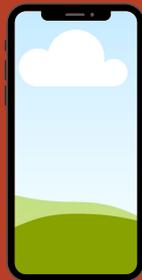


PREVENTING TECHNOLOGY ADDICTIONS AMONG YOUTH AND ADOLESCENT

Always online

If you feel irresistible urge to check your phone often, and checking it is the first thing you do in the morning and the last thing you do before falling asleep, it may mean that you are addicted to technology.



Digital lullaby

Lot of young people take their phones to bed and surf on the Internet until they fall asleep, even if blue light radiating from screen makes falling asleep way harder.



Hopeless without technology

Nomophobia - is the name for the fear of being without a mobile device.



Plugged in

Technology addition affects not only someone's everyday life, but also mental and physical health, relationships and academic or job performance.

