

Healthy Television and Computer Use

- ☆ Provides time for shared family enjoyment.
- ☆ Is relaxing and fun, if used wisely.
- ☆ Gives everyone with limited resources and mobility access to the worlds of work, information and entertainment.



Taming Both Your Family's and Your Technology Habits

Observe family habits including your own. Write down the facts.

Hold a family meeting to discuss how many hours a day you are all involved in technology.

Agree on how much use is enough and stick to it.

Concerned About Someone?

Give them this brochure with your highlights.

Offer your help and support.

Think you might have a problem?

Take a technology vacation for a week and notice how your life changes.



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Is Technology Consuming Your Life?



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*Providing hope and help to
young people and their
families through counseling
and education*

Television and Computers Can be Addicting . . .

Advances in technology have changed the way we live dramatically. Work and play through technology develops skills and entertains us.

However, there are real liabilities when the use of television and computers becomes mindless and excessive. Overuse becomes the mental and emotional equivalent of chewing gum.



Technology Addiction (TA) is real.

Both computer monitors and television screens give off artificial light. This light does not effectively replace the medical value of sunlight or the mental exhilaration of insight.

The root of TA is the desire to escape from emotional difficulties such as depression, stress, loneliness, and anxiety. None of these will go away because you have avoided them. To deal with them, you need to learn vital coping skills, and, sometimes, get professional help.

Warning Signs

- ☣ Most of your friendships are online.
- ☣ You do all your research for school online.
- ☣ Your poor grades are caused by spending too much time on technology rather than on your assignments.
- ☣ Instant Messaging is taking over my life.
- ☣ My family and I argue fiercely over who has control of the computer or TV.
- ☣ TV watching or playing on the computer has become an automatic daily activity.
- ☣ You feel deprived and restless if you can't watch or play, even if it is only a day.
- ☣ You are spending too much time and money on technology.



Problems

- ☣ Common side effects include sleep deprivation, obesity, and eye, arm and neck strain and injuries.
- ☣ Constant use of technology creates barriers to communication.
- ☣ Sexual predators and con men target people of all ages, *especially youth and seniors.*



- ☣ Children are regularly exposed to pornography and violence.
- ☣ Technology numbing may lead to edgy annoyance, moodiness, and impatience.