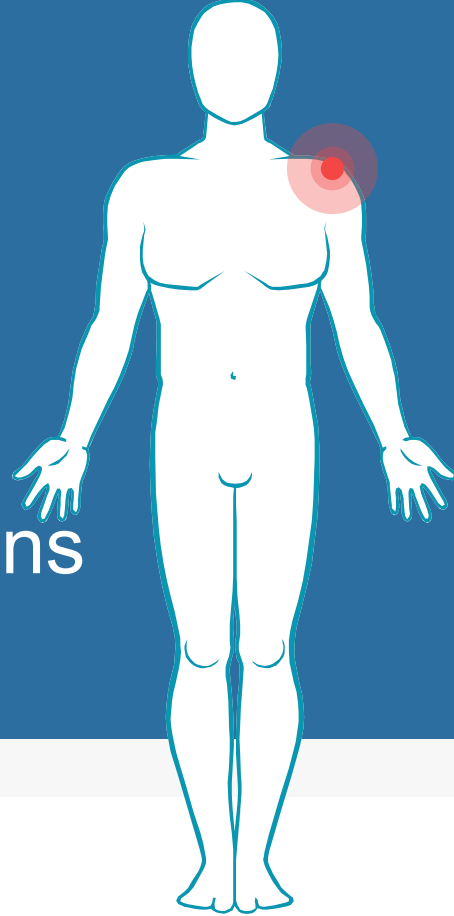# On-Call
Digital Resources

Preventing technology addictions among youth and adolescent

ON CALL

Erasmus+

How can we define technology addition?

- Technology addition is a technology –obsessed behaviour. People who are technologicaly obsessed feel urge to be constantly online and keep finger on a pulse by checking their phone every few minutes. They are glued to the screen most of the time, living more in digital world than real one.

Potential of technology

- Paradoxically, technology which has potential to open our word and get us know and contact other cultures, while giving us access to different kind of knowledge we may need, often separates us from real world and people around us.

What makes technology addictive?

- What makes technology addictive?
  - It is a great stress reliver
  - It gives a feeling of instant reward
  - Helps fight feeling of bordoom and lonliness

- Ways to use technology in positive way
  - Socialization
  - Creating
  - Learning
  - Working
  - Leisure

Symptoms of technology addictions

- Constantly checking your phone
- Frequent changing of social media status
- Frequent profile pictue change
- Relieing on other people approval („likes")
- Loss of interest in other activities
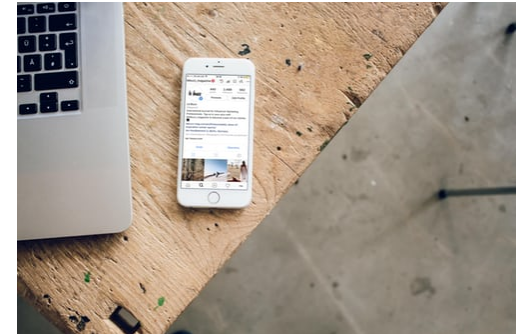- Feeling helpless without smartphone or other device, or while being offline

How to fight technology addiction

- Try not to be bored often – if you spend your day in an active, productive way you won't have time to constantly check your phone

- Avoid brining phone or tablet to bed

- Turn off all of your devices from time to time to catch breath and enjoy the moment

How to fight technology addiction

- Limit time spent on social media, playing games etc. to specific period of time daly (e.g. no more than two houres)
- Turn off notifications

2018-1-UK01-KA204-048095