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My poster is about how excessive screen time can have negative impacts on mental health. With technology becoming so advanced, the use of technology is becoming unavoidable, and with proper regulation technology doesn't have to come with negative side effects. My research focused on what mental health impacts excessive screen time have been associated, and I found that excessive video game usage has been associated with addictive behaviors, and excessive social media usage has been found to have a positive relationship with anxiety, depression, and low self-esteem. I also came across studies that have shown excessive screen time in and children still in crucial developmental phases have been positively associated with ADHD, ODD and lead to "tunnel vision" described as a child not showing interest in healthy exploration for their age, as they prefer screen time. With this limited knowledge I have collected thus far, I hope to expand on it to bring more awareness to the amount of time people spend in front of a screen to promote healthier alternatives such as socially engaging in person or using their screen time for physical activities.