



Symptoms

When you make a beautiful salad for lunch, what is more important for you?

- **Eating the salad** or
- **Sharing your photos on social media**

Think about...

If you are spending your time

Making everything just to share on Instagram, twitter and Pinterest

Take a step back and evaluate yourself...

ARE YOU ADDICTED???



“Multimedia are at the same time a promise of freedom and a threat of a new slavery”

1st Senior High School
of Kaisariani
«Marios Hakkas»
Athens, Greece



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Vivez Votre Vie!
Internet addiction??
It's time to take back
control

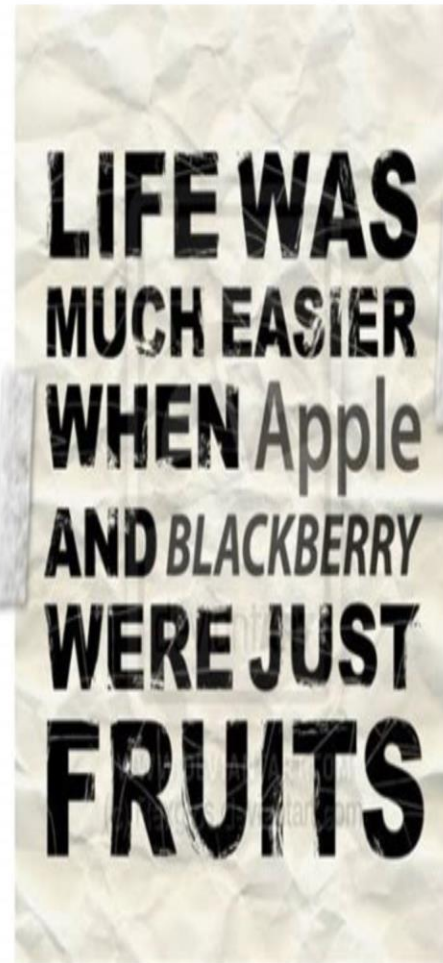
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Erasmus +

Consequences of internet addiction

- *Sleep disorders*
- *Being overweight*
- *Lack of physical activity*
- *Low success in School and work*
- *Feelings of guilty*
- *Low self-esteem*
- *Depression*
- *Loneliness*



Technology is fantastic but we have to be more conscious about how we use it!

Steps to avoid Cell addiction:

- *Put your phone away and pay attention to those talking to you*
- *Turn of notifications on your phone*
- *Go for a weekend without your i-phone*
- **Put your phone away during the lunch .**
- **Create a plan for your phone use. And offer yourself rewards for less time spent on your phone. ...**