



How much time are **AUSTRALIAN KIDS** spending on screens?

The Australian Government's Department of Health recommends a maximum of two hours per day of screen time for entertainment for children aged five to 12. A report from the Australian Institute of Family Studies explores the extent to which Australian children adhere to these guidelines.

Weekday average screen time by age

2.2
hours

4-5 year olds

1.6
hours

6-7 year olds

1.9
hours

8-9 year olds

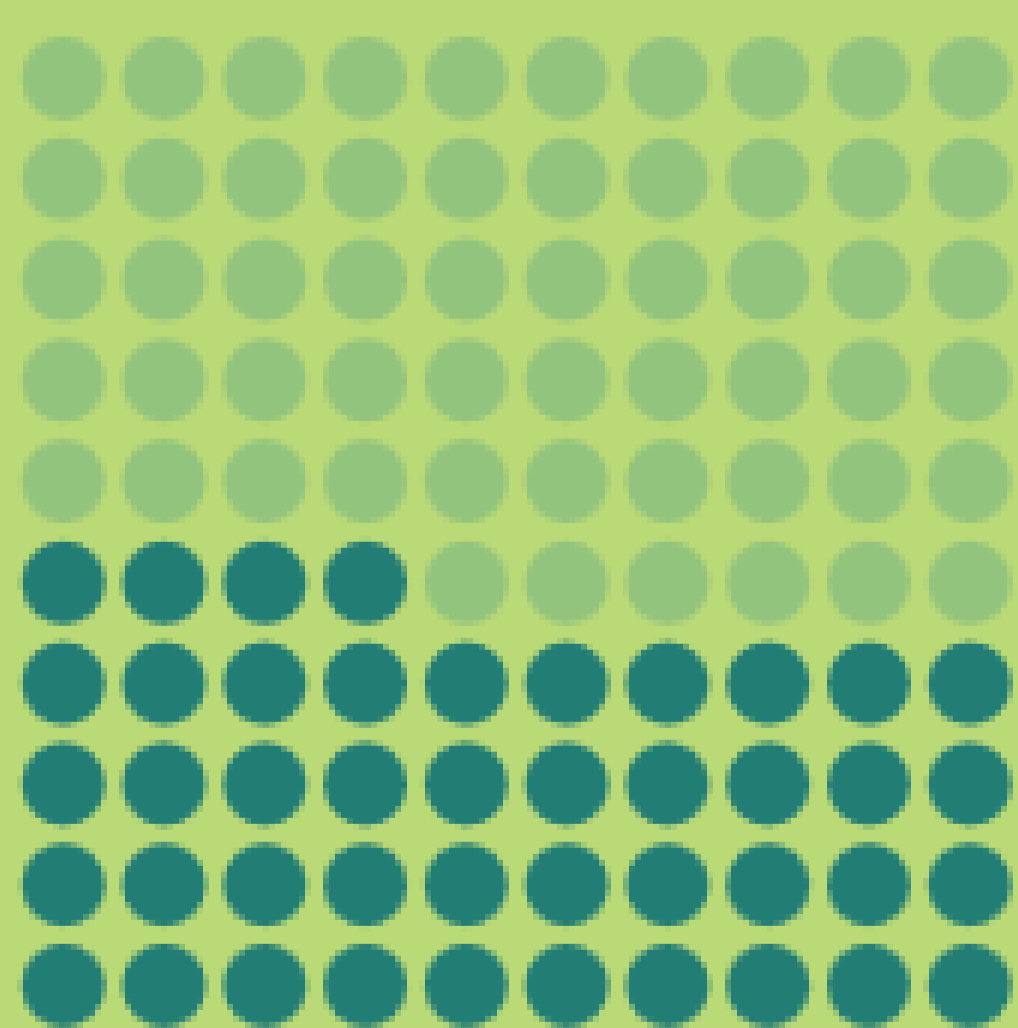
2.7
hours

10-11 year olds

3.3
hours

12-13 year olds

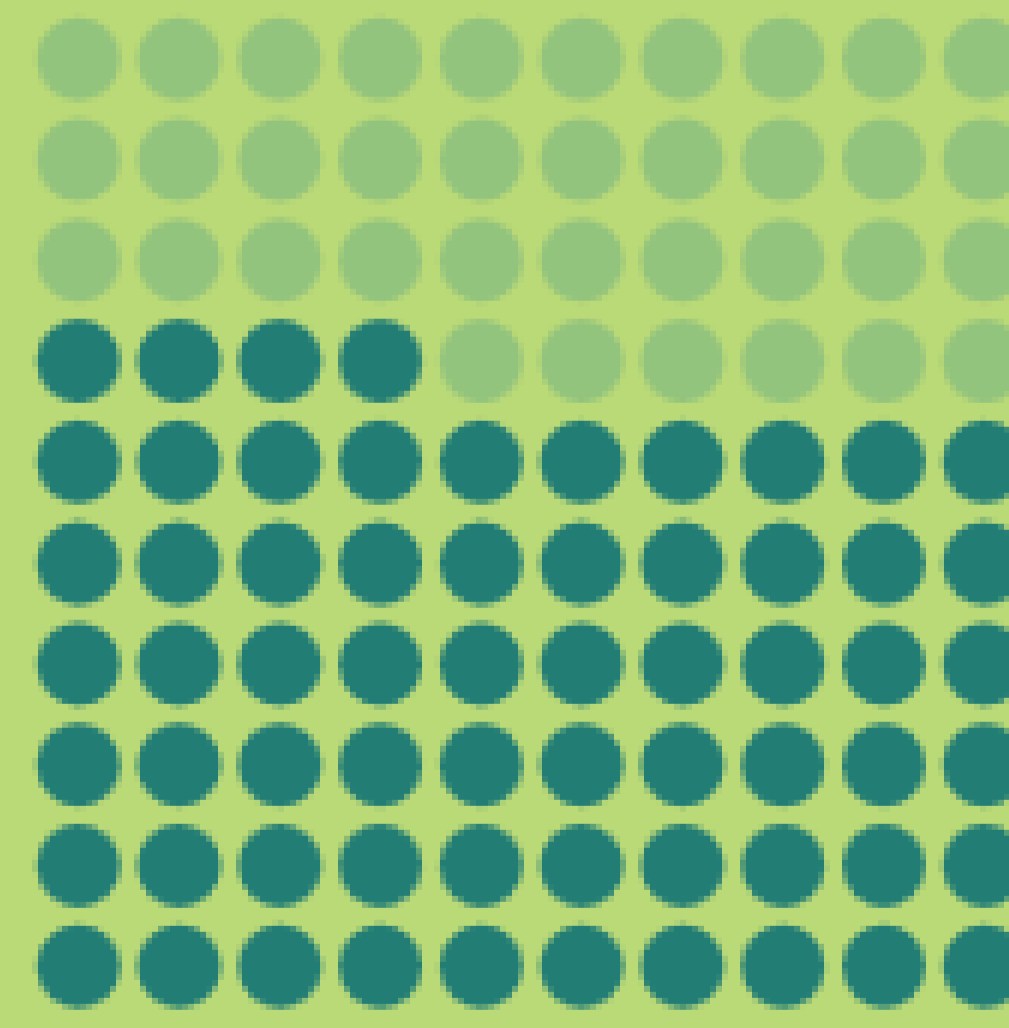
Percentage of children who spend more than the recommended two hours per weekday on screens



44%
of 4-5 year olds



25%
of 6-7 year olds



64%
of 12-13 year olds