ONLINE AND SAFE TECHNOLOGY ADDICTION THEME

TEAM 1

-WHAT IS THE TECHNOLOGY ADDICTION?

TEAM 2

-SOCIAL PROBLEMS CAUSED BY TECHNOLOGY ADDICTION

TEAM 3

-SYMPTOMS OF TECHNOLOGY ADDICTION

TEAM 4

- METHODS TO CONTROL TECHNOLOGY ADDICTION

Online & Safe

eTwinning

As a part of Technology Addiction Theme, each mixed student team created infographic page about Technology Addiction using Lucidpress with in cooperation.

# ONLINE AND SAFE PROJECT TEAM

TEAM 1

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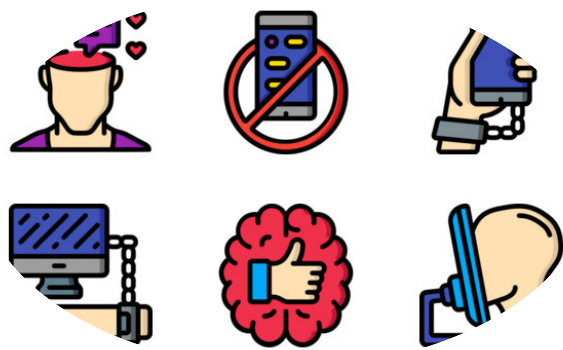Yiğit U.   Eskişehir Sabiha Gökçen Vocational and Technical High School
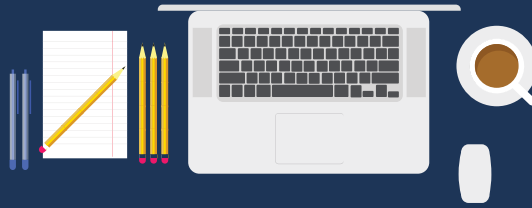
TEAM 1

What is The Technology Addiction?

1

Technology Addiction is a type of addiction that occurs due to the excessive and smart devices, game uncontrolled use of digital devices such as phones, computers, consoles, tablets and etc.

2

Technology addiction is an obssesive use of mobile or any digital device

Internet or technology addiction is defined as a situation in which an addict feels deprivation when s/he is not able to get technological material which s/he is addicted to as other addictions.

3

With the introduction of the internet into our lives,it has been possible to facilitate access to information in many areas and to make shopping more convenient and fast.In addition,contributing to socialization at busy pace of life and givining the individual the opportunity to have fun with games are also factors that increase the appeal of the internet.Regardless of age and gender ,individuals can benefit from the opportunities provided by technology.For this reason , technology in itself reflects the fact that it is considered addictive and a bad development.It is the individual himself who makes technology an addiction.
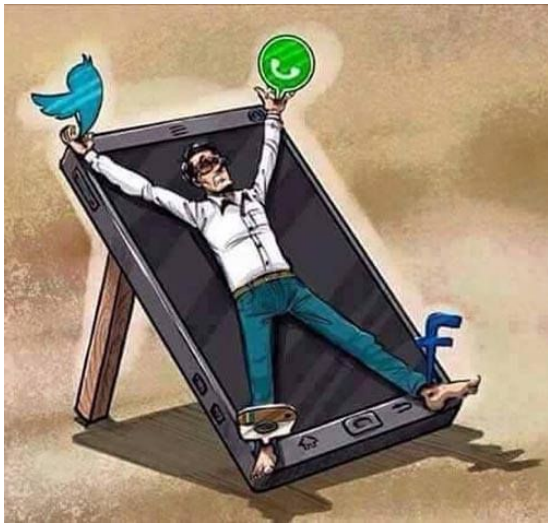
4

It is to spend too much time with technology and to spend our time with it. When it is not, it is to feel deficiency.

5

Technology addiction is keeping the person from daily life

TEAM 2

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TEAM 2

The Social Problems Caused by Technology Addiction

1

It causes decreases in interest in lessons and decreases in academic field and school success.

2

The decrease in sharing with the family causes the ties to be broken and loneliness.

3

Sleep, nutrition, etc. due to the inability to adjust the time spent in front of the phone and screen. It causes a decrease in the time spent for and health problems.

4

Playing computer games causes you to get away from the street, away from your friends and be alone.

5

It causes a decrease in activities and obesity as a result of eating in front of the screen.

TEAM 3

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TEAM 3

What Are The Symptoms of Technology Addiction?

1

Lying to those around you about the time you spend in front of the screen

2

Difficulty doing daily routine work, not fulfilling responsibilities

Internet Addiction Symptoms

Mental Occupation
Withdrawal Symptoms
Increasing Time
Loss of Control and Failed Attempts
Continue Despite Adverse Situations. .
Waiver of Activities
Avoidance Situations
Alert Situations
Submitting Important Processes to the Second Plan

3

Feeling nervous and emptiness when you are away from your computer

4

Staying online longer than planned

5

Social isolation and separation from family and friends

TEAM 4

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TEAM 4

METHODS TO CONTROL TECHNOLOGY ADDICTION

1
Turn Off Push Notifications is one of the most effective ways to break phone addiction.

2
Change daily internet use hours.

Review Your Habits. Enjoy Grey on Grey

3
Change daily internet use hours. Set up Technology-Free Zones

4
Reduce the number of devices. Stop Googling Everything.

5
Stay away from sites and applications that distribute our attention

RESOURCES

https://www.yesilay.org.tr/en/addiction/technology-addiction

https://www.nfon.com

https://www.mentalup.co/

https://www.mynet.com/aile-sorunu-13865-mykadin

https://images.app.goo.gl/vYVwPQ2sLohtBz4g9