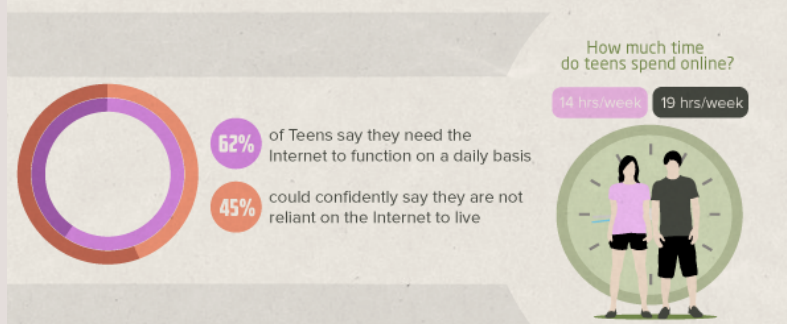


Teen Internet Addiction

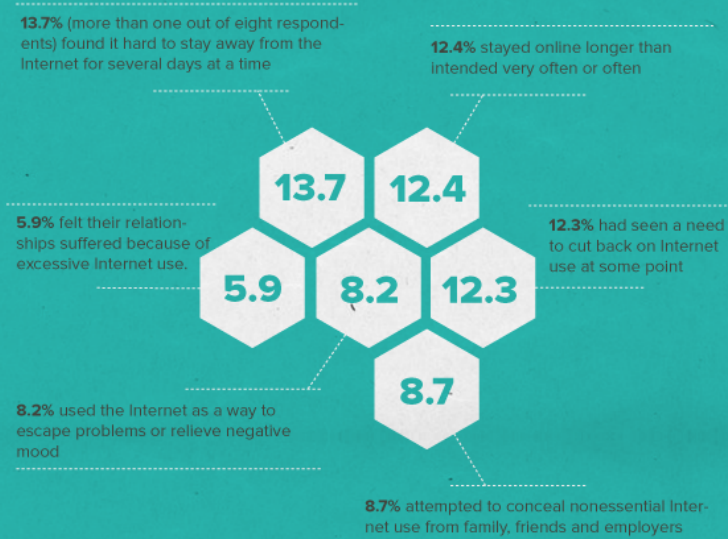
(How Much Internet is Too Much)



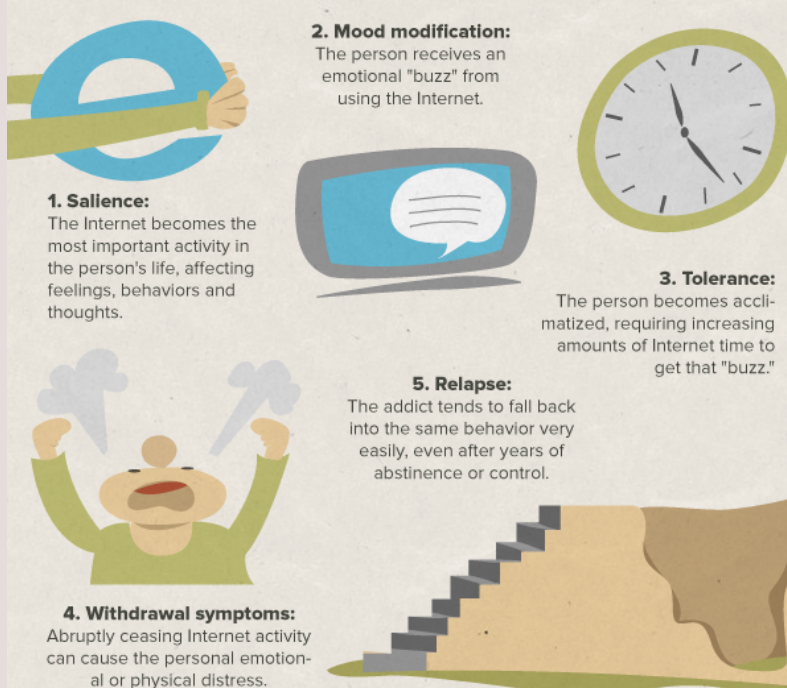
INTERNET ADDICTION STATS:



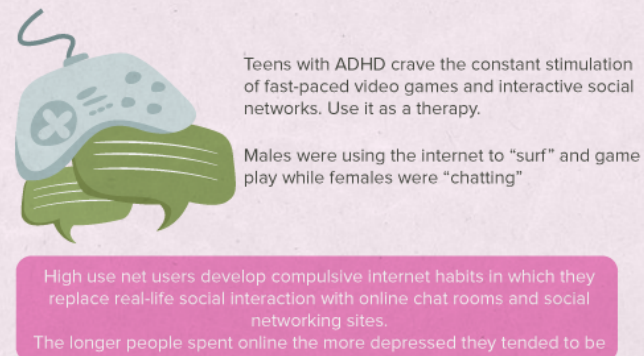
STANFORD STUDY:



5 KEY SYMPTOMS OF INTERNET ADDICTION



WHAT INTERNET ADDICTION IS LINKED TO:



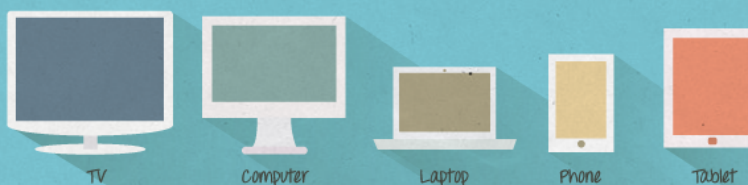
Most popular Sites people with depression visit:



POTENTIAL FOR AN EPIDEMIC

"Internet addiction could easily become one of the most chronic childhood diseases in America." Dimitri A. Christakis, MD, of the Center for Child Health, Behavior, and Development, in Seattle.

50% of teens have three different devices that can access the internet, 10% have five



POTENTIAL FOR AN EPIDEMIC

Parents need to be aware of what their teens are doing online and here are few simple steps they can take:

- Be a good example about responsible Internet Use
- Keep the Computer in a Public Place
- Install Filters and Monitoring Software
- Turn off the Internet at night
- Set Up Internet Free Times

SOURCES:

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