



LOG IN BACK THE REAL LIFE

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▶ HOW SHOULD I USE THE INTERNET

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Can you set limits for yourself in mobile phone or computer use? Are you in control or not? If you can achieve this, it shows that you are strong-willed.

It is important to take control and set correct limits so that internet use does not harm you. Do not forget to get help from your school counselor / psychological counselor to maintain control over internet use.



BE AWARE OF THE NEGATIVE EFFECTS OF UNCONSCIOUS AND EXCESSIVE INTERNET USE

Having your phone with you while studying can make it difficult for you to concentrate on your lesson. You may feel the need to constantly look, notifications may disturb you, and therefore your academic performance may decrease



Take care of your real-life social life. Ask yourself! Do you generally communicate with your loved ones through social media or instant communication programs, or face to face?

- ▶ Social relationships in virtual life can negatively affect your social skills in real life. If you usually communicate over the internet, your social skills may weaken and you may have difficulty communicating face to face. Make sure to meet your friends face to face. Be careful to stay away from your phones during face-to-face meetings.



Unconscious and excessive use of the internet prevents us from thinking about our future. It confines us to the present. For this reason, it becomes difficult to set goals. To think about the future, use the internet limitedly



Sleep is very important for both physical and mental development during adolescence. Using a mobile phone or playing computer games until late hours disrupts sleep patterns.

- ▶ Put away your mobile phone and turn off games at least an hour before going to bed. This way, you can fall asleep more easily and wake up more refreshed in the morning.

- ▶ Studies have shown that sleeping while listening to music or watching TV series reduces sleep quality and makes the person feel tired the next day.

- ▶ When you go to bed, thinking only about sleeping and not spending time in bed with technological devices will increase the quality and duration of your sleep. This will allow you to wake up more refreshed the next morning.



Being on the internet continuously and for a long time; It is known to cause mental problems such as decreased attention, memory and analysis ability. It has been proven that computers, tablets and phones disrupt attention.



Over time, spending too much time in front of the screen; It also has negative effects on appearance, such as weight gain, regression in body and muscles, and bulkiness of the body. Your body is precious, you are precious; take care of your body.

Don't forget to be active and do sports!



DON'T FORGET!

The internet exists to make our lives easier, not to make it difficult, lonely or unable to live without it.

EVERYTHING IN LIFE SHOULD BE BALANCED

Everything in life has a balance; eating, traveling, working.... The internet should also have its limits. However, you can benefit from the internet by using it correctly and in a limited way.

- ▶ There should be a balance of studies, family, friends and sports. The use of technology tools should also be balanced. If you cannot establish balance, then we cannot be happy as we lose other good things in life. Balance the use of technology to be happy...
- ▶ Reduce the number of virtual friends, increase the number of real friends. As this balance is disrupted, you become isolated from life. Make sure to spend time with your real friends. Don't let your number of friends on social media deceive you. Real-life friendships should not be replaced by virtual friends. Choose reality, not fantasy.



HAVE A LIFE OTHER THAN THE INTERNET

Don't spend all your free time with your mobile phone or computer. Do other things in your free time so that the internet does not take you hostage. Feel like you can be alone with your family, friends or yourself and exist outside of the internet.

▶ Prefer an active life for physical and mental development. The more we move, the better our mind works. The internet

Movement strengthens real life, inactivity strengthens virtual life.



USE THE INTERNET SAFELY

Know the risks of using social media, it is not appropriate to share private life freely on social media.

Public and private shares can fall into the hands of malicious people and be used in unwanted places. For this reason, it is important to pay attention to the content of the posts and with whom they are shared.

Know that virtual friendships may have dangers, it is difficult to know the real identity, age and intentions of the other person in virtual relationships.

Pay attention to personal boundaries in virtual relationships.

Do not share your private information on the internet.

- ▶ TALK to your families about the time you spend online. Share with your families your friends in the virtual environment, the games you play and the level you have reached in the games.
- ▶ Express yourself on topics such as your favorite games, TV series, social media posts, etc., and give them the opportunity to talk to you. These mutual exchanges will help you understand each other better.





USE THE INTERNET AND TECHNOLOGY IN A REALISTICALLY

To become a computer engineer or software developer, it is not enough to just play computer games. There are stages to go through.

Becoming an e-Sports player and making money is the goal of many people. But the number of people who achieve this goal is very small. Contrary to popular belief, being an e-sports player is not a healthy situation. It brings physical and mental problems. E-athletes spend at least 12-15 hours a day in the game, and their social lives and health conditions are negatively affected. You should decide by considering these.



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