

Name:

Teenage problems - Internet Addiction



Disclaimer

The following tasks and articles are about the topic of „internet addiction“. If you struggle with internet addiction yourself or you know someone who does, seek help with a professional or contact a consulting service. A German hotline for internet addiction can be contacted under the phone number +4970712982313.

- ① **Read the article** given in the link below. Use your own words to **write down a short definition** of the term „internet addiction“ and name common types and signs of internet addiction. (<https://t1p.de/ij7cw>)

- ② **Scan the article** given in the link below for statistics. **Write down three statistics** about internet addiction. (<https://t1p.de/hkwgb>)

- ③ **Now read the entire article. Write down** how internet addiction and screen time is linked to mental health problems like anxiety and depression.

- ④ **Reflect** on the topic of internet addiction yourself. Do you personally struggle with internet addiction or know someone who might? Are you happy with the way you use your phone and social media? If you could change anything about your internet use, what would it be?