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She carries out psychotherapeutic work with children and adolescents and provides consultations to their parents.

In 2014, she defended her doctoral thesis in social sciences, focusing on the factors that influence early self-regulation in children. Her research interests encompass the individual, familial and environmental factors shaping children’s self-regulation and the subsequent impact on their development.

Dr Breidokienė participates in research projects (cross-sectional, longitudinal) dedicated to studying the effects of smart screen exposure on the mental and physical well-being of children and adolescents.

**Do Smart Screens Help You Become Smarter in Life? The Importance of Modern Technology for Young People**

Dr Rima Breidokienė

Modern technology and the virtual world have seamlessly integrated into our daily lives. The screen has become a tool to fulfil various human needs, including communication, connection, entertainment, learning, self-expression, emotional regulation, escapism, a sense of meaning among others.

For years, practitioners and researchers have been interested in how modern technologies affect the emotional, social and cognitive development of children and young people. Large databases have already been compiled, and it is now possible to draw reliable conclusions regarding both positive and negative effects of screen time on young people’s physical and psychological well-being, cognitive development and overall quality of life.

Since 2017, an inter-agency team of researchers at Vilnius University has been conducting consistent, long-term research on how the duration and type of screen use affects physical and mental health in children and adolescents, as well as their concentration, learning and relationships, both with others and with themselves.

The presentation gives a brief overview of such studies conducted in Lithuania and abroad, and also discusses how the use of smart screens (i.e., the amount of time spent and the kinds of activities engaged in) influences young people’s language and speech, their ability to communicate thoughts and be understood by others, their language comprehension, expressivity and articulation.

It also explores how excessive use of smart screens can affect young people’s speaking skills. Most importantly, it seeks to answer how the youth of today can use screens in a smart way, while also discovering other ways to meet their needs.