

## WARNING SIGNS of Problematic Screen Use

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- Talking, thinking or reading primarily about the internet or gaming
- Irritability, anger or boredom when screen time is reduced or eliminated
- Inability to follow the family's tech and screen rules
- Decreased interest in spending time in-person with friends or family
- Heightened sense of euphoria when online or gaming
- Mood changes including impatience, anger, mood swings, depression
- Feeling guilty, ashamed, anxious or depressed as a result of one's online use
- Physical illness or symptoms including poor nutrition, weight gain or loss, headaches, carpal tunnel syndrome, backaches, visual problems
- Changes in sleep habits, particularly neglecting sleep to stay online
- Deteriorating grades or school performance
- Other problem behaviors: drugs, alcohol, shoplifting
- Family conflicts over child's screen use
- Secrecy or lack of openness about their online activities
- Withdrawing from other hobbies or pleasurable pursuits
- Using online activities as an escape from other problems