

HELPING YOUR CHILD MANAGE EXCESSIVE INTERNET USE

What is Excessive Internet Use?

Excessive Internet Use happens when an individual who uses the Internet to the extent where he/she experiences problematic outcomes that negatively affect his/her life .

What are the signs of Excessive Internet Use?

- ! Needs to spend an increasing amount of time using the Internet before achieving satisfaction
- ! Becomes irritable or violent when disrupted from the use of digital devices
- ! Academic performance and health are affected
- ! Tries to go online less often but is unsuccessful
- ! Prefers digital device / Internet use to social events or offline activities that may lead to strained relationships with family and friends
- ! Constantly listens out for the phone when away from it, feels distressed when it cannot be found

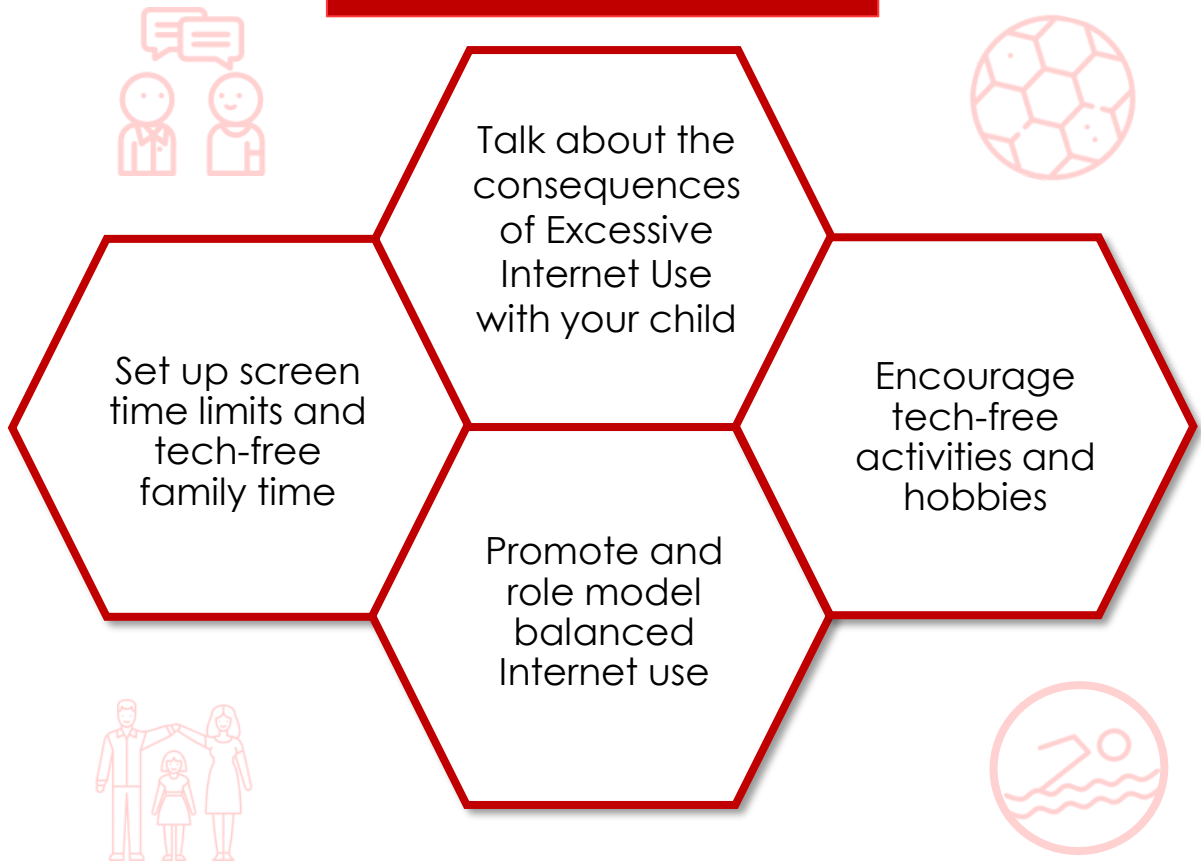


What can parents do to help their children manage their use of digital devices?

- ✓ Talk about the consequences of Excessive Internet Use with your child
- ✓ Set screen time limits, tech-free family times (e.g. meal times) and zones (e.g. bedrooms)
- ✓ Organise tech-free family activities and promote tech-free hobbies
- ✓ Promote and role model balanced Internet use



KEY MESSAGES TO PARENTS



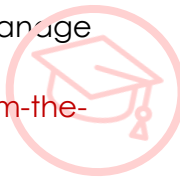
Where to Find More Information on Excessive Internet Use?



Health Promotion Board

This article provides useful tips and resources for parents to manage excessive Internet use in their children.

<https://www.healthhub.sg/live-healthy/help-your-child-untangle-from-the-web>



National Addictions Management Service

The National Addictions Management Service has useful resources on gaming/ internet addiction, including a hotline for gaming addicts.

<https://www.nams.sg/helpseekers/internet-and-gaming/Pages/default.aspx>

