

# How Screen Addiction Is Hijacking Our Kids And How To Break The Trance Bullying



## Technology For Kids: How Screen Addiction Is Hijacking Our Kids and How to Break the Trance (Bullying, Sexting...) by Nelson Matoke

★★★★★ 5 out of 5

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## **Screen addiction is a serious problem**

In today's world, it's more important than ever for kids to be able to use technology safely and responsibly. However, screen addiction is a serious problem that is affecting our kids. They are spending more and more time on their phones, tablets, and computers, and it's having a negative impact on their physical, mental, and emotional health.

There are a number of factors that contribute to screen addiction. One is the fact that screens are very stimulating. They provide a constant stream of entertainment, information, and social interaction. This can be very addictive for kids, especially those who are bored or lonely.

Another factor that contributes to screen addiction is the fact that it's often used as a coping mechanism. Kids may use screens to escape from problems at school, at home, or with friends. They may also use screens to self-medicate for anxiety, depression, or other mental health issues.

Whatever the cause, screen addiction can have a devastating impact on kids. It can lead to problems with sleep, weight gain, and physical health. It can also lead to problems with attention, motivation, and social skills. In some cases, screen addiction can even lead to mental health problems such as anxiety, depression, and addiction.

## **How to break the trance bullying**

If your child is struggling with screen addiction, there are a number of things you can do to help. First, it's important to understand that screen

addiction is a real problem. It's not just a phase that your child will grow out of. Second, it's important to be patient and supportive. Breaking the trance bullying of screen addiction takes time and effort.

Here are some tips for breaking the trance bullying of screen addiction:

- Set limits on screen time. One of the most important things you can do is to set limits on screen time. This will help your child learn to control their use of technology.
- Create screen-free zones. Designate certain areas of your home as screen-free zones. This will help your child to break the habit of using screens in all areas of the house.
- Encourage other activities. Help your child to find other activities that they enjoy, such as playing outside, reading, or spending time with friends.
- Talk to your child about screen addiction. Talk to your child about the dangers of screen addiction and how it's affecting their life. Be honest and open about your concerns.
- Seek professional help. If you're struggling to help your child break the trance bullying of screen addiction, don't hesitate to seek professional help. A therapist can help your child to understand the underlying causes of their addiction and develop strategies for overcoming it.

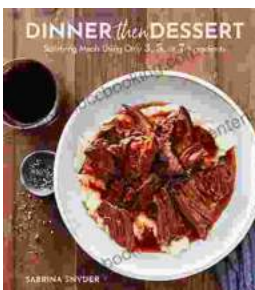
Screen addiction is a serious problem that can have a devastating impact on kids. However, there is hope. With the right help, kids can break the trance bullying of screen addiction and reach their full potential.



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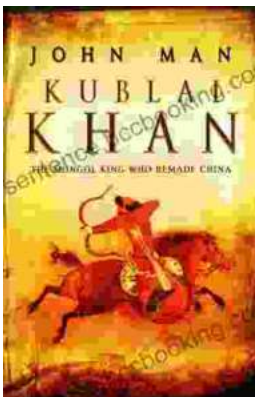
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