

Sample Letter to the Editor

Kudos to [NAME] for writing about the new evidence showing that screen time is affecting [SUBJECT]. (See, "Article Name", *Newspaper name*, Date)

The most troubling question, though, is why haven't we acted sooner to limit children's exposure to digital devices. Abundant peer-reviewed scientific studies show that screens are harming our children, whose developing brains and eyes are more sensitive to environmental impacts than those of adults. Other studies have shown dramatic correlations between teen screen use and a rise in anxiety and depression, teen suicide, and gaming addiction.

The ubiquity and popularity of digital devices – and the financial and political power of the tech industry – make the thought of tackling the problem seem overwhelming. Undoubtedly, that is how anti-smoking activists in the 1950s felt as well. But isn't it time we stopped using our children as canaries in the coal mine when it comes to screen time?