

OFNOTKUN SKJÁTÆKJA

DR. GUNNAR
ÖRN
INGÓLFSSON,
SÁLFRÆÐINGUR

VIÐMIÐ LANDLÆKNIS

- 0-5 ára
- <https://www.landlaeknir.is/servlet/file/store93/item37136/Skj%C3%A1vi%C3%B0mi%C3%B0%200-5%C3%A1ra.pdf>
- 6-12 ára
- <https://www.landlaeknir.is/servlet/file/store93/item37137/Skj%C3%A1vi%C3%B0mi%C3%B0%206-12%C3%A1ra.pdf>
- 13-18 ára
- <https://www.landlaeknir.is/servlet/file/store93/item37138/Skj%C3%A1vi%C3%B0mi%C3%B0%2013-18%C3%A1ra.pdf>

AMERICAN ACADEMY OF PEDIATRICS (AAP)

- Hér er hægt að nálgasta viðmið, meðmæli og frekari upplýsingar um notkun skjátækja ungmenna:
- <https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Pages/Media-and-Children.aspx>

BÆKUR TIL FREKARI SKOÐUNAR

- Glow Kids e. Nicholas Kardaras, Ph.D.
- The Cyber Effect e. Mary Aiken, Ph.D.

APP TIL AÐSTOÐAR

- Zen Screen
- <https://play.google.com/store/apps/details?id=io.zenlabs.zenfamily&hl=en>