

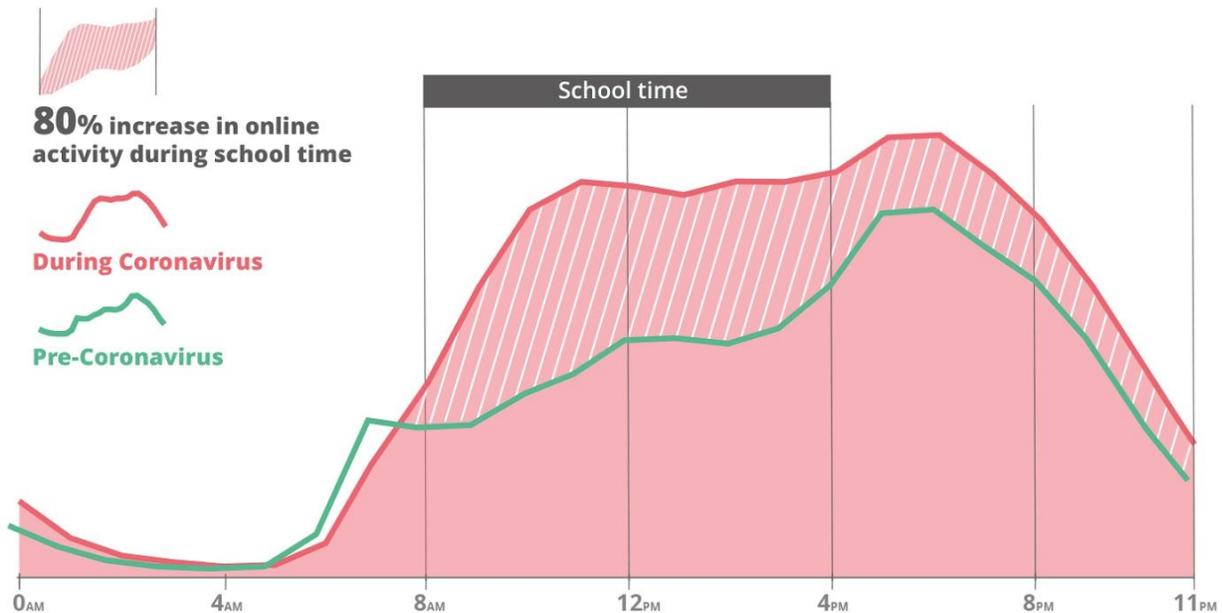
Online Activity Grows 80% as School Time becomes Screen Time

On World Day without Mobiles, Qustodio urgently encourages parents to protect their children against encroaching screen time caused by Coronavirus lockdowns.

April 15, 2020, New York – Skyrocketing levels of online activity hit a new max in regions with strict lockdowns that have kept millions of children indoors and out of schools. [Qustodio](#) analysis showed an **80%** increase of online activity during school time hours in Spain, France and Italy during lockdowns compared to January. This massive increase has eliminated the healthy downtime period typical during the 'analog' school day prior to Covid-19. As a reminder on the World Day without Mobiles, Qustodio encourages families to disconnect and establish new daily downtime routines to protect against encroaching screen time during Coronavirus lockdowns.

“Covid-19 lockdowns have pushed online activity to new limits,” said Qustodio CEO and co-founder, **Eduardo Cruz**. “This has come at the expense of downtime which is key to children’s [digital wellbeing](#). Even though most schools included some time on devices as part of their education curriculum, in general they were places for learning offline, making school a reliable break from our children’s screen-filled lives. With back to school uncertain and likely several months off, it’s important that parents create routines to act as the new buffers against excessive online activity.”

Online activity peak times before and during Covid-19 lockdowns



Across Spain, France and Italy, regions with strict school closures and social distancing policies, the buffer against screen time created during school time hours has disappeared. The gradual increase in online sessions which used to hit its peak in the hours right after after school and before dinner time has been replaced by a rapid spike in activity that occurs much earlier, around 10am, and stays. That's an extra 8 to 10 hours of peak activity throughout a typical day.

“This new on-all-day activity makes the International Day without Mobiles more important this year than ever before,” said [Desconnexions](#) CEO and co-founder, and certified psychologist, **Joan Amorós**. “In countries like Spain, where children are not allowed to go outside, and their only contact with the outside world, including school, is through technology, we know disconnecting for 24 hours might be impossible. But we ask parents to at least cut back on screen time and create digital downtimes, not just today but every day.”

Qustodio understands distance learning has become a normal part of lockdown life. So while finding moments for your children to disconnect has become even more complicated, it has also become even more important. The best way to create downtime rhythms for your family is to align them with bio-rhythms like eating and sleep. Here are our downtime tips to help you get started and get your family offline at least 4 times a day.

Qustodio tips to help your family disconnect and create healthy downtime rhythms:

- **Mealtime** - There is no reason to have any digital device on the table during mealtime, that includes breakfast, lunch and dinner. Getting digital devices out of site during mealtime should be a strict rule for the whole family. As a role model, it is key that you as a parent don't bring your mobile phone to the table either. The only exception to this might be a special weekend meal where you connect with another family virtually.
- **Bedtime** - Use parental controls like Qustodio to automatically turn off digital devices an hour before bedtime. Screens too close to bedtime have been shown to disrupt sleep patterns and quality of sleep which can lead to behavioral problems and problems learning. The only exception to this may be listening to a podcast or a virtual book, though most child development experts recommend traditional reading for all age levels - kids, tween and teens.

For more tips related to digital wellbeing, visit the recent Qustodio [Digital Wellbeing](#) report.

About Qustodio

Created in 2012 in Barcelona, [Qustodio](#) is the leading platform for online safety and [digital wellbeing](#) for families. Our parental control app with screen time limits, geolocation tracking, YouTube monitoring and advanced insights and reporting has over 2 million users worldwide in 180 countries. Qustodio

works on different operating systems (Windows, Mac OS, Android, iOS and Kindle) and is available in 8 languages (English, Spanish, French, Italian, Portuguese, German, Japanese and simplified Chinese).

For more information: <https://www.qustodio.com>