

Safer Digital Media Use

Dependence: refers to the challenge of cutting down substance use even if someone wants to. When a person feels like they have to use a substance to perform regularly or feel normal. Also called addiction.

1. If social media, smart phones, and video games are drugs that you can become dependent on or addicted to, what are the effects of these drugs (what “high” do they give)?

2. What would make someone worry about their social media, smart phone, or video game use? At what point is their “drug” use out of control?

3. What are the withdrawal symptoms from using social media, smart phones, and video games (what does it feel like to try to stop or reduce use that is out of control)?

4. How do you reduce the harms caused by social media, smart phone, and video game use?
