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Safe Space

INTERNET ADDICTION

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State of Qatar
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Internet addiction – Definitions

Internet – the public worldwide computer network system

Addiction – a strong and harmful need to regularly have/do something which the continued use of becomes compulsive, and interferes with ordinary life responsibilities

Internet addiction – is the use of internet by a person that affects his/her life and normal routines.

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Internet addiction – How to recognize Internet addiction?

- A child forgets to change clothes, doesn't care about hygiene anymore
- A child talks a lot about his/her online friends and activities
- A child stops seeing his/her friends in real life
- A child reacts with aggression when we try to interrupt online activities
- A child fails to do homework
- We notice something unusual in child's behavior

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Internet addiction – What to do if we suspect this is the case?

- Try to stay calm
- Ask yourself: is it really so bad? What signs did you notice?
- Consult with the teachers, coordinator, principal and/or a professional family counsellor. Express your doubts and try to find a solution together.

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Internet addiction – How to prevent it?

- Limit the time you spend online or you let your child stay online
- Talk to your child
- Make sure there is enough attractive offline activities your child can undertake
- Encourage your child to explore the real world
- Build trust and understanding
- **GIVE ALTERNATIVES!**

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Internet addiction – Alternatives

Practicing other interesting activities like reading, singing, adventure, sports and travelling, etc. will help in preventing the Internet addiction.

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Internet addiction – Who can be addicted to internet?

Everyone! Each person using the internet is potentially exposed to the risk of becoming an internet addict. This is a matter of our personal vulnerability.

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Internet addiction – What have we learned in this lecture?

- What is internet addiction?
- What are the possible symptoms of internet addiction?
- Who can be addicted to the internet?
- What can we do to prevent it?

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Thank you

For more information,
please contact us at info@safespace.qa