

# **Impact of Children's Tech Use: A Comprehensive Study**

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**Abstract:** *This research explores the impact of children's technology and social media usage on their development. It examines challenges like excessive screen time and cyberbullying while acknowledging the educational benefits. By analyzing existing gaps, the study offers insights for parents, educators, and policymakers. Emphasizing mindful technology use and digital literacy, it advocates for a safe online environment, ensuring the holistic well-being of children in the digital age.*

**Keywords:** Challenges, Cyber bullying, Acknowledging, Analyzing, Holistic, Emphasizing, policymakers, literacy