Internet Addiction

As we all know, the internet has become a big part of our daily lives and it offers many benefits and opportunities for learning, communication, and entertainment. However, just like anything else in life, it's important to use it in moderation. Internet addiction is a real issue that can impact your health, relationships, and daily routine. Many children spend too much time online, often at the expense of other important activities, and parents feel they are unable to control their use. Therefore, it's important to be aware of the signs of internet addiction and to take steps to help children maintain a healthy balance between the time they spend online and the time they spend doing other things.

Empower confidence.
Start the conversation using these strategies:

1. Explain what internet addiction is and how it affects people.

2. Emphasise the importance of finding a healthy balance between time spent online and time spent doing other

3. Discuss the dangers of excessive internet use, such as reduced physical activity, decreased social interaction, and sleep disturbances.

4. Help children understand that it's normal to feel the urge to be online, but it's important to control that urge and limit the amount of time spent online.

5. Explain how internet addiction can impact their mental health, such as causing anxiety, depression or increased stress.

6. Discuss the importance of setting boundaries and establishing healthy habits when it comes to internet use.

7. Encourage open communication and encourage children to talk about their online activities and any concerns they may have.

8. Teach children about online safety and how to recognise and avoid dangerous or harmful online behaviours.

9. Offer alternative activities for when they need a break from the screen, such as reading, exercising or spending time with friends and family.

10. Remind children that it's okay to take a break from the internet and to prioritise their wellbeing –– they can always come back to it later!