
Kids are
watching too
much TV

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BPE NEWS

Kids spend 10.5 hours on electronics every day.

Did you know that kids today are spending more time in front of the TV than ever? Well they are and it's effecting kids fitness and health.

Kids ages 8-18 are watching and average of 10.5 hours of TV and other electronics, outside of schoolwork every day. Torn 10 year old Chase says, " I like to watch TV, but I also like to play basketball."

Most adults also think kids should cut back. " I think it is too much," says Mrs. Joseph 4th grade teacher.

What about reading? Studies show kids are only reading for 38 minutes every day.

"If I have an hour of free time before dinner," says Zach 4th grade student," I go out and play basketball. On weeknights I can only watch 30 minutes of electronics plus the news."



Even toddlers are getting in on the action. While the recommended amount is no electronics, they still watch 2+ hours!

4th graders Charlie and Ricky say, "Less! Instead of 10.5 let's bring in down to 1.5."

This problem is ongoing like a freight train, and nobody is going to stop it. We need to power off!

By Zach



*This is how it all
adds up:*



Kids are using 2.5 hours of music, nearly 5 hours of TV and 3 hours of video games! It's almost as bad as World War II.