

Kids need to spend time using electronic devices. A recent study has some surprising news: Kids in the United States between the ages of 8 and 18 spend seven and a half hours a day on electronic devices. Do you love to surf the Internet, listen to music, text, and talk on a cell phone? However, some research surveys say this idea is inaccurate. Critics say that kids who stare at computers and TVs all day do not get enough exercise. Some adults try to advance the idea that these devices waste kids' time. The facts stand in counterpoint to this belief. You are not alone. These include computers, smart phones, and video games.