

# Safe Use of Media: >>>

# Internet Addiction

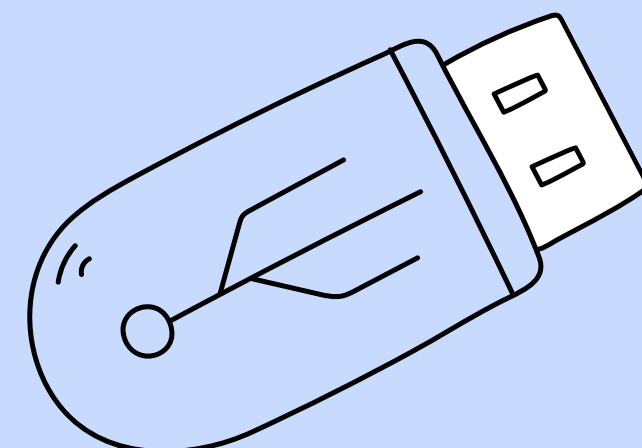


## Symptoms: How to recognize internet addiction

- **Loss of control over internet usage**
- **Neglect of friendships/hobbies**
- **Thoughts only revolve around online activities**
- **Withdrawal symptoms when engaging in offline activities (restlessness, irritability)**
- **Lying about the extent of internet usage**

## Why does internet addiction happen?

- **Availability: Access to the internet from almost anywhere**
- **Emotional benefit: Recognition, escape from everyday problems**
- **Risk factors: Anxiety, depression, dissatisfaction**



## Regain Control

1. **Confidant: Share the problem, set goals**
2. **Media diary: Monitor usage behavior**
3. **Limit access: Keep the phone in another room**
4. **Alternatives: Sports, music, friends**

## Consequences of internet addiction:

- **Physical: Exhaustion, lack of sleep, stress, neck pain, eye problems**
- **Mental: Reduced concentration, restlessness, irritability, lack of motivation**
- **Social: Conflicts, loneliness, isolation**