bullying.

Our children are being destroyed screen hour by screen hour. My advice to parents if you want emotionally stable children: turn off all screens, talk and read to your children, and explain to them why you are taking the time to discipline them and making them complete their work.

SHARE +95

Show 15 Replies

**H** **HF Brooks** |... 2 days ago

smartphones created dumb people.

SHARE +93

Show 2 Replies

**C** **Churros Zoo** 2 days ago

This effects adults as well.

SHARE +93

Show 3 Replies

**C** **canoe\_39** 2 days ago

I remember when people said the same thing about children watching too much tv. Children should have a well rounded childhood. Too much of anything is never good for a child. That is just common sense.

SHARE +81

Show 5 Replies

**D** **Descartes R...** 2 days ago

The source of the mental disorders is "brain washing" by the schools and the media.

SHARE +80

Show 2 Replies

**T** **Taomega** 1 day ago

It is not just screen time. It is the content on the screen and peer pressure to view that disturbing content.

Our society is being assaulted by the likes of TikTok etc..

SHARE +69

Show 3 Replies

**M** **mompom** 2 days ago

How many times have I been in a store, restaurant, or market & have seen moms on their screens while their child sits there! These parents have no idea what they are doing to their child! I want to stop & tell these moms to wake up & pay attention to your child before it's too late.

SHARE +63

Show 5 Replies

**I** **Idaho \_7** 1 day ago

Put God and the Constitution back in schools!

SHARE +59

Show 2 Replies

**K** **Kim Petro -...** 2 days ago

Many parents use "screens" as babysitter.

SHARE +58

Show 3 Replies

**M** **Mark13** 2 days ago

Do you remember before the internet how people believed stupidity was caused by a lack of information?

Yeah, that wasn't it.

SHARE +50

Show 5 Replies

**J** **Jeff Borgardt** 1 day ago

I saw a documentary YEARS ago about how face book determines the sounds and images you get from likes/dislikes/shares/etc.

They had people hooked up to diods on their heads and chests and they were measuring the effect each had on the person, they were tweaking maximum effect on our brains to make users addicted.

Not unlike the high from a drug.

I thought it was disgusting.

I have no facebook, X or any other social media account and glad for it.

If my family/friends want to get in touch with me they have to call me and talk to me!!

SHARE +49

Show 5 Replies

**J jwd** 1 day ago

This is also why I'm at a house at the end of the county road, no neighbors, lots of land, a small river, the kids playing in the river, all summer, catch fish, swim, explore, build forts. Use their imagination their skills climb Trees, find wild fruit trees and berries, persimmons, pawpaw blackberries, blueberries, edible plants edible mushrooms, dig holes. We have a large garden, Farm animals.

it's not how I grew up but it's how I wish I would've grown up, and these five children get to. We also homeschool with the Abeka program and with just a few hours school a day they're two years ahead of children their age, not to mention all the experience they get. Like one afternoon a pack of coyote showed up down by the creek, the kids took off chasing the coyotes ahead of our two dogs. The coyotes had to ran away so fast they left a puppy behind so the kids picked the puppy up and brought it back to the house. Of course I made them let it go back where they found it. Yes It was experience they will remember for the rest of their life. They learn to think for themselves they learn to care for themselves and their animals and the garden. They learn constantly every day they're outside they learn how to build Barnes how to drive tractors how to plant gardens had to cut wood. I take them up to the Mennonite farm, and let them work with the Mennonites, helping them garden and harvest the crops for free, of course, you can't put a price on the Education they're getting.

SHARE +48

Show 3 Replies

**V Van Hamlin** 2 days ago

The missing link here is parental control. Parents must teach the child not to cheat and lie. Parents must kick them outside without the phone. Parents must teach children how to exert self-control.

The same games that this article says are bad for kids are touted as good for aging seniors. If your kid is depressed, give them a hug, tell them you love them and then let them tell you what is going on in their heads! No drugs – no weird fantasy games where we kill thousands of people. Only see the shrink when your child relates bizarre things like hearing voices or seeing things that aren't there.

P.S. Watch your children's teachers – there are lots of bad apples hiding there these days.

SHARE +44

Show 2 Replies

**S Susan Attili** 2 days ago

It doesn't take a physiatrist to figure this out.

I figured this out years ago. What in the world would make a parent think that a smart phone is a good idea for a kid.

SHARE +39

Show 1 Reply

**J Jeffrey Bow...** 1 day ago

A very big part of this that was left out of this article was the on-screen pornography that so many people are exposed to and many are addicted to. Our legislators need to do more to regulate online porn, it is destroying, kids, men, women, and families.

SHARE +35

Show 5 Replies

**M MasonX Ma...** 1 day ago

That would explain how the youth of today seem so limp wristed and addle brained and thus easily manipulated by left wing ideology whose whole philosophy is driven by the need to control everyone's narrative!

SHARE +33

**M Maga Kulak** 2 days ago

The ADHD epidemic wouldn't possibly have any relationship to the extra money the schools receive for every child that's diagnosed with it, would it now?

SHARE +33

Show 1 Reply

**D dondacleric** 2 days ago

It's a simple case of too much of a "good thing".....give a kid 'anything' and no supervision or control and watch them run amuck.....parents.....keep your kids in line. Curb their use of phones, computers, even TV.....make them read, study, work on a hand's on hobby.

Don't let them become techno zombies.....be responsible, do the right thing, even if it hurts....it only hurts for a little while.....show some backbone....you're the adult in this.....stop the madness.

Oh did I say simple?

Well that does not mean "easy".....simple means time, effort, practice and gumption on the parents part....the kid has no rights here, no say so...no options.

Yea, that sounds mean and hard.....but when these kids grow up to be sane, level headed adults with common sense and a clear head.....they will thank you for it.

SHARE +32

Show 1 Reply



**A angus** 2 days ago

Yes it's caused by watching Cable news like CNN

SHARE +29

Show 2 Replies

**K Ken Nuzzolo** 1 day ago

Having seen the effect of a facetime call with a 6 month old who couldn't take his eyes off the screen I believe the real social impact of screen time is vastly understated, even in your assessment. Good job on the article and we adults have to turn off and tune out and lead by example. Another good start would be to quarantine all cell phones while students are in school.

SHARE +28

**J jenniferlyn...** 2 days ago

Before the big lockdown, our child only used an iPad on long road trips or occasional bouts of flinging birds or educational games. Now the kids are assigned a laptop in class to do about half of their class work and I have yet to see her come home with a textbook! They have a couple math workbooks and used to have a language arts workbook, but no actual textbooks are used. When they have assignment sheets to complete as homework, the help reference is a website that doesn't explain what to do at all! How are we supposed to help our kids do their homework when it's completely different to how we were taught and there isn't a guide to explain it to us what they want done? Even if the answer is correct, the process we used to get there is marked as a fail! Bring back textbooks with real instruction and quit forcing the screens on our kids!

SHARE +28

Show 8 Replies

**W Wish I Knew** 2 days ago

Good article. Thanks.

SHARE +26

**A Americo Ze...** 1 day ago

It's pretty distressing how these techs were foisted on humanity without consequence. I find myself, at 63 becoming agitated from screen use. A child would never notice that and adapt to it by sacrificing other skill refinement. We are just beginning to see the deleterious effect of a 'point-and-click' society.

SHARE +25

Show 2 Replies

**C** **CharlieSeat...** 2 days ago

Globalism, Climate change lies, Covid lies, Islam and Communism are mental disorders affecting 90% of the worlds population!

SHARE +25

Show 2 Replies

**P** **princessleia** 1 day ago

Interesting – but let’s not underestimate the impact on our children given the insane increase in vaccines over the years – “recommended/forced” with littlr-to-no data on impact to our newborns / young children who are getting multiple shots at the same time – with no data on side effects/adverse events – kudos to Candace Owens – A Shot in the Dark – standing up for our children! 🙏

SHARE +24

Show 2 Replies

**L** **lindalee590...** 1 day ago

As an educator in a public high school over the past 17 years, the shift in teen behaviors is unmistakable. Poor emotional regulation, irritability and inability to focus is rampant. We’re handing out labels such as autism and ADHD with regularity, while many more of our students are depressed and/or anxious to the point of suffering at school. We can’t keep up with the demand by providing support staff to the growing number of impacted students. This article should be read by every parent!

SHARE +21

Show 4 Replies

**A** **AmericaWe...** 1 day ago

ON PURPOSE. These issues are not “unintended consequences.” They are FULLY INTENTIONAL to enslave and dumb-down a whole generation of people. Subsequently, depressed, anxious, zombies are so much easier to control. “You vill own nothing, eat ze bugs, and be happy.”

SHARE +20

Show 2 Replies

**J** **jima56** 2 days ago

Good article.  
I’m depressed that I’m reading this on my iPad.

SHARE +20

Show 3 Replies

**F** **Fixitup** 2 days ago

"Screen Time" is effecting our kids greatly and if anyone thinks this isn't all planned by big tech they you had better think again.

SHARE +20

Show 2 Replies

**S** **Senior Citiz...** 1 day ago

I'm surprised that this is "news", as those of us who didn't grow up with our faces stuck to a screen called this issue a long time ago. When I'm waiting at the doctors office people all have their noses glued to their phones instead of chatting with each other or sitting quietly. The amount of over-stimulation is stressful for adults, even worse for children who watch violent video games, etc.

SHARE +18

Show 4 Replies

**J** **Janis Jenkins** 1 day ago

My father would say to us kids to "go outside and get the stink blown off of you" as a way to say go out and play. And we did; even going outside to play in the snow to make snow forts and snowmen. Walking in the parks is good for us also; the Japanese call it forest bathing. i know that i felt better after hiking in the local park; and even feel good just tending to my flower beds. Everyone needs to get off of our screens; spend more time with others in real time and with the great outdoors; and this includes me. i've stopped using a cellphone to help with this; and to have less impact on our environment with the radiation problem.

SHARE +17

Show 1 Reply

**B** **barbie.young** 1 day ago

A few years ago, I did a survey of nearly 700 teens.

I asked how much it would take to not use screens for a week (\$5k to nothing) – shocking results.

Over 50% reported that they would take nothing, and they knew screens were detrimental. They know and it's up to the adults to set a better example and make it possible.

SHARE +16

**S** **snowpatcht...** 1 day ago

Basically, get your kids outside doing activities, . Not inside playing video games. Been saying this for 30 years.

SHARE +15

**C** **Carla Morgan** 1 day ago

.Parents, please limit your child's screen time.

My grandson is 23 and hardly leaves his room. He works for me six hours a day the rest of the time he is in his room gaming.

He doesn't even have a driver's license.

He has to be told to bathe, has no friends, and has no hobbies; he has said he is depressed. I have tried to get him to seek professional help.

Such a waste.

.0

SHARE +15

Show 5 Replies

**F** **fraucuff 81** 1 day ago

Not on any social media platforms,

why would I waste my time with such nonsense.

What's sad is seeing families, couples out in a restaurant and everyone is on some sort of screen. It's pathetic.

SHARE +15

Show 2 Replies

**B** **Brett Shadley** 2 days ago

The medical term for this mind eating epidemic is called "Liberalism".

SHARE +14

**H** **hesed** 1 day ago

Great article.

Now THIS is what schools should be teaching, training into our kids, not how to be dissatisfied with their gender.

SHARE +13

**E** **Ernie A** 1 day ago

I don't doubt what's in the article, but I believe the issue of "screen time" is but 1 issue of many. More important is the loss of the "nuclear family", which has come about because of no-fault divorce.

SHARE +13

Show 1 Reply

**R Ron Harvey** 1 day ago

I thank God that I did not have “smart” phones when I was a boy. Instead, me and all my friends rode our bikes and explored the woods, the beaches and the ball parks. Parents today should strictly regulate their children’s online activities.

SHARE +12

Show 1 Reply

**J John Pantelis** 1 day ago

I’m reading this on my phone. Go figure.

SHARE +12

Show 1 Reply

**P paulduif** 2 days ago

The “4 Major Mental Disorders” not necessarily stem from screen use alone. Of course much screen time does you no good and some symptoms very well might originate from or be exacerbated

by the excessive use of games, (a-)social media and ‘smart’phones use in general, but since they were invented, vaccinations at a very young age, are on the rise for a century and the push for them in more recent decades wrought havoc around the world. When you want to inform yourself read the book “The Poisoned Needle” written by Eleanor McBean which was written in the ‘50’s. In this book you will learn that from the onset of the phenomenon of vaccination, critics have been bashed, arrested etc. Although the damage done with injecting with so called vaccines has been obvious right from the start, factual reports on these devastating consequences have been and still are being suppressed by the pharmaceutical companies and the American Medical Association (AMA).

The book is still in print and you can read it online at <https://www.docdroid.net/Dc81iDR/the-poisoned-needle-pdf>

Especially since the last four years did put the spotlight to the new wave of mRNA-‘vaccines’ more people are starting to see how damaging the medical maffia works and when reading McBean’s book it is stunning how much of its content is very applicable on the situation today. It becomes very clear how it always has been a very dangerous practice to inject people with stuff that does not belong in their bodies.

SHARE +12



**F** **fredhlew** 1 day ago

Where are all the children? My wife and I look out the window but we don't see any children playing.

We live close to the elementary school so we see the children walking to and from school daily and there are plenty of them.

It appears that America is raising a generation of young zombies who avoid sunlight and interaction with other live humans.

SHARE +11

**J** **jeanne GRI...** 1 day ago

GOOD ARTICLE. I needed this myself. All of my personal business is conducted online via email or by visiting important websites (including Epoch Times). I don't own a smart phone and seldom use my flip phone for anything other than checking the time while working outside. (I now use it often to verify my identity while I am either making an online purchase or paying a bill!). It occurred to me, recently that much of my time is spent (wasted perhaps) just clearing out my daily email...and I have five unique email addresses. Each is restricted to a specific purpose. My PC is on 24 hours a day. When there is a power outage I read a book or work on strenuous tasks inside the house. ...but I manage to accomplish quite a bit during those blackout periods. This article is a wake up call to me.

As of today, the PC goes off (it needs a rest anyway!) and I am going to recover the life I have left. Thank you for the article. it was helpful...and revealing.

SHARE +11

**C** **CW** 1 day ago

Hmm, yet here I am...

That article explains a lot and believe ya on to something.

Let me know when you post another as I will read while I surf...

Ah, just joking as I 100% agree with this and several other issues created by the misuse of the hooking up into the artificial world of the internet.

SHARE +11

Show 1 Reply

**D** **dgsder** 10 hours ago

This is why kids were a lot better of 50 years ago when they played games and had an imagination instead of a socialist agenda puppet !!!!!!!!!!!!!!!!!!!!!!!

SHARE +10

Show 1 Reply

**K** **kdhny11** 1 day ago

We don't consume technology; technology consumes us.

SHARE +10

**T** **Terry Brewer** 1 day ago

I see articles like this, and just shake my head. We knew that subliminal messaging was being propagated by our government almost since the introduction of television. There were actually congressional hearings on it back in the 60's or 70's, where the government admitted outright what it was doing to influence the minds of Americans. Nothing was done about it, of course. And the entire topic just quietly went away. Then came 3G, 4G and now 5G. More hearings, with thousands of doctors and scientists around the world testifying at government hearings as to the dangers of electromagnetic signals to our brains. And again, the entire topic just seemed to go away. Bread and circuses is a phrase that people really need to take to heart. Turn off the televisions, only use the computer and phone when necessary, and allow your brains to heal – because right now, there are millions of people wandering our streets who have become completely unhinged, and most of us don't have a clue.

SHARE +10

Show 2 Replies

**E** **EYEHEART** 1 day ago

I see absolutely no mention of the radiation being given off all these devices, not to mention of the radiation that several generations have been exposed to watching TV, Read the research of John Ott, then multiply it a hundred fold with today's devices. You can see the results with today's dumbed down humanity.

SHARE +10

Show 1 Reply

**N Nota notalo...** *2 days ago*

Certainly we all, adults and children get more 'screen time' then we really need.

A family member who has autism came over during the holidays.

He spent about 9/10th of his time sitting on the couch looking at his phone.

Very little interaction even when spoken to but he knew how to use that phone.

Social interaction used to be the way we grew up, we played at school during recess, we had PE in upper grades and we had a lot of clubs and interactive sports and interest groups to associate with.

Today those things are missing.

We are so focused on learning the things teachers think is important that our children miss out on being children any longer.

Time to roll back the clock and as parents, spend time making sure our children actually have a social life again, so they can reactimate to life.

SHARE +10

**F ForHeaven...** *16 hours ago*

This is not a kid issue in my opinion – it's the parents, aunts, uncles, grandparents that are carrying around their cells all day every day. I'm so sick of people blaming the kids. Put your phone in a basket at home. Do NOT take it on walks or outings. It does as much damage to a child of any age, to see you in a mask as it does to see you on a cell, you letting a cell interrupt your every minute. ! I've been told I'm taking risks not carrying my phone all the time. Why? No one will die! I've been told I'm rude that they can't get me at any minute of the day. Why?

I take hikes, never bring my phone. I drive without my phone.

I never use Siri.

I am not on Fakebook, Twix, Instagram. If someone wants me to see a picture they know I'm not gonna see it unless they make a effort to show it to me personally, and vice versa if I share something with them.

I have location off.

If you are with me. ... you are WITH me, you have my full undivided attention. We have to be Models to this type of quality living in freedom, and in quality relating.

SHARE +9

**S** **sam33705** 1 day ago

Good article.

I have noticed the effects of screen time addiction.

Irritation, depression, anti social behavior, etc.

As far as children are concerned, I have seen parents use a kid's tablet to baby sit their kids so they don't have to interact with the kid.

My personal opinion is that kids under 10 should not have tablets or smart phones.

If you feel your child "needs" a phone, get them a flip phone.

It's just a phone for calling or texting.

No internet, social media, movies, etc.

Smart phone in high school, maybe.

Then I thought about myself.

I am on the computer for about 3 hours in the morning and 1.5-2 hours in the evening.

I do research for a medical group at church and play games.

I have been dealing with depression more than usual lately.

I feel like maybe I need to try to cut down on my morning time at least 1 hour and maybe a half hour at night.

If that doesn't work, then at least I know it isn't screen time causing the depression.

SHARE +9

Show 1 Reply

**T** **Tami.cst1** 1 day ago

Yes screen time plays a part in it,

but every symptom or behavioral problem from screens are also side effects of vaccine. Children now receive 74 vaccine between day of birth and age 18. 39 the first year of life.

Any idea how many neurotoxins are in them? Let's also add years of muzzled children, isolated by home school and social distancing.

SHARE +9

Show 1 Reply

**T** **Texyz** 1 day ago

Screen time, sure. But don't forget the ill-effects from the LACK of discipline that kids get today. We've evolved into a very soft society.....

SHARE +9

**T Thomas Hutt** 1 day ago

Technology has become the golden calf. We are being diverted from the circle of life into a tangent that we are poorly equipped to cope with the massive changes that will occur. We've become slaves to it and now even the thought of losing it spells catastrophe. Technology has become a pagan god.

SHARE +9

Show 1 Reply

**C CalicoCat** 1 day ago

Video games and the Internet...two of top tools that have led to the downfall of society.

SHARE +9

Show 1 Reply

**C Citizen Ninja** 1 day ago

Addiction to the screens that brain wash your minds. Go figure

SHARE +9

**J James Rote...** 1 day ago

I am trying to teach faith formation at my church to high schoolers. Most are zombies. They do not respond to questions, don't remember what was presented 2 minutes earlier, never ask questions, sit in a trance like state, and turn to their mobil devices every chance they can ( even against strong prohibitions) No doubt they are addicted and all suffer some form of attention deficit and detachment. I will be leaving my position and will simply pray for our county's future

SHARE +9

Show 2 Replies

**W Wayne** 2 days ago

Helpful article but nothing was mentioned about the exposure to the non-ionizing radiation from wireless devices causing psychological issues. See link:  
<https://www.sciencedirect.com/science/article/pii/S0891061815000599>

SHARE +9

Show 2 Replies



**J** **John Watson** 22 hours ago

I am reminded of an article that I read( over 40 years ago !) that reported on testing of children's ability after watching several hrs a day of t.v.(you remember t.v. don't you). The control group were just supplied with reading material. Testing showed the irrefutable loss of mental function of saturated screen watching. We just did not listen. Now excuse me while I get back to my fourth straight episode of Gun Smoke!

SHARE +8

Show 1 Reply

**A** **anastasia le...** 23 hours ago

For 24 years I worked with families that had children who didn't go to school. The excuses were numerous. Phobias, headaches, panic attacks, bullying, constipation, diarrhea, etc, etc. The fact that these students were up all night and slept all day was secondary to their multiple symptoms. I can tell you that many parents would rather hear that their child has a brain tumor than to be advised to withhold the electronics.

SHARE +8

**M** **Merlin Lars...** 23 hours ago

"Screen time" in this piece is focused on children and adolescents. What about adults, old people? Ironically, I read this on a screen, and wouldn't have read it otherwise.

SHARE +8

Show 1 Reply

**S** **sdv92** 1 day ago

I don't doubt that screen time affects young minds. However, I am concerned about the study that the physicians did. The rates of depression diagnosis increase after 2008, is that definitively related to screen time or is an increase in diagnosing kids with depressive and ADD disorders? Obamacare was passed in 2010 which change the diagnosing behavior in patients. As a nurse I have seen it first hand, many doctors add diagnoses to patient to get a better reimbursement from the insurance company. So I'm a little skeptical about the studies that these physicians did and it is a disservice to the people and to the study when all mitigating or environmental factors are not presented in the studies.

SHARE +8

Show 2 Replies

**L** **Leonardo G...** 1 day ago

I think it's important to limit screen time. Just as important is what are these kids watching. There is just has much harm in the books they are pushing on these children. Social media is not good because it is platform for anyone and anything. The majority of it is slanted to the left. And no doubt that many on their are adults in children's coth.

SHARE +8

Show 1 Reply

**J** **jwd** 1 day ago

I grew up when they're only three channels on TV and my parents would only allow us to look at one hour TV a day so I'm all grown up now have children in their mid 30s and have adopted five kids ages five through 14.

They get TV time Friday evening and it's only Friday evening.

We call it movie time, they get to watch things like The Sound of Music, Little House on the Prairie, the Waltons, the chosen.

It's hard to find any shows or movies after 1965 or 1970 that are worth letting your children watch. The new shows have either no moral values to teach the children or bad moral values. As simple as the old Lassie shows were, in each episode little Timmy was taught moral values and it rubs off on the viewers. The entertainment industry used to police themselves, making sure that they were no shows that were not family friendly. Well, they ended all that, quite a long time ago, and now we have a problem with our yourh and citizens of America. They have no more values. They have no direction in life. We called it a boob tube because if you watched it, you became a boob , which is a term for an ignorant uneducated person. I'm sure this is by design because I've read several reports where the CIA has been directly involved in TV programming since the mid 1960s.

I did watch sound of music last week with the children. It was really good but I don't watch any regular TV or news.i get my news here and other sources.

SHARE +8

Show 1 Reply

**T** **Thomas Ho...** 1 day ago

This scripture is what is needed in our day, as it was in Paul's; "All things are lawful to me," but not all things are helpful. "All things are lawful for me," but I will not be brought under the power of anything." 1 Corinthians 6:12, thus speaking of "moderation".

SHARE +8

**E** **ekfd16c3** 2 days ago

Then how do you explain adult progressive liberals?

They express the same behaviors.

SHARE +8

**P paulduif** 2 days ago

Earlier I wrote a comment (see somewhere below) where I pointed to other possible causes of the mentioned "4 Major Mental Disorders". I provided a link to Eleanor McBean's book "The Poisoned Needle" written in the 50's, but a better way to read this free online is at Archive.org: [https://ia902503.us.archive.org/10/items/the\\_poisoned\\_needle\\_mcbean/The%20Poisoned%20Needle%20-%20McBean.pdf](https://ia902503.us.archive.org/10/items/the_poisoned_needle_mcbean/The%20Poisoned%20Needle%20-%20McBean.pdf)

SHARE +8

**B Billy Bee** 2 days ago

What it means is the Lunatics have taken over the Asylum...

SHARE +8

**A AR51** 2 days ago

It is Trump Derangement Syndrome  
that is slowly  
eating away at all Democrats Minds .

SHARE +8

Show 1 Reply

**L Liberty Gal** 2 days ago

It's a domino effect.

Parents? Care for your children and limit screen time as appropriate.

Parents? Know exactly what is being taught in your children's curriculum.

Parents? Don't overexpose your kids to today's barbarism. But don't shelter them otherwise they will be shocked when they enter the world without you!

Parents? I love you and I wish you well in your parenting journey. Your kids are our future! I know you can do this! ❤️

Elders? Don't be frightened and let the youngsters correct the wrongs of today!

SHARE +8

**B Brenda** 22 hours ago

As a child, my siblings and I were not allowed to just sit all day in front of the tv. We played outdoors and read books. We used our imaginations to do things. Nowadays, all this electronic equipment does that for the child. Children need to get out and be physically active, read actual books, use their imagination. And, I believe through the past years, our public education system has dumbed down the children of America. The schools need to keep the CRT, transgender, etc out of the schools! And finally, bring God into their lives.

SHARE +7

**L Lyuda Lyuda** 22 hours ago

As a parent you do not need to be a doctor to understand the situation. Lake of discipline. Parenting it is a job  $24/7$ , it is not easy, but a young generation of parents do not care about kids . They think that children will grow up by themselves.

SHARE +7

**A Abel Camar...** 1 day ago

We seem to be quite capable of messing up everything that can be good or useful.

SHARE +7

**E elmer2flp** 1 day ago

I think the "vaccine" is making it worse. My brilliant, upbeat son got "vaccinated" and soon became suicidal, painted his nails black, got piercings, etc.

SHARE +7

Show 1 Reply

**R Rational Guy** 1 day ago

My brother's kids got an hour of screen time a week. And that was controlled. Nothing with any social messages allowed. No video games, period. They got cell phones when they were teens, but had no ability to text, and were locked out of Social Media. They got an hour a month so they could call home when ready to be picked up. Oh, and books, lots of books. Real books, with paper pages! Did it work? No drugs. No bullying. No drama. Both with highly technical degrees, and totally self sufficient. It's only an n of two, but good enough for me!

SHARE +7

**G Gary Ownsby** 1 day ago

Why does this NOT surprise me??

As a society, we've lost our way with so many things.

Everything is NOT okay to do even if it may appear harmless.

There are so many things that influence behavior of ourselves and our children.

Garbage in garbage out!

SHARE +7

**H heimels** 1 day ago

Parents know this is a problem but enjoy the babysitting effect of the internet.

Too many selfish parents who want their "me time." Why have kids if you are not interested in interacting with them and teaching them to be useful, productive citizens?

SHARE +7

Show 1 Reply

**R ray ham** 1 day ago

It's easy to spend 4 or 5 hours a day on screens just keeping up with what's going on.

SHARE +7

**B Blattimus** 1 day ago

Fake news. Propaganda. Socialism. The military-industrial complex running the whole show with puppet leaders under their thumbs.

SHARE +7

Show 1 Reply

**O On the Side ...** 1 day ago

Isn't dopamine being misused or rather, misappropriated on pursuits that have little earthly—and more importantly—heavenly value?

SHARE +7

Show 1 Reply



**K Kathleen M...** 1 day ago

Why do we label this as ADD, ADHD.... Call it what it is: no discipline. People have lost the ability to moderate. Like anything, moderation is the key. Time limits. Again, no discipline. If I'm not mistaken, this really is not surprising if children are given a phone or some sort of screen to "entertain" them. Perhaps parents ought to go back to teaching a child to sit still and be quiet. Discipline!

SHARE +7

Show 2 Replies

**L Linda** 2 days ago

Seems like people can't function without some type of tech instrument in their hands. How many people do you see in the grocery stores that still use a pen & paper for their grocery list? A birthday coming up? A chore list, doctor's appt, even lunch with a friend? Really!? And there's so much wonder why our children can't function.

SHARE +7

**M Mark Lanza** 2 days ago

Also lack of moral fiber general hatred of God by hethanistic npcs.

SHARE +7

**J jamn** 17 hours ago

I'm 67. Growing up, there was no democracy in our upbringing—good and bad. My parents limited TV exposure for their five children. When we were allowed to watch, it was more of a treat. While my dad called it "the electronic babysitter," it was the only "retreat" we had at the time. We had our favorites but, as I look back from today as the reference, the saving grace was there were no cell phones, home computers, TVOs, Hulu, podcasts, video games, so when the show was over, we waited (...turns out, a worthwhile exercise) to the following week. In between, we did our homework, attended school, did our chores, but were literally out of the house in all seasons. The available solutions for occupying spare time was forced in the sense that all that remained was playing with our friends, gravitating toward sports, and the inevitable, in-the-face social interactions.

SHARE +6

**S** **Stitcher927** ... 18 hours ago

School children now sit with laptops on their school desks...not books. Why aren't employees, in any profession...from behind the grocery counter to the hospitals...incapable of greeting the public with a friendly smile, hello or thank you. Basic people skills are eroding.

I'm of the generation where computers entered the workforce halfway through my medical career. At first they were helpful. Eventually they began to intrude upon the very reason we were there...to work for and with our patients.

Cell phones have become the wall between us...regardless of age. Ever try to have a conversation with a person who has fallen into their cell phone?

And why is hate speech so prevalent? Because it's easy to be hateful when you're sitting safely in your home, behind a computer screen. It's another thing to look a person in the eye and say the same thing.

Computers and social media have become the bane of society – for the young and the old. 1984 is here.

SHARE +6

**K** **kdavenpo** 21 hours ago

This reminds me of the Alex Jones story about a secret lab where they experimented on monkeys by forcing them to watch different TV monitor flicker rates. I think They know exactly what they're doing.

SHARE +6

**C** **Christian P...** 22 hours ago

Social medias, porn and ultra-entertainment are not there by accident : they are part of an engineered design that aim to get people weaker and easily controllable.

We are under attack, but most people don't realize that. Human kind is in a gradual process of transformation, but because of the illusion generated by the so called democratic system, we seem to believe that we got what we deserve. Powerful elite meant to get things that way.

SHARE +6

**C** **Cray T Foley** 22 hours ago

Adults have the same problems. They spend too much time on their smart phones.

The smart phones are in their hand practically  $\frac{24}{7}$ . No matter where they are or what they are doing, the smart phone is in their hand, with their elbow bent upward whether they are looking at their phone or not. It is in their hand when shopping, walking their dog, even driving, there neck is bent down, looking down at the smartphone. Remember Carpal tunnel syndrome? I think there will be a new condition with the neck, fingers and elbow because of the smartphone junkies! I don't use or own a smart phone and my life goes on. I will not let technology control my life. If there was a solar flare that zapped smart phones, I bet there would be suicides because people have become so dependent on them.

SHARE +6

**K M** 1 day ago

All of this is true, but in addition there is the problem with heavy metals wreaking havoc in our brains. If everyone cleared the metals from their children (and themselves) we would have a substantial drop in the rates of all mental and emotional issues.

I encourage everyone to try the daily heavy metal detox smoothie recipe at [medicalmedium.com](https://www.medicalmedium.com) and see how much better you feel and clearer your thinking becomes.

I taught for decades, the last 14 years with babies under 3. I can't tell you how many were already addicted to electronics. During a period where the brain is still developing it is literally being rewired for the fast pace of electronics. Then when children eventually go off to school, they can't pay attention for any length of time because the brain isn't wired for it. It's a much faster and easier process with the malleable brain of a child than with an adult.

SHARE +6

**P Paul Natale** 1 day ago

This should come as no surprise to anyone.

Letting people live in the fake world being pushed by all these diversions.

If you ever watched the movie "wall e", you can see the end game taken to the ridiculous

SHARE +6

**B Babel** 1 day ago

I will add though, its good to mention we do not live in the same world/country as i did growing up either. Although every generation can say the same, it does feel like pedophilia, child abductions, and crime is up considerably. Feels like people don't look out for each other like they once did, and our society just doesn't have the 'feel' it once did. So with that, yea my kids wouldn't be playing outside until the street lights came on without me knowing where they are at all times, like i was able to. I miss that.

SHARE +6

Show 1 Reply

**A armourcon** 1 day ago

The lack of online stopping cues is such a spot on way to describe the difference between online vs other activities. No end means you don't stop naturally.

SHARE +6

**T The West Vi...** 1 day ago

Screen learning does not work. It's why they're using it in public schools.

SHARE +6

Show 3 Replies

**S** **Steadyon C...** 1 day ago

...and not just the minds of kids. The steady drip from our phones is eroding our society and, in the end, our country. Phones, etal, are the Trojan horse.

SHARE +6

**J** **joy** 1 day ago

Smart phones were designed to dumb-down the users.

SHARE +6

**K** **Kirsten Lyn** 1 day ago

My three boys and I keep our phones away from the dinner table.  
When I am driving, I ask them to put down their phones and look out the window.

SHARE +6

**H** **hazelbrue** 1 day ago

Everyone should watch The Social Dilemma. It's a documentary from insiders of the social media boom. Those same people who worked for these companies said that very few of them sparingly used social media and nearly all of them said they do not let their children have it at all. That speaks volumes to me. I do not have social media nor does my 17yo, but I have told him when technology becomes a problem, it will not have a place in my home. We're almost to that point with these companies ToS no one reads, not understanding that you are giving them your data to harvest. We need a movement to unplug those people stuck in the unreality of the internet. It's not real. People and conversations are real.

SHARE +6

**J** **James Van...** 2 days ago

This article is truly eye...and mind opening.  
It should be required reading for all present and future educators.

SHARE +6

**D** **David** 2 days ago

Media was my second thought (of the headline), chemicals in food and healthcare was first (such as aluminum and hydrocarbon products).

SHARE +6

**J James Brown** 11 hours ago

This article , really hit  
on a real problem . Limit screen time and life is better .

SHARE +5

**J Jake Wiske...** 15 hours ago

Marriage and Family Therapist here.

If you're interested in more about the linkage (read: likely causal connection) between teen mental illness and social media, I invite you to check out Jonathan Haidt's Substack called After Babel. He has all the research there and regularly works with Jean Twenge on this topic. Spoiler alert: the connection is more profound than that of lead exposure in childhood leading to brain damage in adulthood.

This is not merely a good idea; it is crippling us.

SHARE +5

Show 2 Replies

**E ESEMAJo1** 20 hours ago

Really? I figured this out years ago. As usual, everything is designed to target one's emotions. People are shocked when I tell them that I do not and have never had a Facebook account. I cannot think of one single reason why I would need one. Friends? I contact my friends in the usual way, the way that I did before social media. Games on phones? Never install or play them. Yes I've heard of candy crush and angry birds, but never played nor had them installed. Phone? My smartphone is basically a music player. That's what I use it for 99% of the time and it's music I've transferred from my entertainment center to the phone so that I have complete control over what I listen to. I have Amazon Music as well but it's irritating when I get these suggestions as to what I might like. I know what I like and I do not need Amazon to suggest so-called music to me that I might like, given that they always get it wrong in the first place. AI? I guess that's what it is, and in my humble opinion, AI is the most dangerous thing that can happen and they're pushing it HARD. The problem here is that, once it's in place, it will become some kind of holy grail and people will be foolish enough to anoint it the new God, but remember: People develop these systems which means that they can be bias by design and they WILL be bias by design. Ever had a problem with an account and you call customer service and they argue you down that you're wrong because of what the computer says? Get what I mean?

SHARE +5

Show 1 Reply

**S Steven Seve...** 21 hours ago

This epidemic is from 3 to 70 have you ever noticed that at the airport most people are looking at their phones not at each other let alone communicating with each other we are becoming a lone citizen not a American citizen making it easier to divide!

SHARE +5

**Y** **yarmarm** 22 hours ago

There's a reason why the inventors of these devices don't allow their own children to use them.

SHARE +5

**T** **Tulips Moran** 22 hours ago

Check out Dr Michael Nehl's interviews, review his book *The Indoctrinated Brain* and you'll understand the role of Round-up, Atrazine, childhood immunizations and the vaxx spike protein are assaulting the brain directly.

Dr Nehl, a renowned researcher, has discovered these substances are designed in a way to pass the blood brain barrier and target the hippocampus.

The hippocampus is the controller for growing new memory neurons and pulls memories together for critical thinking, curiosity, creativity and our ability to make judgments and analyze information – he proved that by killing hippocampus cells, the human brain loses cognitive ability – he has now proven the deliberate dumbing down of the human mind.

He also notes the brain becomes more easily susceptible to brainwashing – indoctrination.

Disclosures are being made nearly every day demonstrating how evil the Cabal is and how they are systematically destroying humanity.

This is no longer conspiracy theory.

SHARE +5

Show 1 Reply

**T** **Toggle Off** 23 hours ago

The problem boils down to, they're not living their own life, but a semblance of life.

SHARE +5

Show 1 Reply

**P Patriot Dad** 23 hours ago

HELLFINGLO...

People have lost their minds with technology. It's a tool a productivity aid not something that is permanently attached to your hand or face.

Yes phones are handy and a life saver but you have a brain, try using it more often.

It drives me nuts seeing parents not be parents, they shove a tablet or phone in their toddlers face and let that do the parenting for them. Then they wonder why their kid has issues after watching these crazy and many times violent videos with flashing lights and weird characters.

Yes I grew up in a different era where maybe cartoons were on from 7am till 8am and then it was news or other stuff and no cell phones or computers. Parenting is much more challenging today with all the distractions and technology. I see the need for this at times but I question the need for kids to have this stuff 24 / 7.

Not to mention the brainwashing kids are getting and the Googles and others spying and pushing other things in front of kids & adults without them really being aware. These big tech companies my provide some good services and I use them too, but watch out as they have an ulterior motive behind it all.

I think too many parents have forgot how to say the word.....

NO

God Bless all and go hug your kids and spend some time with them.

SHARE +5

**S Special Nob...** 23 hours ago

Is it irony that I'm reading this on a screen?

Like anything, I don't think one thing is the culprit, but one aspect for sure.

SHARE +5

**M Morgan Fel...** 23 hours ago

This is why I don't have a cellphone. And don't miss it. As a retiree, I can get by with that. It would be tougher to manage if I was still working. As for young people, IF I was a parent, my kids would not have a cellphone.

Maybe a "Flip-phone" in HS. And they would have to play outside every day, except in the rain. I don't need to raise "Screen Zombies".

SHARE +5

Show 1 Reply



**C** **Count Quac...** 1 day ago

I am not so dumb as to think anyone can function without screentime in todays world.  
"Ignorance is bliss" is not an option.  
I am sure many have opinions as to how to strike a balance—beware.  
In the grand scheme of things we are not at war with each other, Chaos is the devils playground.

SHARE +5

Show 1 Reply

**D** **dpratt2** 1 day ago

I'm a "boomer" at 72.  
Most everyone my age has been observing all those behavioral problems and already know why.  
The dopamine response puts this in a much clearer perspective.  
Hopefully younger readers will read this well written article and take it to heart.

SHARE +5

Show 1 Reply

**K** **Kjek Axel** 1 day ago

What about pharmaceuticals, medications, SSRIs, the anti-depressant sort of things, eh?

SHARE +5

**D** **durak kazyol** 1 day ago

Overstimulate the brain, understimulate the mind. We become a culture of people who sit on the sidelines and watch, rather than live. It began with television.

SHARE +5

Show 2 Replies

**L** **Linda Goud...** 1 day ago

Even when parents are dedicated to limiting screen time, their children are increasingly using screens when they are at school and away from home . It is yet another element of the War on America which seeks to replace parental authority with government authority. Today's parents need to be reminded that their influence ceases the moment their children walk out the door in the morning.

SHARE +5

**A** **Annie Palat...** 1 day ago

Sorry, shouldn't have taken a psychiatrist to figure this one out. Face to face social skills are always a must.

SHARE +5

**C** **Carl Linde...** 1 day ago

Great article!  
I'm an addict.

SHARE +5

**K** **Kenneth Ha...** 1 day ago

It's a perfect plane.  
How easy this had been to take U. S. Down!

SHARE +5

**L** **lareissa** 1 day ago

I've been providing this information to parents for a few years. I work with other health care professionals that are clearly suffering from the affects of too much screen time- they laugh it off. That is the problem with our society. Too many people feel it cannot happen to them, or they are too smart for it to occur. I've got news for you all.. the increase in technology and violence in our society is 100% responsible for the chaos you currently see all around the world. The technology is literally making humanity sick.

SHARE +5

Show 2 Replies

**D** **desertrat20...** 1 day ago

Can you imagine the brain of a radicalized Liberal melting away? Wow. We are lucky to not watch the state run propaganda mills, ie the new Ministry of Truth.

...

If you add in rampant porn use by children, there is no brain left.

SHARE +5

**J** **J Brown** 2 days ago

And now we can add that the vax can change your DNA, which leads to changes in personality and health.

Next stop:

the brain virus that Chinese labs are working on, which thus far have a 100% kill rate.

SHARE +5

**S Simply Put** 2 days ago

Now it is up to me to get my children, family, friends , and neighbors to read this informative article. Thanks for the insight ...

SHARE +5

**H H. Jay Eshe...** 2 days ago

Is it 'screen time' or 'screen content'.

I'm a CAD technician. Have been for 30 years. I spend a lot of time using and staring at a various computer screens. It's anything but an escape. It's my job. What I really enjoy is playing golf. And if anything can affect one's psyche, it's golf – as they say – it's 90% between the ears.

Don't throw the baby out with the bathwater.

SHARE +5

Show 2 Replies

**O ohio bob** 2 days ago

The Government?

SHARE +5

Show 1 Reply

**P Paul Wesle...** 12 hours ago

Simply put and entirely correct.

|

Even my "elder friends" have started falling prey to this.

SHARE +4

**F Free-ish Man** 16 hours ago

Also the fake mRNA "vaccines" / kill shots (never mind a ridiculous schedule of dozens of infant, toddler, and early childhood vaccines); 5G; and leftist and sexual predator/LGBTQIAXYZWTF indoctrination in schools; Disney and PIXAR crap. Our children are under assault and constant psychological abuse. Parents today are bordering on useless.

SHARE +4

**G** **gdb107** 18 hours ago

A good part of the issue with screen time is the nefarious intentions of those who design the program content that are in use. Stop Facebook, TikTok, Apple, Microsoft, and all the other treacherous content providers from intentionally making screen time addicting. They are no different than the 'drug dealer' on the corner addicting those who are susceptible.

SHARE +4

**W** **wschmidt** 19 hours ago

I wish she would have begun her article at the 'Start Line' with two and three year old children who know how to navigate tv remotes and game controllers better than I can. My great granddaughter at four is the queen of the remote. From morning till bedtime- she decides when that is- is babysat by the tv. Her mind is awash in the garbage cartoons that rule her life. She throws tantrums when anything doesn't go her way. When not at home, she is given a phone to keep her entertained and under control.

I think that if I were a parent today of very young children, I wouldn't allow them to be glued to electronic devices for extended periods of time. What that means is that parents have to be parents again. And yes, that means spending quality time with your children without electronic interruption. And yes, that means parents have to separate themselves from their phones, computers and game controllers also.

Playing with

and teaching your children common sense things are moments you will never forget.

There is a solution. Parents just have to train their children at a early age to trust and rely on them as the first source of advice and information. Bond with your kids before it's too late. Your children can only pass on to their children the life experience that they had. Hilary Clinton said, "It takes a village to raise children ". Do you really want her to have any part of your children's upbringing? Might as well pack their bags for the trip to "Epstein's Island".

SHARE +4

**R** **Rev. Ronal...** 19 hours ago

I couldn't find a single mention there of turning to the One who Created us for help. This is what happens when you reject Jesus Christ from your society. The vacuum is filled, all too readily, by His enemy who masquerades as an angel of light. We dare not say 'devil' anymore than we are allowed to call on the Name Jesus. But that evil enemy of our Creator wants to see you twisted and miserable – like he is. He will do anything to destroy God's Creation and make you unhappy in the process – and then take you to hell with him.

Repent America, be Baptized for the forgiveness of your sins, and learn the things that Jesus teaches.

SHARE +4

**D** **doublesw19...** 19 hours ago

I really didn't need a bunch of "experts" to do a bunch of "studies" to know that smartphones, tablets and computers are killing us.

Take a walk and look around sometime, it is obvious.

SHARE +4

**R** **Ralph Kelley** 21 hours ago

This is a very informative and interesting article, and chock full of good information, however it truly misses the point.

The real problems eating away at the minds of Americans is the asinine and criminal thought processes of the Democratic Party and current national government!

My opinion. Sic Fin!

I do not make light of the social problems surrounding Americans today.

Especially those involving young children and "screen time".

I have two grandchildren ages 7 and 5 that I watch for a weekend every month.

Gives their Mom a little break and I enjoy the time with them.

But I am truly concerned about their "screen time" with their pads and the game switch.

When they visit, I always try to take them to the park (weather permitting), the library, we have a movie night – I am teaching the older to play chess – and encourage them to play outdoors with the dogs and their bikes. While they might prefer to play on their electronic devices at times, the simple truth is that if you keep them busy with outdoors stuff, etc. it will truly effect their mentality and their lives.

Simple as that.

Computers are ok – heck, I use one all the time, especially for my work (I have to really), but limits for young children are more than appropriate.

but some parents use them as a baby-sitter.

Not cool!

Really good article!

SHARE +4

**K** **kingcat80656** 21 hours ago

Device use needs to be carefully regulated for anyone under 18. Also, adults need to limit their time on phones, internet, television, etc. Small amounts are probably ok, but that's all.

SHARE +4

**D DrL B** 21 hours ago

I never watched TV from 1980 until 2004 when I got hooked to streaming "Six Feet Under" from a video store.

I'm embarrassed to look at all the hours I've spent watching and streaming Detective Mystery shows and so many other compelling things that hook my mind.

I live alone and work full time and waste so much time watching my computer screen.

All the comments here and this article is inspiring me to confront this addiction to stories that never end ~~ and have a life....like read a book; listen to or study music, visit a friend.

Thank you all.

SHARE +4

**F Fred Feuer...** 21 hours ago

"give me 4 years to teach the children, and the seeds I sow shall not be uprooted" Lenin.  
Founderr of the bloody communist uprising in Russia.

SHARE +4

**1 1956 chevy ...** 22 hours ago

Don't know about the young "twits" problems of today, but as a kid growing up when "household" TV was starting to proliferate.....It wasn't called the "boob tube" or the "idiot box" for no reason.....

SHARE +4

**D David Brown** 22 hours ago

Good word...I struggle with at times with new and information. Thanks for the reinforcement.

SHARE +4

**R rlanroo** 22 hours ago

I'm 65 and I don't know what could go wrong without all this, all I can think of is that they had intensions many years ago about the effects of the human mind.

SHARE +4

**Q Quadratus** 22 hours ago

Screens are a cheap babysitter for parents who don't want to spend the time engaging kids. Give the kids books, but during daylight hours send them outside to play.

SHARE +4

**M** **MKG** 23 hours ago

This is all well known by Apple and Facebook and other Silicon Valley execs. A lot of them send their kids to schools like Wharton and Pinewood, where there is minimal screen time. Those kids are being groomed to be societal leaders, and they are not maladjusted drones. They are being taught the way us older adults were taught.

In my personal experience, the kids who are homeschooled AND have strict limits or no social media or cell phone are SO much better educated, well socialized, bright and happy kids. Any time you see people so fixated on their cell that they step off a curb right in front of your big ole pickup, it's pretty obvious there is a real problem with those things and being hooked in.

SHARE +4

**M** **Mark Manley** 23 hours ago

There should be a significant concern over the rising cases of Brainpox Disease infecting adults in our Nation. It is a predominant affliction on persons of the Commie Democrat persuasion seemingly over the last several years. These people are apparently spending too much screen time watching the Marxist Leftist News Media. Doctors need to prescribe less time on these misleading and lying networks to open up their minds to effect a cure for this delibiting Brainpox Disease. Of course those presently squatting at the White House, there is no cure. Time to put them out to pasture away from society so that they can't cause any more damage on our Constitutional Republic.

SHARE +4

**Z** **zawolowycz** 23 hours ago

I wonder if a dubious gene therapy might be causing microclots about the brain? I wonder if the constant gaslighting and fear mongering coupled with massive cognitive dissonance might effect mental health? I wonder if the toxic garbage we pretend is food might effect mental health? I think it's all of these things AND the screens.

SHARE +4

Show 2 Replies

**D** **drbaker** 1 day ago

This is so timely and needed. Thank you.

SHARE +4

**W** **waitingtonje...** 1 day ago

My 83 year old mom doesn't know how to text or log on to email but she is one of the most high-functioning adults I know. Her main complaint is she can't access digital coupons.

SHARE +4

Show 1 Reply



**R Rich Murphy** 1 day ago

Realized this was happening to myself in my sixties. Decided to remove the cord from the TV and focus on wife and kids. Too much news, which is most always bad and its sources are unreliable, for me made a miserable man. What a relief after sticking with the plan for 25 years now!!

SHARE +4

**B bymimagu** 1 day ago

Add in over prescribed SSRIs especially now since bombshell report that they DONT work and can actually exaggerate symptoms, Oppressed vs oppressor narrative in institutions, insane trans agenda with "gender affirming care", forever chemicals and flouride in drinking water, seed oils in almost all food products, nutrient depleted soil, cancer causing glyphosate in soil, GMO seeds, synthetic foods including meat, processed junk foods, TV advertising of big pharmaceutical our fourth branch of government with military industrial complex, and the destruction of our educational system...

It's hard to believe that the predatory elite globalist corporatists, who are now meeting at the WEF in Davos, really don't have an agenda of depopulation and a dumbbed and dulled and sick population to gain complete global control...

SHARE +4

Show 1 Reply

**B Babel** 1 day ago

I saw the same thing years ago when we would drive by single family housing developments on weekdays-or weekends- we rarely saw kids playing up and down the sidewalks, or even outside in their yards on all the gym equipment in their own back yards. Then i realized both parents worked full time, kids were at some kind of 'practice' of some kind after school or just inside the house, i guess. Daycare until parents picked up, dinner then bed. Even in the summer its obvious the kids just aren't home playing in the neighborhood.

These are nicer developments mind you assuring two parent s working most often. Many factors in the reasons, but just something i noticed a while back.

SHARE +4

**S Scott Simons** 1 day ago

No one wants to parent anymore. They opt for the easy way. If you want your kids to be decent people you have to put in the time.

SHARE +4

Show 1 Reply

**R ray ham** 1 day ago

Ever see families in a restaurant, Mum n dad and the 4 kids, all the kids have some kind of screen, and all of them have glasses on, while Mum n dad don't.

It has been shown in studies that children need 2 or 3 hours of exposure to strong sunlight, usually by playing outdoors, to prevent the development of myopia.

Myopia develops due to the constant focus of one's eyes on close work like reading.

SHARE +4

**R Richard** 1 day ago

Excellent article! Technology has it's place, but not when it is controlling us and especially our children. This is part of a declining culture that is impacting every segment of our health & society. How far will the decline continue until this is aggressively addressed???

SHARE +4

**L laviniahultg...** 1 day ago

I have to make myself leave the phone on charger in another room for periods of time. I actually deleted games so I wouldn't be tempted to play them. The draw of the screen is real. As I type this on my phone over lunch.....

SHARE +4

**7 77highway** 1 day ago

It works the same for adults. People quit their jobs just to sit at home and play video games. Adult age children live off their parents just to sit home and do the same. All this is not surprising, the get up go outside and Plat is gone, we need that back again.

SHARE +4

Show 2 Replies

**B Bidenomics...** 2 days ago

How about the most common phrase heard in the workplace, 'Why can't I remember anything?' Or the 40 year old, CEO of a fortune 500 company in bed, contracted in the fetal position, babbling, dx with prion disease, aka, Crutchfield Jacob's Disease, aka mad cow.

Critical thinking included fast food, but ruled out as pt is vegetarian.

The elephant in the room is they all did their part when it was their turn. A good citizen, noted to be 'Up to date' according to the CDC adult vaccine schedule published February 2023!

Let me see, CEO 40 years old spent too much time on her computer, right?

SHARE +4

Show 3 Replies

**T Tina** 8 hours ago

GREAT ON THE SCREEN TIME ELIMINATION. THE RADIATION AND EMF'S ARE ADVERSELY EFFECTING EVERYONE. BUT THE DIAGNOSES ARE RAMPANT AND ARE BASED ON — NO BIOLOGICAL SCIENCE WHATSOEVER. AND PSYCHS NEED TO STOP DRUGGING OUR CHILDREN.

JUST READ AN ARTICLE IN ILLINOIS BUSINESS JOURNAL THAT THE STATE OF ILLINOIS HAS DECIDED TO DO A MENTAL HEALTH "SCREENING" YEARLY ON 2 MILLION SCHOOL CHILDREN THIS IS OUTRAGEOUS AND AN INVASION OF THEIR PRIVACY AND A VIOLATION OF THEIR CIVIL RIGHTS AND PARENTS RIGHTS.

THESE CHILDREN WILL BE LABELED AND DRUGGED BEFORE THEY HAVE EVEN HAD A CHANCE TO FINISH SCHOOL.

#PSYCHIATRIC DRUGS KILL

SHARE +3

Show 1 Reply

**S Sisaunh N** 16 hours ago

ITS CALLED THE COMMUNIST DEMOCRAT PARTY ALL INCLUDING RINOS AND THEIR OPERATIVES....

SHARE +3

**D deadeye Bli...** 17 hours ago

This is proof that my father was right (again).

He always said "that thing would turn your brain to mush"

SHARE +3

**R richardand...** 18 hours ago

It's an addiction they planned and have been very successful at. How to get people away from each other and locked into a virtual reality. How to separate people and divide us further. As well as how to track every single thing we do, think, use etc.

We all need to work on getting away from the "black mirrors" that suck us in.

SHARE +3

**P** **PithyKat Ke...** 20 hours ago

I've noticed the degeneration of our society through the movies.

Very few are made that don't involve murder, rape, thievery, destruction, beatings, terrorizing and to make it worse, not only has the 'shock value' been raised to constant mayhem/lawlessness, but it's accepted as the screenplay ignores respect for anything including death as a permanent event which affects more than the villain is capable of understanding – detachment – hence, video games.

They say 'Art imitates life' but I truly believe most ideas come FROM 'art' as it's presented.

A kid with his nose in that tiny little screen is getting filled with new ideas that never occurred to him/her before – as in the 'old' days, books did the same for us elders.

We learn from what we're surrounded with then 'art' follows, however, the movie/entertainment industry has NEVER been held accountable for their 'contribution to the degradation of society,' only awards given to those who acted it out the best.

SHARE +3

Show 1 Reply

**S** **Sam Adams** 21 hours ago

Minimizing screens is also a way to limit the corrupting influences of the world. Our current entertainment and main stream media apparatus is completely corrupted and wicked beyond words. Keep these folks out of your life and don't allow them to beam right into your home via your smartphones. I know some that will not allow their children to purchase a smart phone until they are 18. Give your kids the gift of their childhood and do not give them a phone.

SHARE +3

**C** **Camille Ha...** 21 hours ago

When my kids were 7 and 9, I got tired of their fighting and gave away our TV set. ( This was the old school screen addiction.) Voila, they started playing board games and the fighting ended.

SHARE +3

**M** **mcintosh.r...** 21 hours ago

Excellent article and confirming information about what we believe about screen time.

We limit games to 1 hr, 3 times a week for our 10-year old son with limited viewing otherwise. He has lots of interests, however, we have seen signs that the games are more important, in some cases, than doing other things.

I can definitely understand the dopamine highs!

Thanks for that reminder.

Will be sharing with other home school parents!

SHARE +3

**S** **sjbelhamel** 22 hours ago

Wow!

As someone who works in healthcare, this article is so true.

Parents, don't let your kids spend all day on social media, playing videos, or watching t.v. Get them outside and teach them social skills.

SHARE +3

**A** **Alex Rovell** 23 hours ago

The cell phone addiction is totally out of control. People walking on the street oblivious to their surroundings, "talking" to each other across the table at a restaurant on their phones, driving while texting, and continually checking their phone. It is an obsession with no connection their surroundings, It is so sad,

SHARE +3

**T** **tweedy** 1 day ago

Am

an anomaly? I assiduously avoid anything that looks like a death scroll or that jerks me around. I find little pleasure in any of this stuff. I know. I'm reading a Web rag, but that gets old in a hurry.

SHARE +3

**D** **dawsonlink** 1 day ago

Not to mention the contribution of "distance learning" during and after the Pandemic

SHARE +3

**R** **Ron Neff** 1 day ago

In order to develop in a healthy manner a person needs interaction and things to keep them busy. For example, kids growing up on a farm are (were) given chores they had to complete every day by a certain time or have time everyday they are playing or interacting with other children who are not just family members. My mother used to have to milk by hand several cows on their family dairy——before breakfast and school——not when they got around to it but....with her mom and dad. She had to deal with uncooperative cows and after school there was the chickens and other animals they had to learn to deal with as well as another round with the cows. Ever had to deal with a feisty rooster who wanted to be king of the coop ? Feed the pigs who are not always the most cooperative. Today most kids have absolutely zero responsibilities around the house and most have few if any kids around and fewer if you only count the kids the parents allow their kids to associate with. Tough being a parent and tough being a kid. Sorry I am not offering any solutions because not everyone can live on a farm or have the neighborhood that has numerous playmates——and no weird neighbors that you definitely do not want your kids even talking to.

SHARE +3

**J** **jfredericks77** 1 day ago

Who really cares? People no longer get there self esteem internally. Everything is about what house, car or restaurant you frequent, maybe it's the clothes and shoes they wear. Maybe it's there education level or were they went. Basically we have generation's of shallow people who are only concerned with self gradification.

SHARE +3

**B** **brucbaker** 1 day ago

This article dances around the basic Truth, we are being Programmed and HYPNOTIZED by our Screen time and Internet time. Back in my day, it was Bookworms escaping the world of socializing, but here we have proof that it isn't all mental disease... we are being programmed like Lab Rats and Pavlov Dogs by our Sceen Time and Social Media online, eh?

SHARE +3

Show 1 Reply

**M** **mrsjogrr** 1 day ago

Folks this has been known, no one listens, or haven't for years anyway. Between screen time and this soul crushing, mind numbing Administration & Libtards RE-EDUCATION, CRT, etc., these kids and young adults have no social skills or proper emotional development or analytical abilities and these are the next people we will be the 'workers' in this country.....and running it.....

SHARE +3

**M** **Mark Hunn** 1 day ago

It might be worth finding out how many iPad kids even notice if their parents are swapped out for strangers in family photos.

SHARE +3

**L** **LiteracyMo...** 1 day ago

I recommend 2 books to young parents: "Last Child in the Woods: Saving Our Children From Nature-Deficit Disorder," by Richard Louv and "A Place for Wonder," by Georgia Heard. Both extol the benefits of children exploring nature. Heard describes a classroom outing of 1st graders in San Diego and one boy refused to go outside because he didn't want to leave the computers. He was physically compelled to stay with the technology. Without a sense of discovery and exploration in real world, Heard feels children will suffer.

SHARE +3

**R** **Rose Blazek** 1 day ago

keep kids away from technology—it will suck your brain out totally

SHARE +3

**1** **1950 Sojour...** 2 days ago

Opticians today have a bluish filter for viewing screens they can add to new glasses. Even if you don't need glasses look into getting this coating on plain lenses.

SHARE +3

**M** **mdlpdret** 7 hours ago

It's called the BOOB TUBE or the IDIOT BOX for a reason.

SHARE +2

Show 1 Reply



**A** **arktos99** 12 hours ago

Gee, what could it mean? Perhaps that the jab is rotting peoples brains and hearts? Duh.

SHARE +2

**J** **Jim Scott** 16 hours ago

I don't suppose this would have anything to do with the fact that so many children in the U.S. are overweight could it??

There is a little league baseball field in the town where I live that has been closed up for the past five years.

It was regularly maintained, with lights , dugouts, everything.

It hasn't been used for years, so they locked it up and it just sits there a grows weeds.

When I was a kid that field would have been used every day of the week all day long and until it was locked up a night.

I drive by the park a few blocks away and I was amazed to see kids sitting, not swinging, just sitting in the swings while looking at their cell phones!

It's insane what we have done to ourselves.

SHARE +2

**P** **p karl mue...** 17 hours ago

Ironically, I read articles like this daily online...lol.

SHARE +2

**T** **Tom Langer** 17 hours ago

Cannot imagine there's a correlation between screen time/social media and depression?????  
So say the elites who own these companies.

SHARE +2

**A** **Al Buchman** 18 hours ago

Also the "blue light" tech hidden in computer monitors is responsible for people staying online longer than usual. Research that.

Good idea for kids to limit their screen time.

SHARE +2

**J** **Jo Dhooghe** 18 hours ago

My son-in-law makes his living looking at screens. He's a major tech guy. His is a family of 5 – my daughter and three kids. All 5 of them are high functioning, but somewhere on the spectrum. That can't be a coincidence.

SHARE +2

**B** **bonniejo2237** 19 hours ago

Some adults could use less screen time too.

SHARE +2

**A** **Alicia Seger** 20 hours ago

The issue is something to look at and analyzed as a pushed agendas of society. They're going after the children, youth, and young adults.

It's about society limiting communication to what is seen. Nonessential activities creating the disconnect between the generations. My biggest discovery in evaluation is lack of Love. Too busy correcting, judging, demanding, but is there listening, communicating, and supporting a better life, supporting our children. Parents too busy with surviving we cram in activities instead of basic 101 encounters of play, special time together, being outdoors, asking them about their thoughts, views, even in grade school they have an awareness. How was the teacher today , was it a fun or sad day, what did you learn, or what did you like best about your day. As parents we can give our view too of our day. It binds care, listening, value, understanding, empathy, observation, supports what they want to see in life. How to be the change or create change in good or bad circumstance. Reawaken to the value of each soul and find the truth, we lack love. Of the importance of valuing ourselves, being kind, generous, serving, forgiving, aligning ourselves to positive mindsets, hold onto negative energy instead of creating a positive environment to be happy in. 101 back to the basics of Love for self and all beings this is when life changes. We get to see each other as we want to be seen. We reconnect to what is important, creating a value of change within.

SHARE +2

**H** **hawk4300** 21 hours ago

Timely article and wisdom. Thank you for telling us what we already suspect..

SHARE +2

**W** **whhoward** 21 hours ago

at least that is curable – now we are seeing reports of the jabs affecting one's brain & that is probably not fixable

SHARE +2

**A** **anastasia le...** 21 hours ago

It's Heroin, worse yet Opium.

Some people shot up and played music others just dropped dead.

The school system can't handle the extent of the problem and are seeped in fraud masquerading as incompetence.

After preaching against electronics, and let me digress, there are dealers and there are users, for over 20 years I too succumbed. This is why I'm writing this instead of doing my chores which at the end of the day are going make me happier. This is a BIG international problem that has watered down civilization. You can revile parents and I have and I do but it is an awful time to raise children. I saw a migrant mom selling candy in the subway and the baby on her back had its nose up against mom's phone.

When she took the phone the child went berserk.

I was hoping mom would withhold it but not the other riders for sure, the kid won gamely. I've seen doctors and lawyers dressed down by their five year olds because they failed to let the child "hold" their phone.

I heard a school janitor "complaining" (I felt that he was bragging) that his two year old woke up in the middle of the night asking for his tablet.

I'm sure he wasn't happy with what I had to say.

SHARE +2

Show 1 Reply

**D** **dloughy** 21 hours ago

A CONSTANT BARRAGE OF TOXIC

DEMOCRAP-PEDOPHILE UNION SCHOOL TEACHERS AND TOXIC LIBERAL MEDIA.

SHARE +2

Show 1 Reply

**S** **SpineSnapp...** 22 hours ago

I think there are many more factors than just the screen time, however, the little machines certainly are a huge problem.

SHARE +2

Show 1 Reply

**W** **William My...** 23 hours ago

It couldn't have anything to do with the covid jab... nah1 Never...

SHARE +2

Show 1 Reply

**W woolleyalpha** 23 hours ago

Outstanding article/essay, Ms. Zhang!

Of course, far too many are ALITERATE today (notice that among some posters here as well) and reading any actual book would pose a monumental step!

A real destroyer of abstract reasoning, rendering large numbers easily gullible to every limited hangout ("2000 Mules") which is foisted upon them! This is further exacerbated by the near communist control of public and school library systems across North America by the online library systems management of the Maoist company, BIBLIOCOMMONS in Toronto, Canada! Never thought I would personally give up on the American library, but then I was essentially cancelled out by them when none of my inter-library loans went through, and Bibliocommons banned me from their systems (along with many unsuspecting others) for my anticommunist book reviews (citing "community standards" the very common PLOY to invoke censorship today)! Hmmm ... drag queen children reading sessions at libraries across North America and the long-term donations to the American Library Association (and similar organizations) by the SOROS outfits — could there possibly a CONNECTION???

SHARE +2

**C cosmo kra...** 23 hours ago

hard to say if it's "screen time" or simply what is shown on tv. Half of a 30 minute tv show is commercials. When you watch a kids show, half of the program isn't necessarily approved by you. When you watch the news, half of it isn't (most likely more).

Tv isnt always filled with entertainment. Who is the next president you should be voting for? What drink is better than the others? what OTHER drink is better than the others?

SHARE +2

**G gene.c.balf...** 1 day ago

I am so very pleased to see this report. The vast majority of us have depended on screens for entertainment, information, business/work, communication with others, expression of thoughts/opinions/feelings/ideas, and dealing with boredom. Every user and use case is different. This has become the inescapable nature of modern life. It involved trade-offs that will only be resolved over time as our species adapts to it or kills itself by trying.

SHARE +2

Show 1 Reply

**R RowdyFlyer...** 1 day ago

Only Americans? Are not other high tech countries children affected?

SHARE +2

**B** **Barnabus C...** 1 day ago

Deevolution....Beginning with Americans..the new Cromagnon race.

SHARE +2

**S** **something4...** 1 day ago

so many factors to depression—lack of exercise, fungus and mold in the body/brain, bad diet, lack of proper minerals, lack of fun in the sun (there are actual physical benefits to this on top of emotional), lack of people to talk to about problems.  
too often people ignore things like this and reach for psychiatric drugs. mind altering drugs never treat causes, only mask symptoms.  
if you don't believe me watch people on drugs.  
they quit taking drugs and depression is still there.  
in fact some drugs actually cause depression if you check on the official side effects info.

SHARE +2

**L** **LiteracyMo...** 1 day ago

A couple years ago I read South Korea has rehab centers and summer camps now for kids addicted to video games and other technology. Maybe we should try it.

SHARE +2

**J** **James Rear...** 1 day ago

Very insightful Thank you.

SHARE +2

**O** **onebirdiema** 2 days ago

THE PROBLEM IS NOT THE AMOUNT OF TIME SPENT LOOKING AT SCREENS.

The problem is the “content” on the screens the viewers are — witnessing?

Taking in?

Absorbing?

Getting run amok by?

Don't let the story tellers get away with #CharlieRomeoAlphaPapa by blaming the carrier.

Nor the inept game writers who violate every known concept of fair play.

Yet, get them (including me!) off the content, the screens will take care of themselves.

Go research 5G if you don't believe me!

[end of rant]

SHARE +2

Show 1 Reply

**L** **Lik2rce** 2 days ago

You mean being stupid?

SHARE +2

**W** **WC** 2 days ago

It has been eating up the chinese minds for decades.

SHARE +2

**A** **aroraharsu...** 1 hour ago

Use of Mob- Lap Top- Microwave etc Prolong sitting on work at office the -Continuous of persistent dose of EMF is the reason Anxiety-Depression-OCD-ADHD-AUTISM is produced in adults & children. EMF is a known fact of causing varieties of Cancer if the world does not take step to control it WORLD WILL FACE PANDEMIC OF CANCERS.

SHARE +1

**M** **m k bennett** 2 hours ago

Let's see...is it the mainstream or legacy media?

In concert with the government, big Pharma, big Tech, and our education system?

That is my guess!

SHARE +1

Show 1 Reply

**T** **Thomas Mit...** 13 hours ago

A workable remedy, the elimination of screen time to rehabilitate a person's self-determinism. However, the relief cannot be explained by references to brain function. The brain is NOT the seat of mental activity as is commonly taught in medical schools.

The ancient "spirit-mind -body" concept is the most accurate description of the composite that is a human being. but of the three, the spirit (the person themselves) is the source of responses and effects experienced in the mind and body. Even the effects of the environment and diet and genetic history are all filtered through the personality (the spirit).

So, though the improvements in behavior problems are of great benefit, they are falsely attributed to brain function as a source. The brain is a distributor of nerve energy and a shock absorber for that energy, period.

The brain

cells are not capable of emotions and concepts, only stimulus-response acts to avoid pain or achieve crude basic survival. Without the spirit (personality or the person themselves) the body would function only as that.

SHARE +1

**J** **Jeffrey Asher** 19 hours ago

This 'article' is 2735 words long. How many potential readers were discouraged by that excessive length? I read the intro and conclusion.

SHARE +1

**M** **Motaur** 20 hours ago

For Pete's sake! Stop over diagnosing ADD and ADHD. AND FOR GODS SAKE STOP DRUGGING YOUR KIDS. I agree with kids being in the house and on devices too much but as parents you need to engage them in outside activities. This is on you. You want to make it educational, bug catching, star gazing, heck even camping (learn skills together). Get them outside and playing to exhaustion. ADD and ADHD is an overused ball of garbage.

SHARE +1



**M Michael Ret...** 21 hours ago

The Digital and Social Media world we CHOOSE to live in is the Root of the Issue.

Im on this site reading and expressing...

Spell Check causes everyone to be dependent and removes memory recall, and critical thinking.

Facebook...everyone putting FAKE images of Reality and checking for the LIKES/APPROVAL.

Everyone sits and watches television/shows/content which promotes

agendas/ideologies/propoganda to manipulate and desensitize to topics/direction globalist are pushing

and so on....just saying

REMEMBER TO UNPLUG COMPLETELY...like going to the gym...or a hobby...maybe 1 hr a day..maybe 3 times a week...JUST try it...and see what happens to you and your loved ones...

SHARE +1

**J John Victor...** 21 hours ago

I'm a Mall Walker & People Watcher.

Now "( Notice ))

People {Now}]

seem:

LESS Human !!!

SHARE +1

**R Rachel Beck** 21 hours ago

I don't think children need screens/phones period, until they are about 16 or 18.

I have noticed a lack of good decision making in people and enhanced road rage and stupidity, probably a symptom of too much screen time. I don't imagine the intro of 5G helps either, since people are exposed to more EMFs and radiation. I can also agree from personal experience that there is a lot of hate and vitriol and bullying on the internet. I believe cowards, ignorant people and psychopaths are all emboldened by the internet because you can bully people with impunity and do it all under anonymity most of the time. Social media and screens are poison.

Unfortunately, computers and phones are also a necessary part of modern life and work; so aside from having personal discipline to avoid social media and limiting your own screen time I don't know what else could be done.

SHARE +1

**C Craig** 22 hours ago

I've always been amazed looking at kids today with their faces stuck in their phones or playing video games. I never thought it was a good idea, but what does an old boomer know?

LOL

SHARE +1

Show 1 Reply

**M Michael O** 22 hours ago

While it's true screen time especially the hand held devises are robing our youth and adults of valuable social interacting needed to be a functional part in society, this article is an attempt to cover up the real culprit affecting youth and young adults and that's the vaccines.

SHARE +1

**L Let's Go Br...** 22 hours ago

This is one of the reasons my kids don't have phones or social media. Technology should be used as a tool not a time waster; technology can be beneficial if used correctly.

SHARE +1

**V Very Veritas** 22 hours ago

What's omitted entirely from this article?

The physical attributes of "screen-time" – primarily, highly xenobiotic, pulse-modulated microwave radiation, usually at trillions of times higher-than-natural-background exposure levels, from screen-containing devices.

The primary researchers in this field have likewise been omitted from the article.

Once we grasp the physicality of what is euphemistically labeled "screen-time" exposure, we can understand far better how the brain and the rest of the body are being adversely affected.

Journalists and psychiatrists alike oughtn't persist in avoiding the subject of the physical agents functioning with "screens".

Please, no more blind pursuit on this essential matter.

SHARE +1

**K kjoys** 22 hours ago

Great information.  
Thank you

SHARE +1

**D ddgvvet4** 22 hours ago

It's called Socialist Marxism and TDS. As seen on your local and legacy media channels nightly.

SHARE +1

**J jj\_59638** 1 day ago

The Government and its employees desperately need this program.

SHARE +1

**M mark** 1 day ago

Revealing. Thank you

SHARE +1

**I I Jozefowicz** 1 day ago

Interesting article!..

Now before I go to bed... "crush candy"! "Crush" !

SHARE +1

**S skipgoebel** 1 day ago

While the article is spot on, it misses one benefit. -

Those facing a mortality experience, such as brain cancer can get totally mentally lost in gaming or 3d modeling. This is a powerful anti-depressant which makes you forget your health problems and the best part is- divert you away from the negative thoughts (dwelling) which can add or hasten a rotten death.

Yes! It really works. (32 years in my case)

SHARE +1

**R Rocky Ruud** 1 day ago

This one sentence from the article caught my attention.

"Ms. Cash, whose program to treat people struggling with addiction to internet pornography has observed a worrying trend."

A plethora of  
(good) activities, games and learning opportunities  
can be found on the miracle of the internet.

SHARE +1

**U USAdan Pa...** 2 days ago

Why are the social media links not working? Every time I click on it it comes up e-mail.

SHARE +1

**D Y** 12 hours ago

UNIVERSITY VS ADVERSITY!

SHARE 0

**V** **Very Veritas** 12 hours ago

Medical doctors including the psychiatrists cited in the article remain clueless about the invisible, inaudible agent that hides insidiously behind and enables the data on all screens: highly xenobiotic pulse-modulated microwave radiation.

Sadly, their lack of study results in articles like this, which avoid mentioning the agent of harm.

SHARE 0

**K** **Kenneth Ro...** 13 hours ago

Liberalism

SHARE 0

**P** **Pete Healey** 14 hours ago

This post was either unedited or the editor is an IDIOT!

You lost me at "Between 2005 and 2012, the change in rates of depressive episodes in teens aged 12 to 17 barely exceeded 1 percent. However, between 2012 and 2017, there was an almost 4 percent increase."

OMG, it went from 1% to 1.04% over a 5 year period??? That my friends is the proper interpretation of the quote, and IT IS A FLAT LINE!

I can only presume the writer meant it went up 4 or 5 fold, (from "barely exceeded 1 percent" to almost 5% – an increase of 4 percentage points, or some similar conclusion) based on the graphs

SHARE 0

**K** **Kregan** 19 hours ago

Screen time on a computer does not explain the issue. At least not in its entirety. Most people of faith know that in the last 10 years there has been an exponential increase in dark spiritual influences manifesting into our world. Revelation 9:1 talks about the 5th Trumpet as an angel comes down with a key to the bottomless pit to release forces of evil onto the world. Is it just a coincidence that the large hadron collider first became operational on Sept 10, 2008? I think not. The people at CERN have even admitted that they are working "to open a door to another dimension where something could come through." And have been working to increase the power and open even a wider door ever since. All this would make the 6th Trumpet right around the corner. And if you are keeping up with current events it becomes obvious, right at our doorstep. I would encourage all people of faith to re-read about that 6th Trumpet and prepare for what is coming. And if you are putting all your eggs in per-tribulation rapture theory you just might find yourself disappointed. Look up. For our redemption draws near!

SHARE 0

**T** **tbolig** 19 hours ago

Yeah, It's called "Wokeisim" brought on by the CommieCrats. Through the "Screens", the are indoctrinating the youth of this country and trying to make puppets out of them. Look at Oregon and the way they really dumbed down educational requirements to "Graduate" X(!

SHARE 0

**M** **mbanks1105** 19 hours ago

I have always read a daily newspaper, but it's hard to get one these days. So, I read my news online from a variety of, usually Conservative, sources. That includes Facebook which is usually local news.

I have wondered if I'm overdoing the screen time, but I know I usually spent a good amount of time actually reading real news too, so it may be somewhat similar.

I never play murder simulator games – usually just word puzzles.

I am 79, a retired teacher, consider myself a life-long learner, and I still read 3-4 books a week for fun.

SHARE 0

**P** **Paysan37** 19 hours ago

A professor of mine many years ago monitored 7th and 8th grade students. Parents reported their students hours of TV watching and hours spent on homework.

Correlation over two years showed that students with highest grades watched less TV than lower performers regardless of measured "I.Q."

Huh?

SHARE 0

**K** **kenbard** 20 hours ago

Great article – I remember reading Dr. Daniel Amen years ago about the same diagnosis and issues... as an adult (w/o children) I find myself with similar issues (not fitting into diagnosis though). I know when I have been working and "multi-tasking" that I have ADD tendencies... but it is difficult to step away from the need to be on my computer and go read a book, but I do try to limit when I notice my issues that come up.

I notice my wife's granddaughters have a screen in front of them almost always when we are at their home or they are with us, and I do see the tendencies as articulated here with socializing with others. I wish this was presented to a broader audience that would get out to the general population – even into a school system that will educate parents and children.

SHARE 0

**R** **rensmith23** 20 hours ago

You can thank the Lockdown for how horrible this has become. And the stupid, hateful, despicable Covidians who enforced it.

SHARE 0

**S** **Sad4theUS** 20 hours ago

This makes perfect sense when you consider that the transgender brainwashing exploded during the pandemic, when our youth had nothing but the internet to entertain them. The CCP owned corporation put transgender junk all over its American site but would not show any on their tiktok. That speaks volumes ! It is evil at it's most cunning and it is destroying our youth... Oh how the Antichrist will love AI and all this technology!

SHARE 0

**H** **harmonix.e...** 20 hours ago

I totally agree.

SHARE 0

**P** **pjt** 20 hours ago

Not surprised at any of this. Peer pressure, adults as models of behavior and using the phones as "baby sitters" are all so prevalent.. We sadly are going to have an entire generation of adults with no skills, just as the article states. I am always so dismayed when we eat out at how many adults and adolescents have virtually no conversation at the table, but are immersed in their phones, literally eating and screen watching the entire time. Very sad! I have seen parents give their toddlers phones to hold to keep them occupied. Please! Replace the phones for children with toys, books, coloring books, etc...a human's brain is not fully developed until they reach their twenties. These children will have underdeveloped brains just as the article states.

SHARE 0

**R** **Rich Ryan** 20 hours ago

i agree with ralph democratic party and their marxist CRT learning indoctrination certainly doesn't help . the other thing that disturbs me is physical exorcise or lack of and nutrition 2 very basic fundamentals for good health yet FDA which was originally formed to protect us from manufacturers using harmful ingredients has done nothing in the last 20 years instead we are a society learning that drugs from big pharma will alleviate any problems in the meantime our youth is in poor physical condition most are badly overweight and of course this leads to very serious health issues as they get older that require expensive medical attention but our health system has to be able to survive and justify their existence so they aren't going to do anything to help remedy the situation . A continuous vicious circle. It bothers me no end that society could do so many good things to improve health, education ,quality of life . improve environment . yet everything becomes ways for a few to make money and block the opportunity to improve our society.

SHARE 0

**J** **John T Bak...** 20 hours ago

OMG!!!!

“THE FEARMONGERS” ARE OUT IN FORCE——“THEY” CAN ALL GO SCREW THEMSELVES ——“THEY” ALWAYS “PREDICT” DOOM——GO AWAY WITH ALL YOUR PREDICTIONS!!!!

SHARE 0

Show 1 Reply

**T** **Thomas Mi...** 21 hours ago

Game boys in the 90's were as addictive as cocaine – and were purchased by parents for their preschool children.

Why did the parents not respond as they ought?

Well, they were playing Mario just as avidly.

SHARE 0

**S** **Stephen Th...** 21 hours ago

I don't doubt that the “boob tube” and modern tech screens fry minds of any age, but more so with young developing brains

I feel certain that the lockdowns, social distancing, and face diapers sure contributed to the decline of cognitive and social abilities as well. Maybe more so than the blue screens bleaching our brains and the so called ‘vaccine’ altering DNA, and the damn covid disease itself (less than 0.001% mortality). It all comes down to those who want total control over us and they're a nefarious 3rd party hiding behind the curtain that is in plain sight, yet ignored as to why the curtain is there which is to hide the culprits behind it all. Their mission is one huge war against humanity.

SHARE 0

**G** **glasstath** 21 hours ago

Geez, now people are paying thousands of dollars to a quack who tells them the problem is solved if they take away the internet, iPhones and those idiot-producing video games. Parents who can't say no to their kids are NOT parenting!

SHARE 0

**M** **Martin Smith** 21 hours ago

Awesome Article! Absolutely Awesome! Very enlightening. Thank you for it.

SHARE 0

Show 1 Reply



**C** **CDees** 22 hours ago

Its part of a social cycle but has been exacerbated with screen content. Weak parenting and a decadent lifestyle has always been major factors in social decline.

Its the old adage of

‘good men bring good times; which breeds weak men; which brings hard times; and hard times breeds good men” and so on.

SHARE 0

Show 1 Reply

**D** **Dew dxn1999** 22 hours ago

So here we all are talking about having too much screen time while we are getting too much screen time. Isn't that funny? I dare you to just turn it off. I knew you couldn't that is why you are here reading this.

SHARE 0

Show 3 Replies

**S** **steven Clum** 1 day ago

“Micro-rules” in the one dimensional world=disproportionate sensory deprivation=anxiety=...or results in, going postal.

Is that an adequate summation?

SHARE 0

**J** **JSTL** 1 day ago

Truly open-ended activity, with no ending or even aggregated accomplishment, is the issue here, not screen time itself.

Also, internet “surfing” is lumped in with games and scrolling, but a search “rabbit hole” is not self-sustaining- no marketing psychologist designed it to continue- and AOL and Yahoo were providing this service 30 years ago, with these pathologies largely absent.

SHARE 0

Show 1 Reply

**T** **Tina** 8 hours ago

GO TO THE ILLINOIS BUSINESS JOURNAL AND SEE THE ARTICLE AND WRITE TO THEM AND WRITE TO LEGISLATORS AND THE EDUCATION DEPT IN ILLINOIS. THIS IS INSANE INVASION OF THEIR LIFE.

SHARE -1

**D ddawsond** 21 hours ago

Billy was a very intelligent 10 year old with one flaw. A severe lack of social training from his parents. That starts in the cradle and continues throughout childhood. Everyday until he goes out on his own as an adult. Training that prepares him to function as a rational adult with the ability to adapt to a changing environment what ever that change may be, day to day or for longer periods.

That is not a mental defect as many see today. That is called a mental defect by those quacks that call themselves psychiatrist, sociologist and psychologist. They see money, lots of money to be made treating an illness that they created.

The same people that will tell children that they were not born as males or females but can decide what they are, even now decide that they can be what ever animals that they want to be. The defects listed in this article do exist such as autism, but as to the cause no one seems to know for sure except that they appear to grow more common as the years have gone by.

SHARE -1

**D donnarnwr...** 1 day ago

Now I wish that I had not let my children play video games. Although my son was very good at it. Too bad he did not go to medical school. One tiny positive is that doctors who played video games are also great at microsurgery. And robotic surgery.

SHARE -1

Show 1 Reply

**C ejritchie** 23 hours ago

So Billy's parents brought him to Dr. Victoria Dunckley.

NO, NO, NO – you don't brought anything.

Think about this, it sounds stupid, doesn't it? The correct word is took!!! You TOOK him to the doctor. you didn't brought!! People, learn effing English.

SHARE -2

Show 2 Replies

**R RUTH GRA...** 2 days ago

Bull! This is the foundation to sequester Americans!

SHARE -3