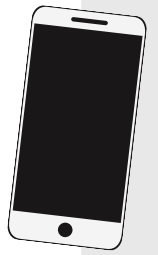




IS YOUR CHILD ADDICTED?

Does your child:

- Become angry, irritable, anxious, or even violent when the screens are taken away or unable to be used?
- Skip or avoid social events or extracurricular activities to use screens instead?
- Think about or ask for screens when they're not using it?
- Begin to use their phone for no particular reason?
- Engage in arguments about screen use?
- Interrupt whatever they're doing when they receive an alert?
- Lose track of how much time they spend on screens?
- Feel distressed when their device is off or out of reach?
- Feel unable to reduce their screen use?
- Is your child's personal care (hygiene), friendships, family relationships, or schoolwork negatively affected by screens?
- Do screens interfere with your child's normal sleep routine?



If you checked off one or more boxes, your child may have a problem with screen use. Take action sooner than later!