

Youtube and it's secret Addiction

Hey little sister,

This is Colby and I wanted to talk with you about how you have been watching youtube. Ever since you have gotten your phone, I haven't been able to go and play basketball with you. You also have lost some motivation to go to your horseback riding lessons which used to give you so much joy and excitement. Now, whenever you get back home from school, you just go and watch youtube for hours until dinner time.

However you are not alone. Did you know **Over 20% of young children were using YouTube by age four?** Seems pretty crazy right? And once someone starts watching Youtube, it can be pretty difficult to stop. **YouTube algorithms suggest other videos based on current viewing, which may increase consumption.**

Pretty scary right?

Now you may be asking yourself, what is a possible solution to this issue. The best thing that I believe you can do to limit your usage of youtube and other social media apps in general is to set time limits on your phone so that you can only spend a limited amount of time on a certain app. Take me for example, I used to have a big addiction to TikTok. And for me a solution that worked was setting time

limits so that I could only spend an hour on TikTok per day. Once the hour was used up I would be locked out of the app for the rest of the day. **An app limit intervention strategy was found to significantly decrease mobile phone use by 6.2% per day.** Having tech free times can also be effective for limiting your time spent on social media. This is **times or zones within your home where devices are off-limits (e.g., during dinner or in bedrooms).**

If you decide to use these limits and reduce your social media time, then maybe we can start playing basketball again after school! Or maybe you can start working on your homework assignments earlier than before! Hopefully this advice helps you.

See you soon!

Sincerely, Big Brother

Sources:

<https://www.news-medical.net/news/20240612/Is-early-YouTube-exposure-causing-emotional-and-behavioral-issues-in-kids.aspx#:~:text=Infancy%20and%20early%20childhood%20are,impaired%20emotional%20and%20behavioral%20regulation.>

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<https://getgoally.com/blog/youtube-is-ruining-my-child/>

[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10498313/#:~:text=An%20app%20limit%20intervention%20strategy,by%2036.8%25%20\(P%3C](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10498313/#:~:text=An%20app%20limit%20intervention%20strategy,by%2036.8%25%20(P%3C)

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