

Références scientifiques utilisées dans la présentation : impact des écrans sur la santé des enfants et adolescents

Influence sur le cerveau

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Influence sur le sommeil

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Influence sur la santé physique

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Bener, A., & Al-Mahdi, H. S. (2012). **Internet Use and Television Viewing in Children and its Association with Vision Loss: A Major Public Health Problem.** *Journal of Public Health in Africa*, 3(1), e16. <https://doi.org/10.4081/jphia.2012.e16>

Influence sur la santé mentale

Twenge, J. M., Martin, G. N., & Campbell, W. K. (2018). **Decreases in psychological well-being among American adolescents after 2012 and links to screen time during the rise of smartphone technology.** *Emotion*, 18(6), 765–780.

Twenge, J.M., Campbell, W.K. **Media Use Is Linked to Lower Psychological Well-Being: Evidence from Three Datasets.** *Psychiatr Q* 90, 311–331 (2019).

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Huang, C. (2010). **Internet Use and Psychological Well-being: A Meta-Analysis.** *Cyberpsychology, Behavior, and Social Networking*, 13(3), 241–249. <https://doi.org/10.1089/cyber.2009.0217>

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