

AND THE CHILDREN, WHEN DO THEY MAKE AN EXCESSIVE USE OF THE INTERNET?



A guide for the detection and action facing an abuse of the internet in minors

What do we mean when we talk about an excessive use of the internet?

We talk of “excessive use” when a disproportionate tendency is produced regarding to the use of technology and it’s limitation towards our freedom, because of the huge dependency that it causes.

95.1%

of minors in Spain connects to internet everyday

7 years old

is the average age for the initiation on the Internet

+3 h/day

is the time that children can make any action in social media

The technology in itself isn't harmful, but it is harmful the attitude and behaviour in the face of technology when it turns into a habit that implies negative changes in a personal and social level.

How can we detect it?

- User feels the need to connect constantly
- Reduction of social interactions
- Carelessness of the health care and the physical appearance
- Denial of the problem
- **Withdrawal syndrome:** feeling really irritated when you can not connect to the internet
- Lost of the notion of time
- Fatigue and tiredness

How can we act to solve the problem?

1 Making them recognize the problem. We have to make clear the consequences and the convenience to break with some obtained habits.

Bringing up the topic directly so they have the opportunity to share their thoughts about it.

3 Searching of alternative leisure activities: practicing sports, reading, hanging out with friends.

Fixing rules regulating the spaces and times where it will be possible the use of the mobile phone or the internet.

5 Having the knowledge and making them practice relaxing techniques, all of it to promote self-control.

Teaching the children to manage situations that can cause them tension or stress.

Fonts: <https://www.is4k.es/uso-excesivo-de-las-tic> <https://alboresdemurcia.es/2018/10/30/el-uso-excesivo-de-internet-y-del-movil-entre-los-adolescentes-riesgos-sintomas-de-dependencia-y-pautas-de-prevencion/> <http://educaryaprender.es/datos-uso-de-redes-sociales-ninos-y-adolescentes/> <https://www.blog.andaluciaesdigital.es/guia-recursos-ciberseguridad-para-menores/>



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