



# FRANCE'S ACTIONS ON YOUNG PEOPLE'S EXPOSURE TO SCREENS





MINISTÈRE  
DE LA SANTÉ, DES FAMILLES,  
DE L'AUTONOMIE  
ET DES PERSONNES HANDICAPÉES

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1. Today, strengthened health evidence in France, notably following the 2024 report *“Children and screens: In search of lost time”*
2. A comprehensive French approach acting on the product, the environment and the capacity to act

Direction générale  
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- Esteban study (2014-2016) realised by Santé Publique France: Average screen time per day for all minors 4h11
  - 2024 study IPSOS Institute for the National Book Centre (CNL)
    - 7-19 years: average of 3h11 minutes
    - 16-19 years:
      - Boys: 5h12 minutes
      - Girls: 5h09 minutes
- (in addition to time spent in front of a screen for school, studies or work)

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## **Children and Screens**

### **In Search of Lost Time**

April 2024

<https://bit.ly/4tBKkoN>

	<b>Depression rates</b>	<b>Prevented suicides</b>	<b>Avoided costs</b>
<b>Limiting social media use to 1 hour per day for all adolescents</b>	<b>-14,7% / 330 000 [90-530 000]</b>	<b>447 [129-721]</b>	<b>2,20 Mds € [0,63-3,56]</b>
<b>Replacing 30 minutes of SMU with 30 minutes of physical activity (among adolescents using social media <math>\geq</math>1 hour per day)</b>	<b>-12,9% / 290 000 [160-400 000]</b>	<b>393 [218-541]</b>	<b>1,94 Mds € [1,08-2,67]</b>
<b>Complete cessation among the 8.5% of adolescents at risk</b>	<b>-12,0% / 270 000 [200-320 000]</b>	<b>368 [272-439]</b>	<b>1,81 Mds € [1,34-2,16]</b>

Mark Olfson, Carlos Blanco, Margot Biscond, Frédéric Limosin, Marina Sánchez-Rico, Martin Blachier, Henri Leleu

Reference : Impact of excessive social media use on adolescent depression and its consequences in France: An individual-based microsimulation model. *PLoS Med* 2025;22(10):e1004737 DOI: 10.1371/journal.pmed.1004737

<https://journals.plos.org/plosmedicine/article?id=10.1371/journal.pmed.1004737>



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## 2. A comprehensive French approach acting on the product, the environment and the capacity to act

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**Acting on the **product****



To prohibit harmful practices related to the addictive design of digital services and to impose ethical design standards

**Acting on the **environment****



To ensure healthy child development by protecting children from harmful overexposure to screens and digital technologies

**Reinforcing the capacity to  
**act****



To raise awareness and educate children, parents and all professionals working with children about the health risks associated with screens and the ways to manage them

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## Five priority actions (1/3)

### Acting on the product

#### ✓ Action n° 1:

**Continue to work, in connection with the European authorities, on strengthening child protection against addictive conceptions on platforms and dangerous content (right to have your attention not captured).**

- Promote a common standard for a European digital majority age and enforce it in France by legally banning social media access under age of 15.
- Work with the European Commission to strengthen DSA enforcement and prevent highly addictive features (e.g. TikTok Lite).
- Support research on digital addiction and ensure compliance with DSA rules on researchers' access to platform data.



## Five priority actions (2/3)

### Acting on the environment

✓ Action n°2:

**Offer all children environments that are more conducive to health**, i.e. with a limited presence of digital technology (or even digital-free spaces) and adults who are better trained in the risks induced by digital technology: schools, daycares, public spaces in conjunction with local authorities.

✓ Action n° 3:

**Reinforce the application of the ban on telephones at Middle school and systematize in each High school a shared framework on the place and use of telephones in the life of the establishment.**

- Strengthen the framework for the use of digital workspaces to avoid contradictory injunctions.



## Five priority actions (3/3)

### Reinforcing the capacity to act

✓ Action n°4:

**Spread out a policy of assistance and support for parents regarding screens and digital technology.**

- Systematically raise awareness, during pregnancy, of the risks of screens.
- Strengthen children's health actions in the 'First 1000 days' program in relation to screens.
- Plan discussion time at certain stages of the health pathway
- Use of the child health record ("carnet de santé") at key ages
- Strengthen the screen component in prevention initiatives aimed at vulnerable groups

✓ Action n°5:

**Roll out a prevention campaign.**





**Thank you for your attention**