



### **Dr Aric Sigman**

Dr Aric Sigman is from the US and lectures to children, parents and staff at schools, to medical schools, and publishes medical papers and books on personal, social, health and economic (PSHE) subjects including screen time/dependence, alcohol, preventing mental health problems in children, and body image.

He is a member of the All-Party Parliamentary Group on a Fit and Healthy Childhood and co-author of the chapter 'The Impact of Social Media and Screen Time' in the group's latest report on Mental Health in Childhood.

He has written five books on PSHE-related topics, including *Getting Physical*, which won The Times Educational Supplement Information Book Award.

Dr Sigman has addressed the Working Group on the Quality of Childhood at the European Parliament, which published his reports on reducing alcohol misuse among children and adolescents, and on the impact of electronic media and screen dependency.

He is a Fellow of the Royal Society of Biology, an Associate Fellow of the British Psychological Society, and a Chartered Scientist awarded by the Science Council.

#### **Managing screen time/preventing screen dependency in children**

There have been conflicting reports in the media regarding children's screen time, which have caused unnecessary confusion for parents and schools as the reports are at odds with the position of many of the world's major government health departments. This talk will answer the questions about conflicting reporting on screen time as well as what are screen dependency disorders and what can we do to prevent them? Delegates will be given clear information on what we do know and what guidance to follow.

Dr Sigman is the author of the paper '[Screen Dependency Disorders: a new challenge for child neurology](#)' published in the Journal of *the International Child Neurology Association*. He was recently invited to write a medical paper published in the latest issue of science journal *Nature: Pediatric Research* as well as writing 'Time for a View on Screen Time', the leading article published in the British Medical Journals' *Archives of Disease in Childhood*. The EU Parliament Working Group published his report *The Impact of Screen Media on Children: a Eurovision for Parliament*.

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