



Frequently Asked Questions Related to Screen Time and WiFi

Screen Time

What is screen time?

1. The amount of time someone or something appears on screen in a movie or television show
2. The time spent watching television, playing a video game, or using an electronic device with a screen (such as a smartphone or tablet)

[Definition](#) from Merriam-Webster

Where can I learn more about the use of digital devices and children's health?

Because this is such an emerging field, there are few readily available resources that address the issues of children's health and digital devices, and fewer still related to digital devices in schools as related to children's health. One source of information is the American Academy of Pediatrics 2016 policy statement on [Media Use in School-Aged Children and Adolescents](#).

What health-based guidelines have been issued on digital device use in schools?

To date, few governmental agencies in the United States have issued specific guidelines on the use of digital devices in schools. The [U.S. Department of Education Office of Educational Technology](#) refers to some of the health concerns about screen time, as well as the [American Academy of Pediatrics policy statement](#).

What do health care organizations say about digital devices in schools?

The American Academy of Pediatrics issued a policy statement in 2016 on [Media Use in School-Aged Children and Adolescents](#). The statement reviews media use patterns, benefits and risks of media use, and recommendations.

What should parents and schools do?

The [American Academy of Pediatrics Policy Statement](#) contains recommendations for parents and schools regarding children and adolescents.

What is blue light?

Please visit [Blue Light Video - Google Drive](#) to find out more.

WiFi

What is WiFi?

WiFi, sometimes called WiFi technology, WiFi radiation, or (more generally) radiofrequency (RF) radiation, is a radio signal standard used by electronic devices in schools, as well as cellular telephones and other radio-signaling devices. Information about WiFi or radiofrequency (RF) radiation and human exposures can be found on the website of the U.S. Federal Communications Commission (FCC).

Are there any health risks from the WiFi in the schools?

The U.S. Federal Communications Commission (FCC) has extensive [FAQs](#) and a page on [wireless devices safety](#) on this issue. In addition, the U.S. Food and Drug Administration (FDA) has a [page](#) that discusses questions about possible links between cellular telephones and health problems including the risk of cancer. The U.S. National Institute for Environmental Health Sciences (NIEHS) also has a page on [Cell Phone Radio Frequency Radiation](#).

How does WiFi work in the schools?

The infrastructure of most schools includes hardwired drops and WiFi in the classroom and school offices. Access points are positioned throughout the school to provide access to devices for instructional use and often for phone service. Several of the Maryland local school systems install access points that limit the power when devices are not being used and power up when needed. This reduces the strength of WiFi radiation in the classroom.

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