

# Screens and children – the evidence



**HEALTH PROFESSIONALS FOR SAFER SCREENS**



# HEALTH PROFESSIONALS FOR SAFER SCREENS

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We are a collective of Health Professionals from a diverse array of professions. We have paediatricians, GPs, psychiatrists, SLTs, psychologists, occupational therapists, therapists, nutritionists, public health consultants and many more.

We are all united in our concerns about the impact of screens on our young people. We are all volunteers. HPFSS is a not-for-profit organisation.

We are committed to sharing the latest and most robust evidence available

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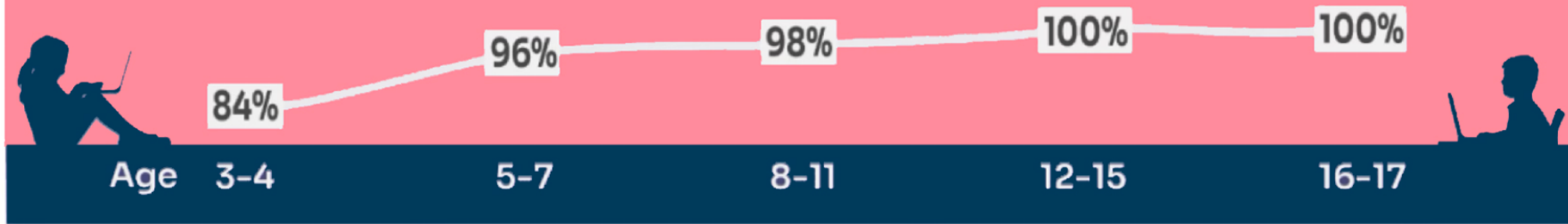
# Agenda

- Screen usage today – the reality
- Why does this matter
  - Physical impact
  - Developmental impact
  - Mental Health
  - Societal and developmental challenges
- What can parents do?

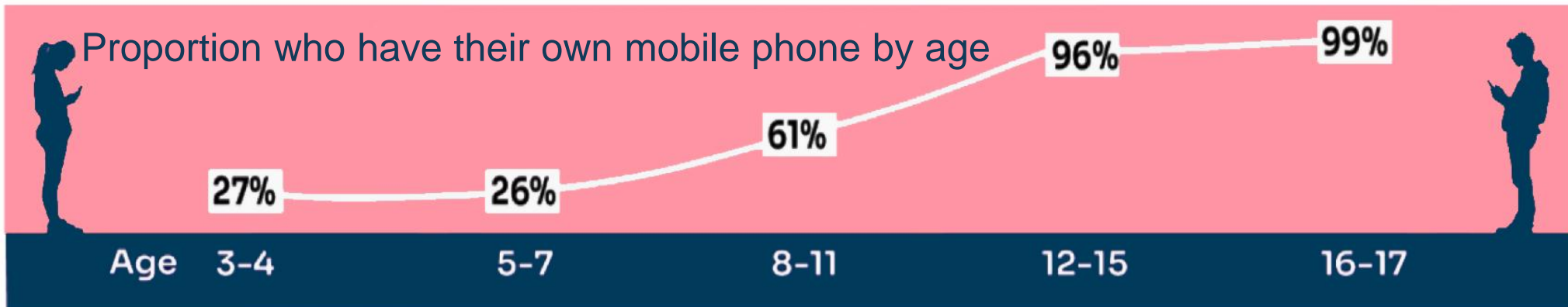


Almost all adolescents have phones and it is becoming increasingly the norm in younger children

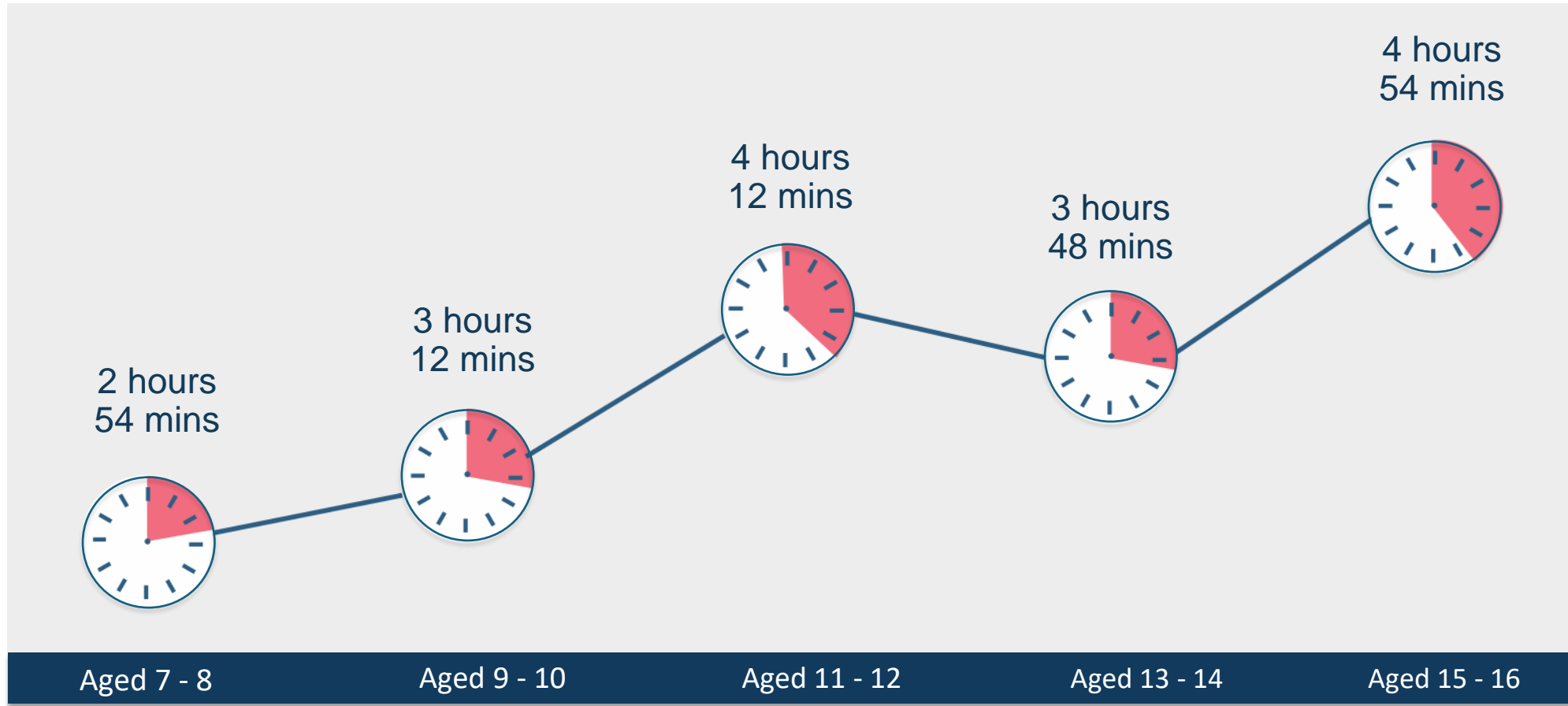
Proportion who go online, by age



Proportion who have their own mobile phone by age



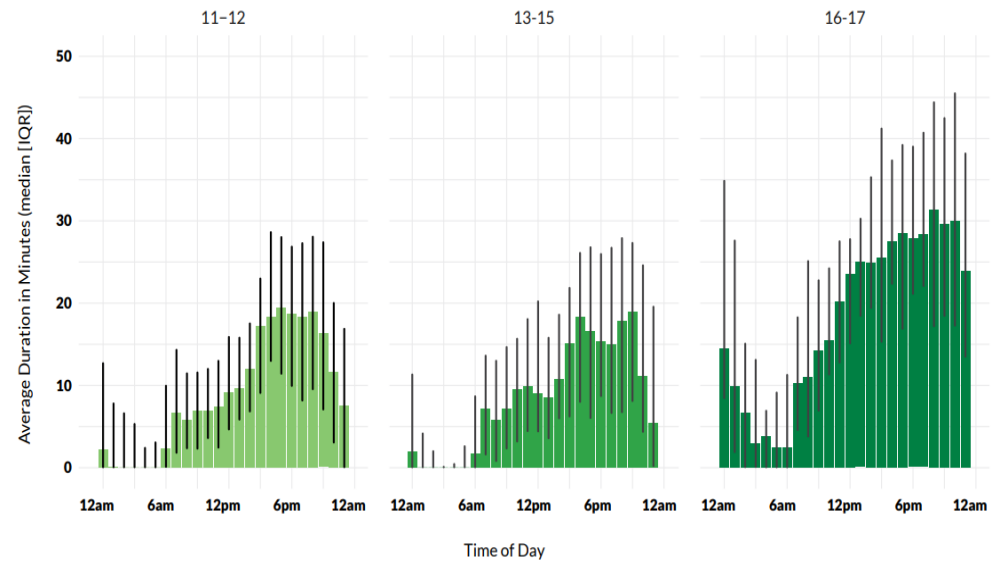
## And it consumes a significant amount of children's day



# Smartphones have become constant companions for our young people

- The average child has 237 notifications a day –  $\frac{1}{4}$  during the school day and 5% over the night.
- This encourages an average of 51 pick-ups a day which increases to around 100 for teens.

FIGURE 7. Hour-by-hour plots (from midnight to midnight) of average smartphone use\* in minutes, split by age group

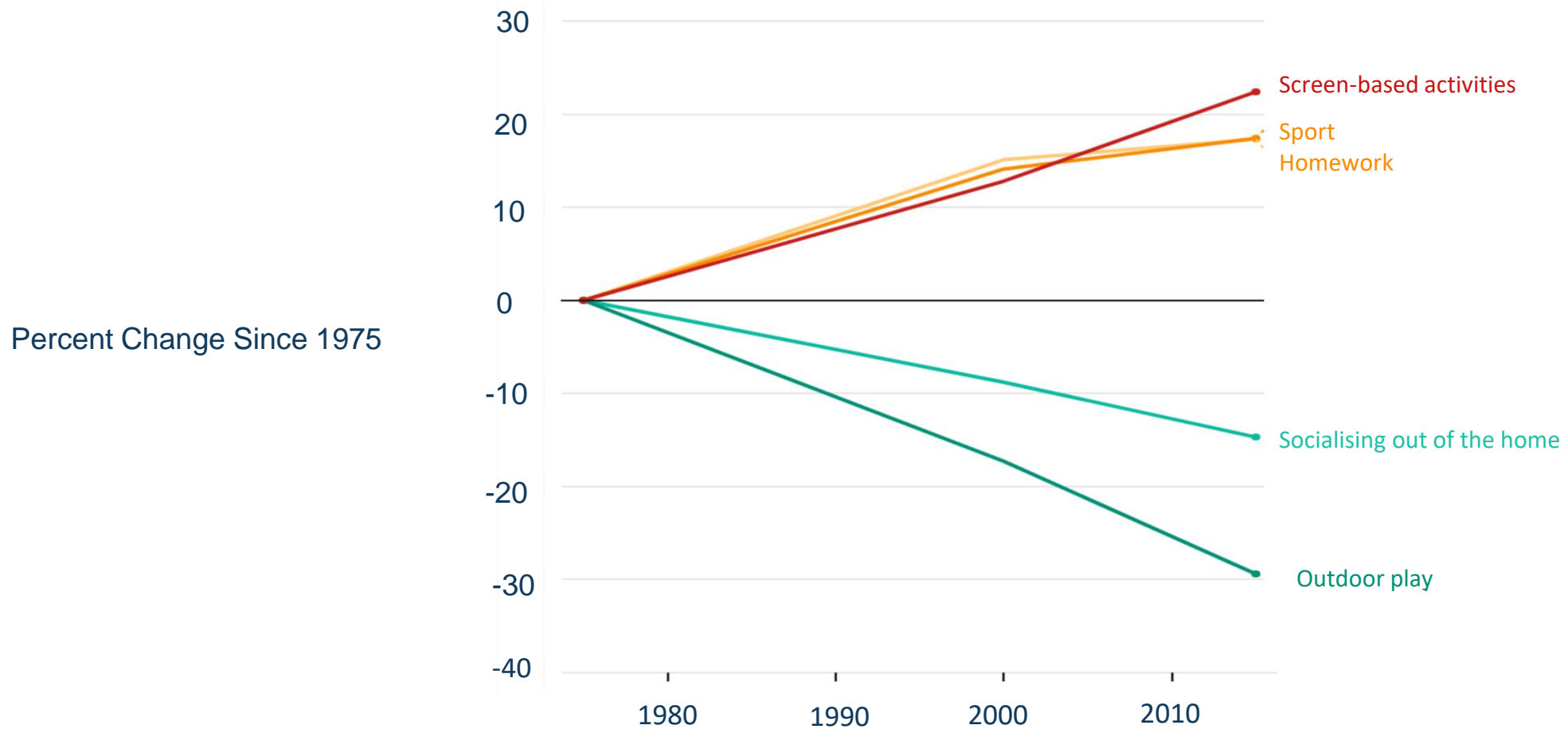


\*Median is the value that 50% of the users are under and 50% are over. IQR is the Interquartile Range, which is the middle 50% of users, with 25% of users under the first value and 25% of users over the second value. Bar shows the median value; line shows IQR.



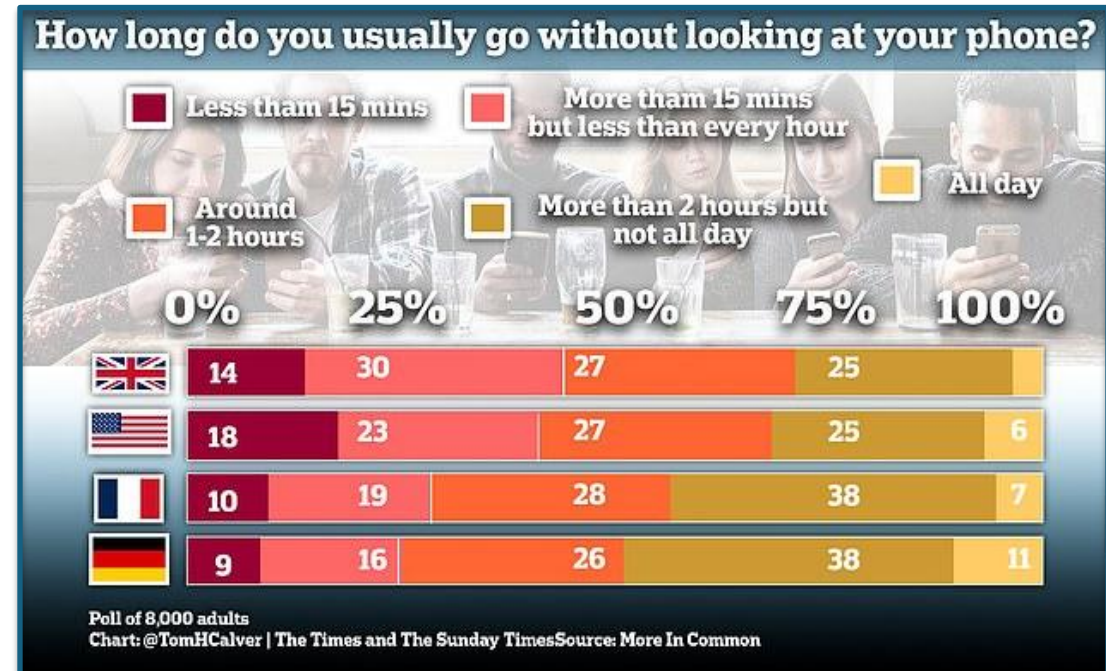
# This increased screen time has come at the expense of other activities

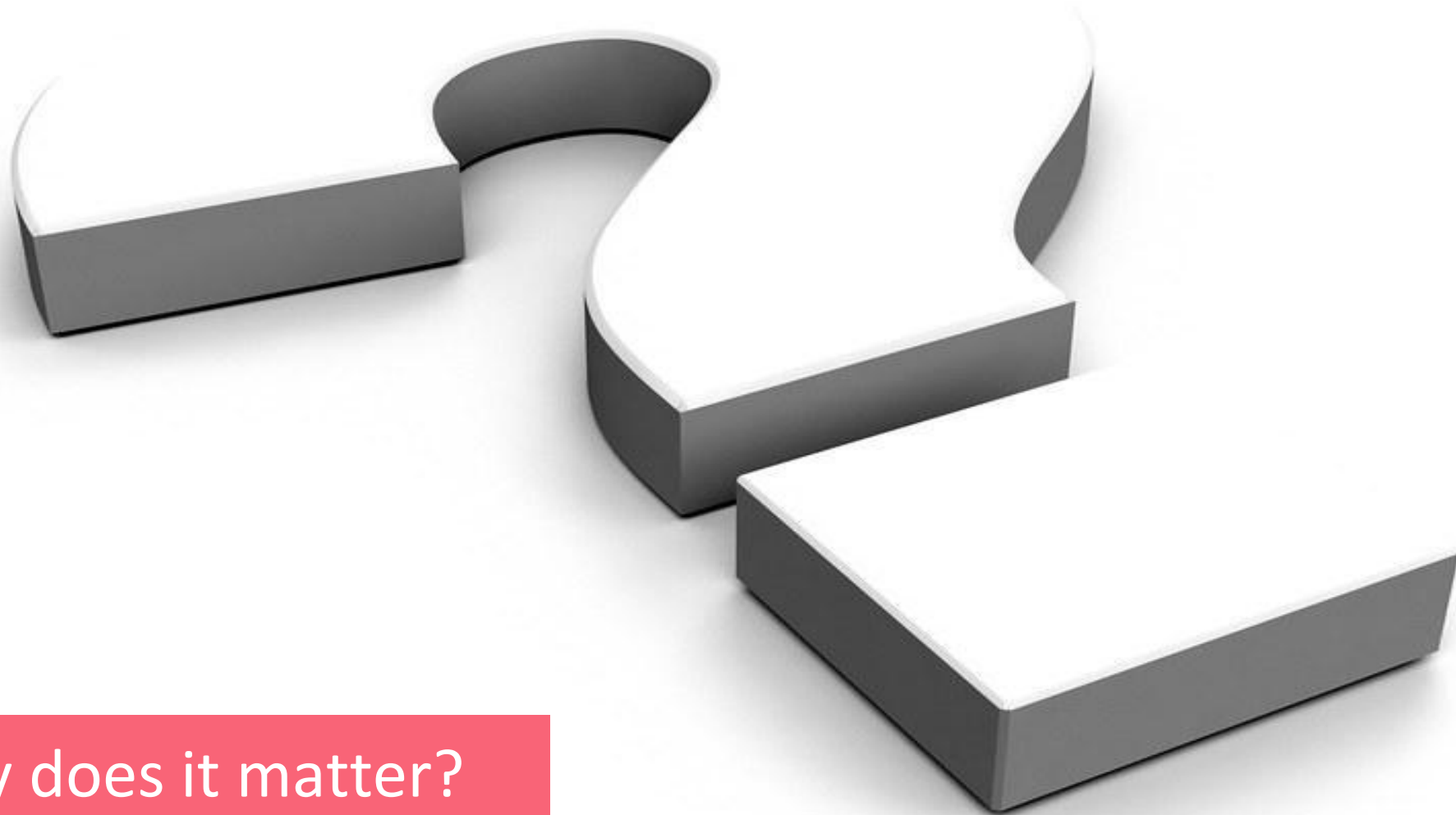
UK Children's Daily Time Use, 1975 - 2015



## And it is not just children who are addicted

- We're spending an extra 2 days each year online.
- The average amount of daily time spent online is 3 hours and 41 minutes a day.
- This means the average online adult now spends around 56 days each year online – two more days than in 2022.





Why does it matter?



# Screens affect every part of a child's life





# Physical changes



# Almost a quarter of 10-year-olds children live with obesity

There is increasing evidence of a strong association between screentime, including smartphones, and childhood obesity

- Using screens during meals relates to 15% more likely to be overweight potentially as they do not register or sense fullness.
- Increased exposure to advertising which promotes unhealthy food.
- Less time or inclination to take part in exercise.
- Reduced sleep duration.
- This has long term implications. Each additional hour of screentime above the daily average in adolescents is associated with 17% higher odds of diabetes and 17% higher odds of high waist circumference 24 years later.



# Eyesight is deteriorating in children



- High levels of smart device screen time, such as looking at a mobile phone, are associated with around a 30% higher risk of myopia.
- And when combined with excessive computer use, such as in schools, that risk rose to around 80%.
- There is a positive link between smartphone usage and eye fatigue, blurred vision, and irritated or burning eyes.
- Spending at least 13 hours a week outside reduced the likelihood of children becoming myopic but screen time reduces outdoor time.



# 70% of teens do not get enough sleep

Smartphones significantly impact sleep patterns and the ability to fall or stay asleep. Blue light, which impacts melatonin and circadian rhythms, has been shown to push sleep back twice as long as coffee. And doomscrolling means teens lose track of time.



## Lack of sleep

For preschoolers, this impacts their napping and sleeping, which is vital for their development

For teens, it affects school attendance and attainment as well as mood swings and mental health

Professor Ben Carter  
Kings College, London



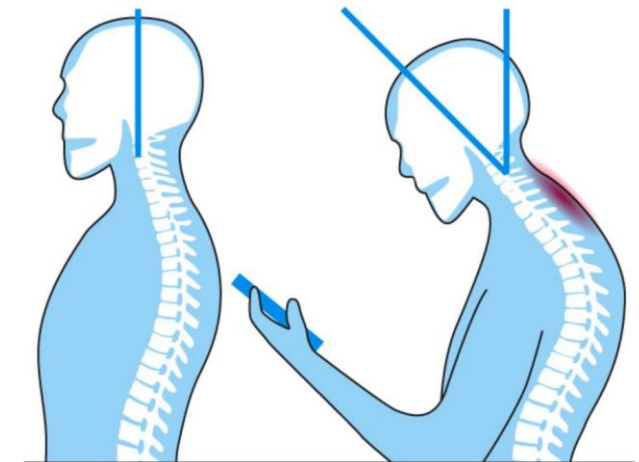
# Smartphone usage damages a child's growing body



- Children and young people who use smartphones for more than 60 minutes daily are ten times more likely to develop musculoskeletal symptoms than those who don't. The damage is even higher for those who use it lying down.
- The physical health issues that come with overuse of smartphones include text neck, wrist and back problems, and numb fingers.

1 KCL research recently found an upright head puts 11lbs of force on the spine

2 Being hunched over at 45° angle using a phone increases force to 48lbs



# Smartphone addiction has been shown to make physical changes in our brain

Research has shown that individuals with smartphone and/or internet dependency tend to have

- Significantly lower white matter integrity in specific areas. White matter is vital for processing information in the body, as it connects different regions that send and receive signals. This impacts our ability to focus, learn, solve problems, and maintain balance while walking.
- Increased GABA levels and this may be associated with a lower ability to regulate impulsive behaviours as well as increasing anxiety and depression.
- Impacts on several neural networks that influence an adolescent's behaviour and development. These relate to the areas of cognitive control, reward valuation, motor coordination, and the development of the adolescent brain.





Developmental challenges





Sandy Chappell  
Senior Speech and Language Therapist



*“What we’ve discovered is that little babies, under a year old, do not learn from a machine. Even if you show them captivating videos, the difference in learning is extraordinary. You get genius learning from a live human being, and you get zero learning from a machine.”*

Patricia Kuhl is one of the world’s leading brain scientists and runs experiments with more than 4,000 babies annually.



# Smartphones hinder language development

- There is compelling evidence across many longitudinal studies that show that greater screen use is associated with lower language skills and developmental delays in communication.
- For three-year-olds, every minute of screen time significantly alters their daily interactions, leading to hearing seven fewer adult words, speaking five fewer words themselves and engaging in one less conversation each day. The average three-year-old's screen time usage means they miss 1,100 adult words, 840 vocalisations, and 194 conversations a day.
- Children who watched more than 90 minutes a day of direct screen time were by 4.5 years and 8 years below average for vocabulary, communication, writing, numeracy, and letter fluency. They also had poorer social skills and were more likely to play alone, less liked by other children, less considerate and less likely to share toys.



# Screen usage in preschoolers impacts their overall development and school readiness



- There is a higher risk of delays in child global development (communication, cognitive, personal-social, and motor skills) for intensive screen users compared to those with light screen usage.
- These developmental delays have consequences for school readiness. Studies show that children with higher screen usage are less ready for school, particularly regarding language and cognitive development.



# Parental smartphone usage is impacting child development



# Parental smartphone usage is impacting child development



- Mothers who used smartphones during breastfeeding had a delayed response to when the baby had finished and responded late.
- The number of audible phone notifications parents report receiving per hour was negatively associated with infants' vocabulary in controlled observations of 18- to 25-month-olds
- Children interpret a parent looking at a phone as a lack of responsiveness. Parental phone use is associated with “still face,” an expressionless appearance that’s often interpreted as depression, which can further impact a child’s development of emotional skills



# Screens have a negative impact on focus



Children are especially susceptible to ‘distraction by design’ technology, and it appears that its effects are not fleeting or temporary but permanently impact their abilities to focus and remain concentrated on real-life activities – schoolwork, friends, family and real-world play.

- Early-life digital media exposure is associated with atypical sensory processing.
- Longitudinal studies have shown that frequent use of digital media, especially social media, is associated with a modest but statistically significant increase in the likelihood of developing ADHD symptoms.
- Additionally, among boys, spending more time in front of screens at the age of 1 was significantly associated with autism spectrum disorder at the age of 3.



# Smartphones as “digital dummies” makes tantrums worse in the long term



- Smartphones and tablets are often used to keep children calm, but although this may work in the short term, it could hinder the development of children's self-regulation skills in the long run.
- Research shows that it could lead to difficulties in controlling their behaviour and managing anger. It could also create a pattern where tantrums are linked to screen time, as using screens reduces control and leads to more tantrums. This is particularly important for very young children.
- The earlier children start using screen devices and the more time they spend using them, the lower their self-regulation skills may be.



# Social skills are not being developed

- Dr Vivek Murthy, the US Surgeon General, has spoken about how children are not developing the skills needed to feel confident in the company of others and approach new situations. He attributes this predominantly to the impact of screens and how children do not interact in real-time.
- Less than 30% of young people said phones helped them learn good social skills.
- Research shows that too much screen time can hinder young children's ability to interpret facial expressions and develop critical social skills, which can impede the development of empathy. Young children must engage in face-to-face interactions to understand nonverbal cues.



# Smartphones are reducing academic attainment

- Studies and real results have shown that the greater the use of a phone while studying, the more significant the negative impact on learning and academic achievement.
- Research is suggesting that skills and cognitive abilities needed for students' academic success and learning are negatively impacted by smartphone usage.
- School absenteeism has been linked to smartphone-induced sleep disorders.

Pisa scores for mathematics compared to time on phones

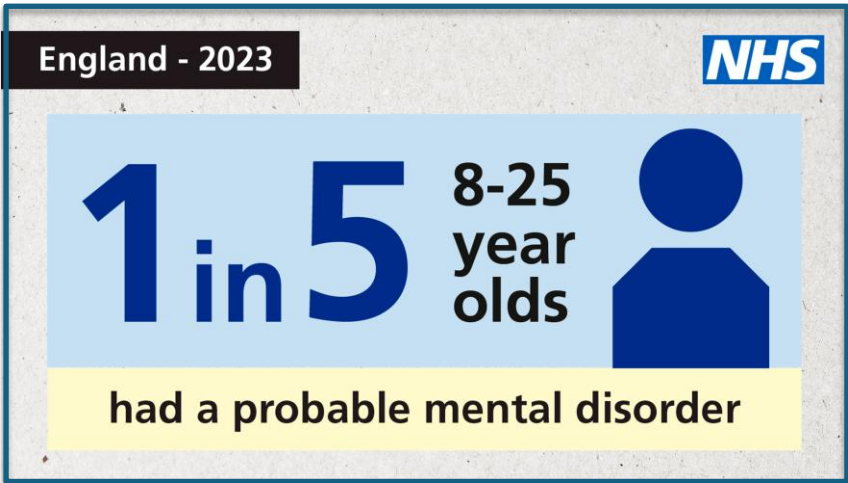




# Mental Health



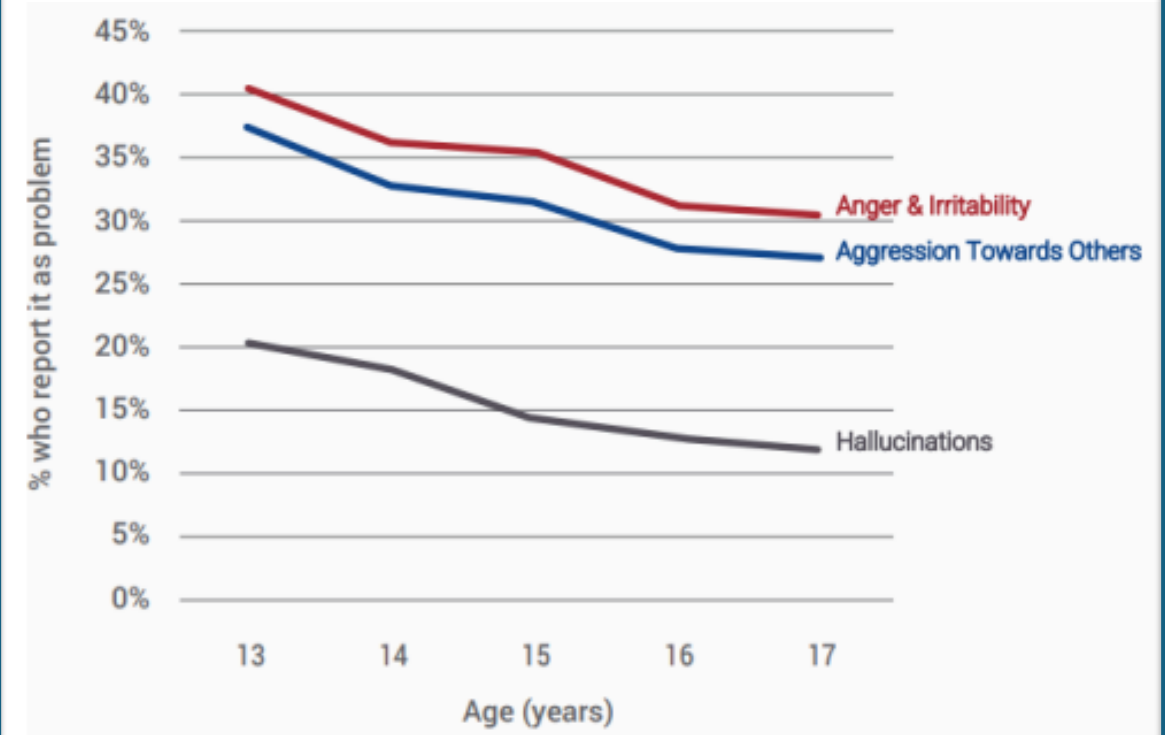
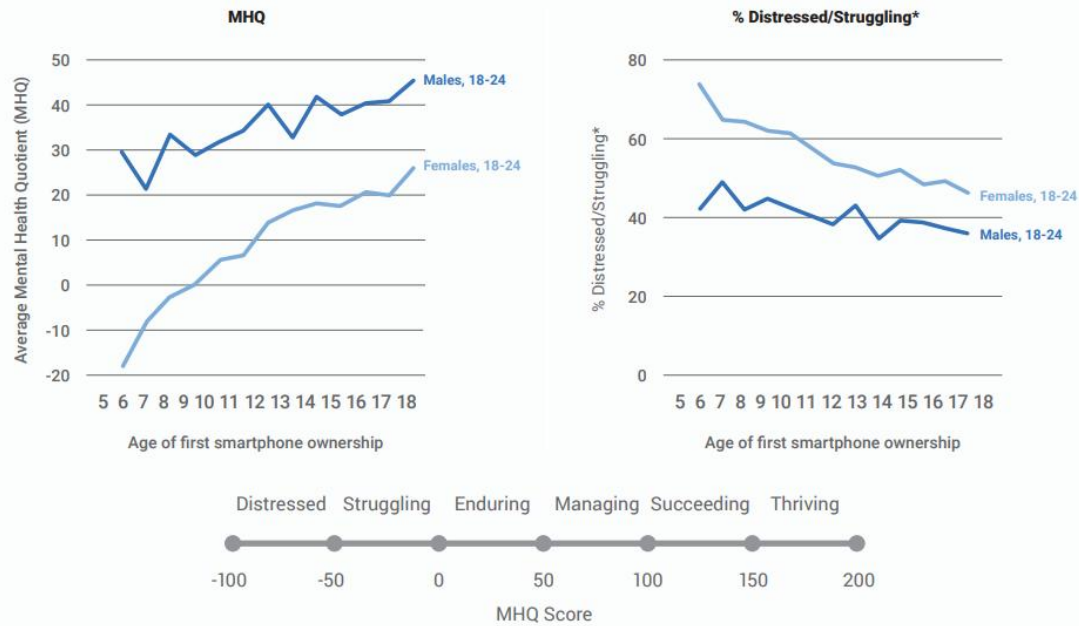
# There is a mental health crisis amongst our young people



# The earlier a child has a smartphone the more they are struggling with their mental well being

**Figure 1: Mental wellbeing in young adulthood (ages 18-24) improves with older age of first smartphone**

Mental wellbeing measured by the Mental Health Quotient or MHQ increases with older age of first smartphone ownership. Correspondingly the percentage that are distressed or struggling decreases.





Voice off-screen:  
Make yourself comfortable.



# Anxiety and depression has been shown to be a result of high internet usage

"Across the ages of 13 through 17, greater amounts of time spent online by girls is linked to increases in major depression symptoms and generalized and social anxiety. These results held up after controlling for possible reverse correlation, or the possibility that adolescents with worse mental health may chose to spend more time online."

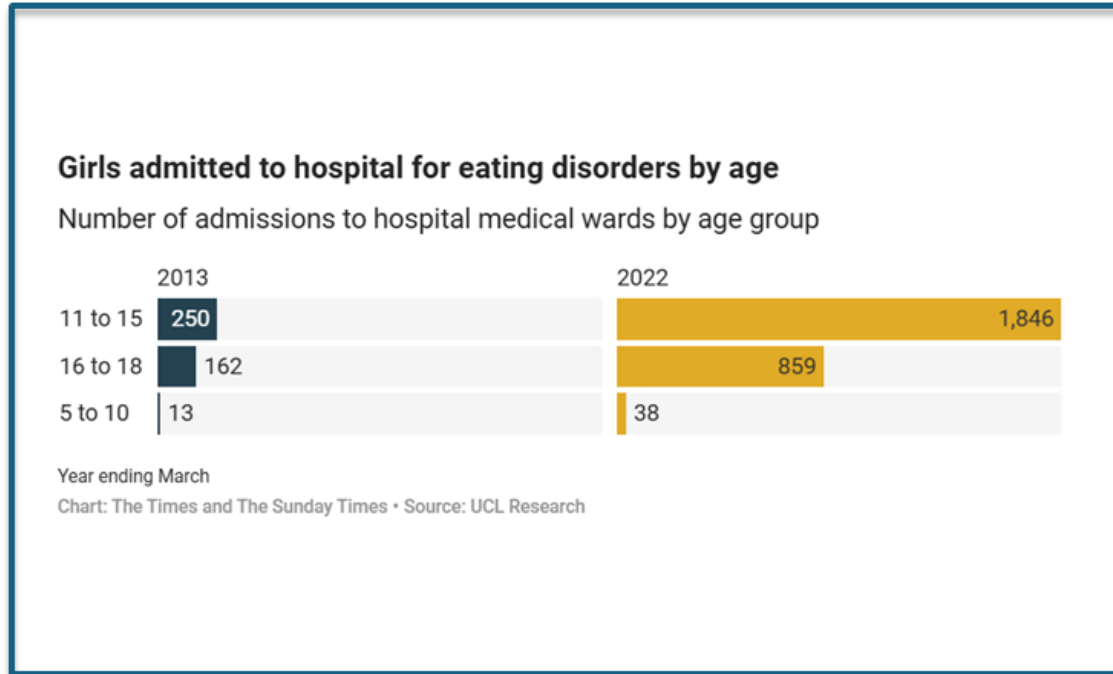
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Professor Caroline Fitzpatrick, Ph.D. Associate professor, Department of Preschool and Primary Education at the University of Sherbrooke and Canada Research Chair in Digital Media Use by Children and Its Implications for Promoting Togetherness: An Ecosystemic Approach

- Girls with high usage of the internet at 15 are more likely to have anxiety issues at 17.
- Nearly half of 13–16-year-olds with PSU reported symptoms of anxiety (44.4 per cent) compared to 26.4 per cent without PSU.



# Social media and screen time is linked to an increased chance of eating disorders



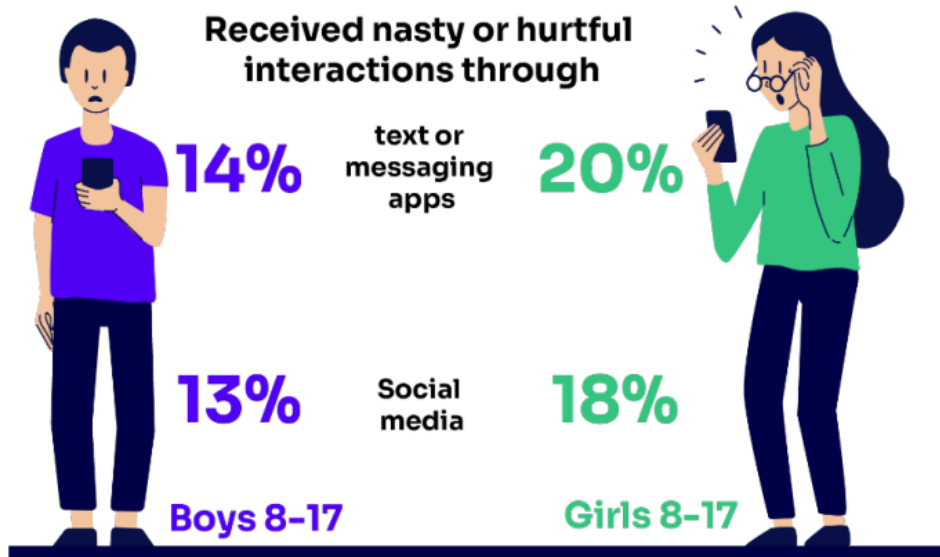
Each additional hour of total screen time and social media use was associated with higher odds of fear of weight gain, self-worth tied to weight, compensatory behaviours to prevent weight gain, binge eating, and distress with binge eating two years later.



Dr Becky Foljambe  
NHS GP



# Bullying is rife online



## Cyberbullying Victimization and Perpetration

### RISK FACTORS AND IMPACTS

#### VULNERABLE POPULATIONS FOR CYBERBULLYING VICTIMIZATION

- Young Adolescents (~11-14 years old)
- Sexual minority and transgender youth
- Girls
- Heavy screen users (increased risk with each additional daily hour)

(Abrera & Koenig, 2018; Alhojji et al., 2019; Blinker et al., 2021; Kivaki et al., 2022; Nagata et al., 2022; Pottchen & Hinckley, 2021; Williams & Guerin, 2017; Wright & Morley, 2021; Yoon et al., 2021)

#### RISK FACTORS FOR MORE SEVERE MENTAL HEALTH IMPACTS

- Being targeted because of racial minority status
- Member of sexual minority
- Existing Depression
- Subject to multiple stressful/traumatic life events
- Subject to cyberbullying combined with in-person bullying

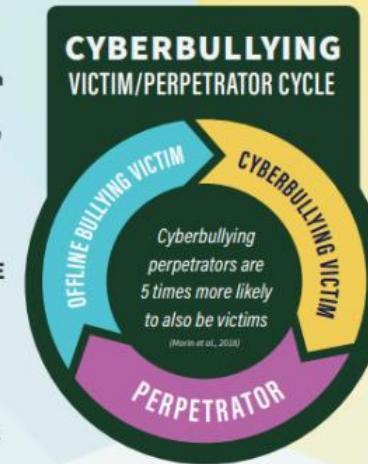
(Bakken & Teodoro, 2020; DeGrueter et al., 2021; Levine et al., 2022; Meyer, 2013; Nagata et al., 2022; Peng et al., 2019; Valentini & Dignard, 2018)



#### Risk factors for being a cyberbullying perpetrator

- Being victimized by cyberbullying
- Bullying behavior offline
- Higher screen use

(Blinker et al., 2021; Nagata et al., 2022)



#### CYBERBULLYING AND HEALTH

Experiencing cyberbullying has been associated with increased risk of several negative health outcomes.

- Suicide ideation
- Suicide attempts
- Depression
- Self-harm
- Substance use (including prescription stimulants, prescription painkillers, cigarettes, and alcohol)
- Stress
- Sleep problems
- Eating disorders

(John et al., 2018; Kim & Kingsbury, 2022; Levine et al., 2022; Morin et al., 2018; Peng et al., 2019; Yoon et al., 2021)



#### Motivations behind youth cyberbullying perpetration

- Revenge
- Anonymity
- Convenience
- Dislike
- Jealousy

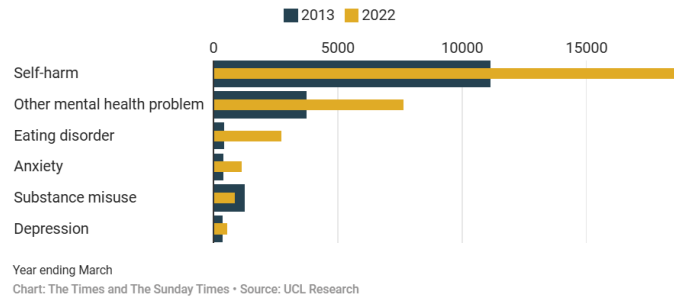
(Wright, 2023)



# The growth of self-harm incidents in girls mirrors the growth of the smartphone

## Hospital admissions for self-harm soar among girls

Number of hospital admissions for girls with mental health problems, aged 5-18 by category



- Self-harm has been shown to correlate with high social media usage. Teens who spend five or more hours per day on their devices are 71% more likely to exhibit at least one risk factor for suicide, regardless of the content consumed. The time has been correlated to be as much of a contributory factor as the content.



Charlie Rowley  
Clinical Psychologist



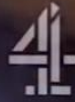
# The “social” in social media has led to loneliness

- 69% of adolescents aged 13-19 said they felt alone “often” or “sometimes” in the last fortnight and 59% feel they have no one to talk to “often” or “sometimes”.
- Research suggests that limiting engagement with social media can reduce feelings of loneliness and the fear of missing out.
- 43% of teenage phone users say they often or sometimes use their phone to avoid interacting with people.





Developmental and societal challenges



Another example of how Tik Tok delivers setting  
toxic content to "13-year old girls"

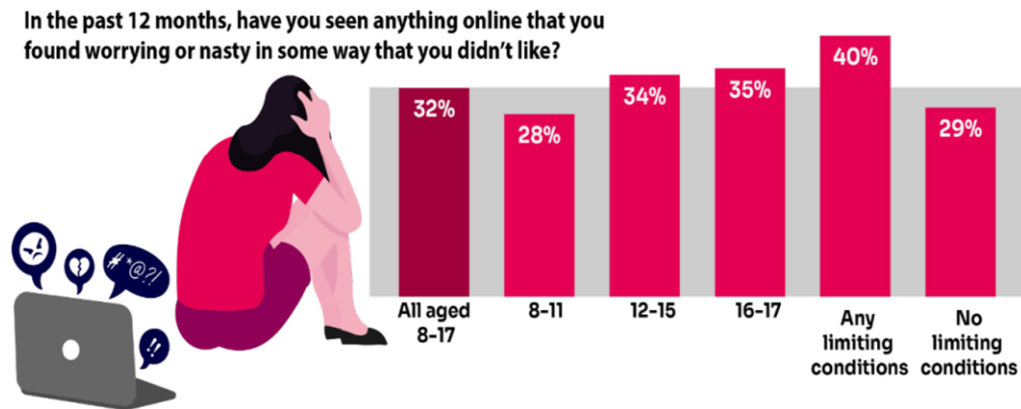
*Our kids are constantly  
asking if they can*

*Is it time for change?*



## Exposure to pornography and violence is so widespread that children cannot 'opt-out'

- By age nine, 10% have seen pornography, rising to 27% by age 11, and half of children who have seen pornography have seen it by age 13.
- Frequent users of pornography are more likely to engage in physically aggressive sex acts.
- 60% of children said they had witnessed real-world acts of violence on social media in the preceding year. A quarter had seen content promoting violence.
- The BBC Radio 4 series, 'About the Boys', features boys discussing their concerns, including confessing to the pressure of competing with porn stars or emulating acts such as asphyxiation in the assumption that this is what girls and women expect.



## The privacy of a smartphone, the access to a camera and encrypted messaging means that child sexual abuse online is increasing

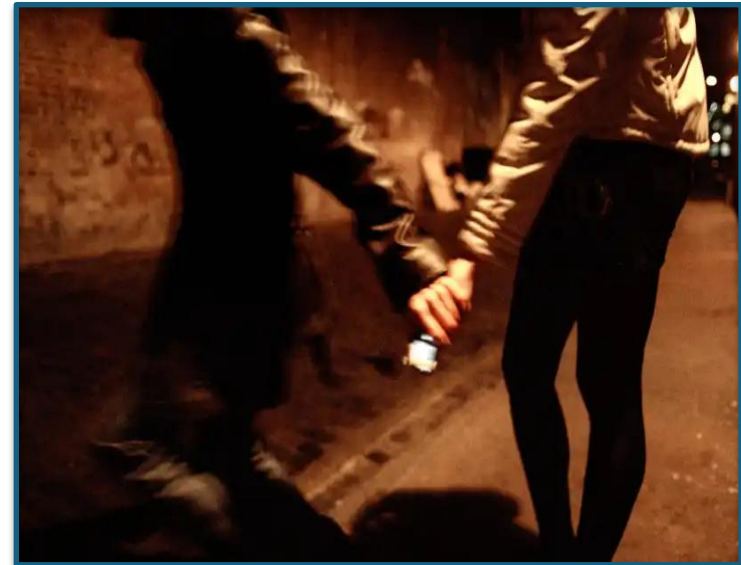


- The sharing of naked pictures is now a norm within teenage culture, with a quarter of under 19s having received an unwanted intimate photo or video and 15% of 13-14-year-olds having sent nudes – with 5% sending them weekly.
- The rapid growth of access to a smartphone and the ability of children to film themselves easily in privacy has led to an exponential increase of self-generated Child Sexual Abuse Material (CSAM) – images and videos – generated and shared by children themselves – with 92% of content removed containing "self-generated" child sexual abuse material.. It continues to increase, and the number of children involved is getting younger - including children aged 7-10 in 2023, up 65% from 2022 (104,282 in 2023 vs 63,057 in 2022).



# Smartphones are linked to crimes that target and include children

- Nearly 40% of robberies in London were for mobile phones in 2023. In 2020, 500 children were mugged a day in the UK - almost all for their mobile phones.
- At least 27,000 children, with as many as 4,000 in London alone, are believed to be trapped in county lines across the UK. Smartphones are critical to this epidemic of child criminal exploitation, which is being fuelled by gangs who use social media to target, groom, coerce, and track the movements of vulnerable children online as young as 11.
- The Internet Watch Foundation (IWF) shows in 2023, 176 reports of sexual extortion contained child sexual abuse material. Boys are targeted most often in the reports received by the IWF (91%), with analysts frequently seeing evidence of boys being blackmailed by criminals looking to extort money. Three in five (60%) reports involved 16 and 17-year-olds.
- Almost a fifth of those arrested for counter-terrorism are under 18. A decade ago, this was 2.4%.



# What can parents do about the screen-demic?



**HEALTH PROFESSIONALS FOR SAFER SCREENS**

# Practical suggestions for parents

- At home
- At school
- Delay smartphones
- Make your voice heard



A photograph of a modern living room. In the center is a dark grey sectional sofa. In front of it is a low wooden coffee table with a blue cup and a book. To the right of the sofa is a potted snake plant. In the background, a tall white bookshelf is filled with books. A floor lamp with a white shade is visible behind the sofa. The room is decorated with several indoor plants, including a large one in the foreground on the left. A semi-transparent pink rectangle is overlaid on the center of the image, containing the text "At home".

At home



# Parents' actions are key to good digital practices

## Associations between media parenting practices and early adolescent screen use

Nagata et al. (2024)

*Pediatric Research*

### OBJECTIVE

To assess the prevalence of various **media parenting practices** and identify their associations with early adolescent **screen time and problematic social media, video game, and mobile phone use**

### METHODS



12-13  
year olds

10,048 adolescents

### RESULTS



Associated with **higher** adolescent screen time and problematic use



Parental monitoring and parental restriction of screen use

Associated with **lower** adolescent screen time and problematic use

Parent screen use, mealtime screen use, and bedroom screen use were associated with higher adolescent problematic screen use and could be limited in a family media use plan, while parental monitoring and limiting of screen time are associated with less problematic use

Infographic by Jacqueline Hur



# SCREEN TIME LIMITS

based on WHO/NICE recommendations, clinical experience and has been accepted by NHS England Mental Health Leads



Birth to 5 years



2 - 5 year olds  
no more than **30 mins/day**

*'Try and ensure screen-free time together'*



6 to 10 years



not more than **1-2 hrs/day** up to **2 hrs/day**



*Stay active. More green time, less screen time*



11 to 17 years



up to **2 hrs/day** up to **2-3 hrs/day**

*'Buy an alarm clock so that screens are not in the bedroom'*

© Health Professionals For Safer Screens Ltd, 2025

**Birth - 24 months** no screen time unless video chatting with family

*'Studies have shown a clear link between excessive screen time and issues such as delayed speech and language development, communication difficulties, reduced concentration spans, poor sleep and mental health problems.'*



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# Create a Family Digital Plan

## Family Digital Plan - Primary School



6 to 10 years

M T W T F S S

not more than 1-2 hrs/day

up to 2 hrs/week

Screens have become a big part of our daily lives, and it can sometimes feel overwhelming to manage their presence in our family time. It's important to balance enjoying screen time and engaging in activities without them. One way to navigate this is by creating a family agreement encouraging everyone to share their thoughts on when and how we use screens together. Taking this approach can help us understand each other better and cultivate a healthier relationship with technology, ensuring that we still prioritise meaningful moments as a family.

This plan is for you and anyone else in your home or caring for your child to discuss, agree on, and plan with your children how your family will approach screens. We have given you some suggestions and tips.

### Top Tips from the Health Professionals for Safer Screens

**Primary-age children should not be on social media.** If you use short-form media such as YouTube Kids - turn off the autoplay so there is no risk of doom scrolling.

**Choose high-quality, age-appropriate TV programming** such as CBeebies or CBBC.

**Make sure you know what your child is using** - they should always be on a screen you can see; the bigger, the better.

**Be careful with "educational" apps** - currently, no one has to prove they are educational. Limit their usage, as too much time spent on them has the same impact as non-educational apps.

**Think about how everyone in the family behaves around screens.** Children copy their parents.

**Do not give young children their own devices** - allow access, not ownership.

### 1. What devices do we use?

What devices do we use	What do we like about them	What don't we like about them

### 2. What would you do differently?

What would you like the adults in your family to do differently?	What would you like the children in your family to do differently?
Reports suggest adults touch their phones over 2000 times a day.	While screens may seem like a good solution to calm a child down, increasing screen time is associated with greater anger and frustration in the long term and a lower ability to manage emotions.

As a family, it is important to spend time together without screens. Research indicates that both children and adults benefit greatly from chatting, eating, sleeping, and playing together without screens interrupting.



### 3. Where should it be screen-free?



Creating screen-free zones is an effective way to ensure everyone adheres to the agreement. Devices should never be allowed in bedrooms, as they can disrupt sleep. (Evidence suggests that even having access to them in a bedroom e.g. in a bedside table drawer can negatively impact on sleep almost as much). Additionally, adults should always be aware of what their children are doing online.

	Could this be screen-free?	What could we do instead?
Bedrooms		Read bedtime story
Bathrooms		
Car		Listen to a book or a podcast
Outdoors		
Playground		

### 4. When should it be screen-free?



Mealtimes can be such a valuable opportunity for connection and togetherness. Taking a break from screens during these moments fosters meaningful conversations and helps us to be more mindful of what we're eating. Many families may not realise that eating in front of screens can lead to overeating, which can be

concerning. Additionally, creating a screen-free time at least an hour before bedtime can make a real difference for our children, helping them to relax and get a better night's sleep. It's all about nurturing those moments that promote well-being for everyone.




Make time together without phones or screens present



A bedtime story is the best way to settle a child for sleep



A woman with curly hair, wearing a grey sweater, is sitting in bed and reading a book to a young girl with curly hair. The girl is looking up at the woman with a smile. The book has a yellow cover with a cartoon animal. The background shows a patterned blanket and a grey pillow.

A bedtime story is the best way to settle a child for sleep

Keep screens away from bedtimes – at least two hours for pre school and an hour for over fives.





Dr Jennifer Lea  
Emergency Medicine Consultant



Buy an alarm clock for older children

Screens should not be in bedrooms overnight.  
Make nights and mornings screen-free.



# Encourage physical activity in your children



6 - 10 year olds  
1-2 hours a day

11 - 17 year olds  
at least an hour a day



Avoid using a device to settle a child down

Evidence shows this makes their anger worse in the long term. Try a book, distraction, a game or just a cuddle.



Avoid using screen time as either a reward or a punishment



Encourage children  
to socialise in real-life



## If your child has to use a screen

Turn off auto scrolling, ensure you have protection settings on your wifi and data provider, and ask for any passwords.

Make it big and keep them in a public place.  
Think about their posture.



A photograph of two women sitting at a table, enjoying a meal of pizza. The woman on the right is laughing heartily, holding a slice of pizza. The woman on the left is also laughing, with her hand near her face. The table is set with a large pizza on a wooden board, a plate of sliced tomatoes, and glasses of dark liquid. The background is a softly lit room with a lamp and a colorful wall.

Make mealtimes screen free



# Think about your phone behaviour

Children mimic their parents, so have screen-free time with them. Put phones away at meal times or when you are playing games or going out.



A photograph of a classroom scene. In the foreground, a man with glasses and a light blue button-down shirt is sitting on a desk, pointing his right hand towards a whiteboard in the background. He is holding a piece of paper in his left hand. The whiteboard has some colorful text and graphics on it. In the background, several students are sitting at their desks, looking towards the teacher. The classroom has large windows on the left side, letting in bright light. A red rectangular box is overlaid on the center of the image, containing the text "At school".

At school



Ask what the school's phone policy is

Is it really a ban?

How is it enforced?

Do they use WhatsApp or apps to communicate with the children?



Ask your child's school  
to limit the amount of  
online homework





Delay smartphones and  
social media for  
as long as you can



# Its hard to be the only child without a smartphone – this is a collective action problem

## 01



Encourage other parents to sign a pact to agree to delay smartphones and social media

Delay Smartphones and Smartphone Free Childhood have useful tools

## 02

Ask your school to organise or publicise your pact



## 03



Find like-minded parents to organise phone free activities

Letgrow.org is a great resource



If your child really needs a phone

Give them a  
non-internet-enabled  
phone which allows you  
to have easier controls



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Write to your MP



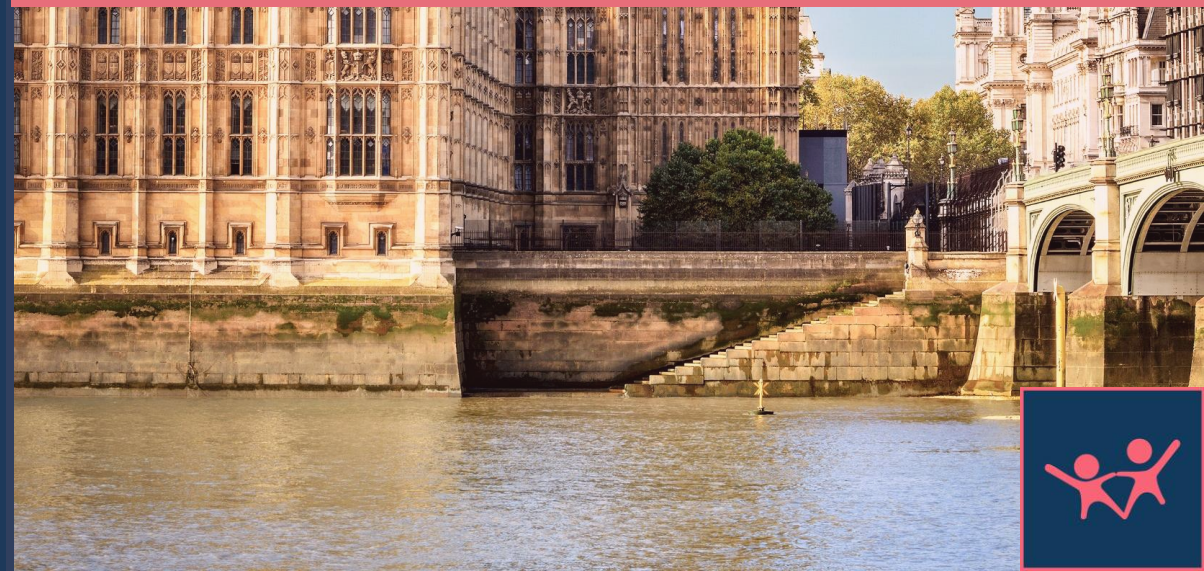
Follow a group lobbying for change  
such as [SafeScreens.org](https://www.safescreens.org)

Ask manufacturers why they aren't  
producing safe by design phones

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Make your voice heard





# HEALTH PROFESSIONALS FOR SAFER SCREENS

If you are worried about your or a child's screen usage – visit our website or follow our social media

- Understanding your usage
- Tips and advice on how to manage it

## SUPPORTING YOUR DIGITAL HEALTH

We know it is hard to manage your or your child's screen usage which is why we want to help with practical advice and guidance. You will find here tips for better screen time usage, a short video from Dr Susie Davies, author of the Healthy Selfie, with support and ideas for better smartphone balance and a family plan for your family to work through. We have also provided other resources to support you.

### YOUR TIPS FOR HEALTHIER SCREEN TIMES



December 11, 2024

#### Five a Day – Tips for Healthier Screen Time Poster

An A4 poster for 0-17 year olds with easy to follow tips for better screen time.

DOWNLOAD PDF



December 11, 2024

#### Screen free time – a resource with tips around being screen free

A downloadable infographic which can be used in presentations, on email or standalone with tips and advice on screen free time.

DOWNLOAD PDF



December 11, 2024

#### Sleep Hygiene – a resource with tips on better sleep

A downloadable infographic which can be used in presentations, on email or stand alone on sleep hygiene.

DOWNLOAD PDF



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#### Cognitive Development in Early Years

A summary of the evidenced impact of screens on early years cognitive development.

DOWNLOAD PDF



#### Screens: advice for families

Dr Susie Davies, GP, founder of Papaya Parents, member of HPFSS and author of The Healthy Selfie shares her advice for parents and young people in achieving a healthy digital life.



#### Video (Harms)

Text in here





## HEALTH PROFESSIONALS FOR SAFER SCREENS



A group of children in a crowd, all looking down at their smartphones. The children are in the foreground, and the background is blurred, showing more people. The overall tone is somber and focused on the theme of screen use in children.

# The screen-demic is real

The consequences for our babies, children and young people are real and growing exponentially



**HEALTH PROFESSIONALS FOR SAFER SCREENS**