



## SYMPTOMS OF DEVICE ADDICTION

### 1. Excessive Use:

Spending an excessive amount of time on the screen, often to the detriment of other activities such as schoolwork, hobbies, or social interactions.

### 2. Withdrawal Symptoms:

Displaying signs of irritability, anxiety, or distress when unable to use their device or when separated from it for a period of time.

### 3. Preoccupation:

Constantly thinking about or anticipating the next time they can use their device, leading to distraction and difficulty focusing on other tasks.

### 4. Neglecting Responsibilities:

Neglecting important responsibilities such as chores, homework, or social engagements in favor of spending time on their device.

### 5. Impact on Relationships:

Experiencing strained relationships with family and friends due to excessive device use, including difficulty in maintaining face-to-face conversations or showing disinterest in spending time with others offline.

## TIPS TO HELP OVERCOME DEVICE ADDICTION

### 1. Set Clear Boundaries:

Establish clear rules and limits around screen time usage. Set specific times when devices can be used and when they should be put away, such as during meals, before bedtime, and during homework or study time.

### 2. Lead by Example:

Model healthy device usage habits yourself. Show your child that you can disconnect from your own devices and engage in offline activities, such as reading, exercising, or spending quality time with family and friends.

### 3. Encourage Alternative Activities:

Encourage your child to participate in sports, arts and crafts, reading, or spending time outdoors. Help them discover hobbies and interests that can replace excessive device usage.

### 4. Create Device-Free Zones:

Designate certain areas of the home, such as the bedroom, bathroom, dining room as device-free zones. Encourage family members to put away their devices and engage in conversation or other activities when in these areas.

### 5. Provide Support and Communication:

Be supportive and understanding as your child works to overcome their addiction. Keep the lines of communication open and encourage them to talk about their feelings and struggles with device usage. Offer praise and positive reinforcement as they make progress towards reducing their screen time. Additionally, consider seeking professional help or counseling if the addiction persists or becomes severe.