



LOG IN BACK THE REAL LIFE

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PREVENTING
INTERNET
ADDICTION

▶ CONSCIOUS INTERNET USE FOR OUR CHILDREN



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We are in a period where a world without the internet and digital technologies or where our children are not indifferent to them is impossible. Therefore, the right thing to do is not to ignore the internet and digital technologies

However, our children and young people need our help and support in using the internet and digital technologies.

Our awareness of internet addiction is very important for our children and young people to continue their development in a healthy way and protect their psychological health





Not being able to find us with them in the face of the problems and difficulties they may encounter or experience in the virtual world during this period may cause harm and regret not only today but perhaps for a lifetime. For this reason, keeping the issue of internet and digital technologies on our agenda as one of our responsibilities regarding our child will prevent possible problems. In this regard, it would be appropriate to pay particular attention to the following issues.



Not only harm:

Internet and digital technologies can enrich, simplify and color our children's lives. It can offer opportunities for self-improvement that would otherwise be very difficult or perhaps impossible to achieve.

The problem with the internet and digital technologies is not their use, but their use in a useless or harmful way.

It is important to distinguish between useless or harmful use and correct and beneficial use.

Reacting that our children are doing something useless or harmful every time they use the internet and digital technologies will disrupt our communication and relationship and prevent us from establishing acceptable usage rules on a common ground.

► Instead of this;

recognize, appreciate and encourage their correct use,

provide information about beneficial usage alternatives,

Being an example to them with our own correct and beneficial use is an **important point that we should pay attention to.** .



The language we use is very important:

Since the presence of the internet and technologies in our children's lives is very important, it is also very important that we pay attention to the language we use regarding their relationships with the internet and digital technologies. At this point, prohibitive language will bring resistance and stubbornness

► Instead for this;

Calling for cooperation on what, how much and how to use,

Offering alternatives that our children may like in real life during the usage process,

Does not directly oppose or speak in derogatory terms,

It is very important that we use a language that provides at least basic knowledge of the internet and digital technologies.



Let's notice if there is a problem:

A person does not do any behavior without a reason. If our children use the internet and digital technologies in a way that harms themselves or their lives, one of the reasons behind this may be to escape from a problem they are experiencing or may experience in real life. It is a common situation that we see increasing the use of the internet and digital technology due to similar reasonable reasons, especially those who avoid the risk of being involved in crime due to pressure on self-confidence, being exposed to bullying, or having a negative environment.

Turning to behavior that results without seeing and solving the problem will not lead us to our goal, and may cause the problems to grow and become more intractable in the future.

▶ This for reasons ;

Being aware of our children's lives,

Being aware of our children's feelings and thoughts,

Having information about our children's development,

It is necessary for us to understand the people and relationships around our children so that we can understand the problem and **develop effective solutions.**



What can he/ she do without using it?

One of the main reasons why our children and young people show such intense interest in the internet and digital technologies is that their opportunities to exist, appear and express themselves in real life have decreased significantly. They live in a world that is getting narrower and poorer every day, especially in terms of establishing and maintaining close relationships in urban life, finding space and opportunity to do physical activities, and developing and demonstrating their talents and skills. This being the case, giving instructions to restrict their use of the internet and digital technologies without enriching their lives with relationships and activities will not bring any results other than harm.



► This for reasons ;

We help and support our children in establishing close relationships in real life,

If our children have even the slightest interest in any of the social and sports activities, we notice and encourage them,

Bringing our children together with opportunities and people who will develop their talents and abilities are **important steps we can take in this regard.**



▶ **This for reasons ;**

During the process, both our children and we may make mistakes. Let's not see making mistakes as a reason to give up, despair, or feel helpless.

Change takes time, effort and patience:

The internet and digital technology tools are a fairly new use for the whole world. Unfortunately, there are currently no definitive rules regarding the correct use of these tools. Over time, the answers to questions such as what place they should have in our lives, how we will benefit from them, how we will harm them if we use them, what should be done with them and what should be done without them will become clearer and correct use will become more evident in the process.

Being aware of this situation, we should at least take action to answer these questions in the light of our available information, but we should know that this is a process and will take time.

We may not be able to achieve our goal in the first step to make our child's today and tomorrow better, and we may not find what we are looking for at the first try. We must continue to search and care.

Our child will need time and support to understand some issues or to turn his understanding into behavior. It would be useless not to give him this time or to expect big and lasting results from small steps. Therefore, we must be ready to give our child the time he needs, follow his pace of development and act in accordance with his development.