

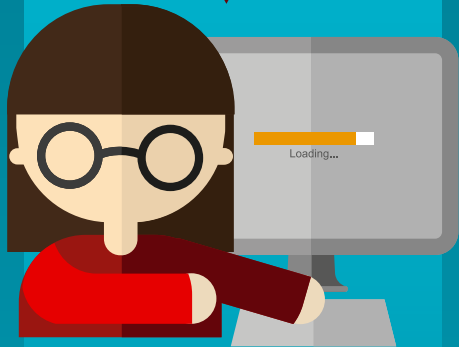
# TOO MUCH OF A GOOD THING?

HERE'S HOW TO RECOGNISE THE SIGNS OF EXCESSIVE WEB USE



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## KNOW

Find out how long the young person spends online



## MONITOR

Ask yourself, is the time they spend online growing rapidly?  
Is it interfering with ordinary life?



## BALANCE

Organise offline activities and opportunities to balance out time in front of a screen - don't let online time mushroom

## HOLIDAY

Organise weekends and holidays to allow for more offline activities



## SUPPORT

Get support from partners and other family members when trying to reduce online time

### USE THE QUESTIONS BELOW TO HELP DETERMINE WHETHER SOMEONE IS BECOMING ADDICTED TO TECHNOLOGY:

1. Do you stay online longer than you expected?
2. Do you ignore and avoid other work or activities to spend more time online?
3. Do you frequently get annoyed or irritable if someone bothers you when you are trying to do something online or on your phone?
4. Do you prefer to spend time with people online or through messaging to being with them without using technology?
5. Do you hide or become defensive about what you do online?

SOURCE: [www.vodafone.com/content/parents/advice/excessive\\_use\\_of\\_technology.html](http://www.vodafone.com/content/parents/advice/excessive_use_of_technology.html)

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