



Internet Addiction in Adolescents?

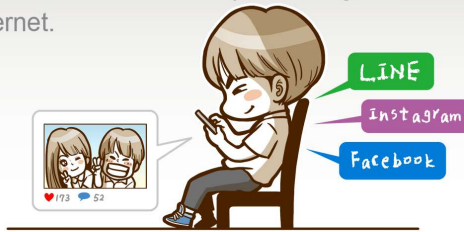


Illustrated by @toucheds

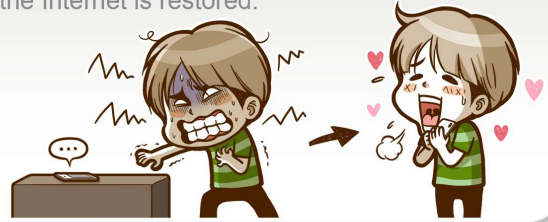
Possible signs of Internet addiction

Note: Internet addiction refers to excessive Internet use that affects an individual's daily life.

Internet addicts constantly think about online activities and cannot stop browsing the Internet.



They may feel anxious, irritated, and unfocused without Internet access but recover when access to the Internet is restored.



Are you curious about or know what your children gain from the Internet?

Being accepted?
Sense of identity?
Being loved?
Sense of companionship?
Sense of belonging?
Sense of achievement?



*Do not be quick to give advice. **Listen first.**



Tips for dealing with adolescent Internet addiction

Positive communication is preferable

- Express your care and concerns first; do not immediately forbid your kids from browsing the Internet.
- Spend time with your children and listen to what they think about Internet use.
- Avoid being judgmental about Internet use.



Department of Public Health, Taoyuan & Taoyuan Community Mental Health Center Cares about you

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