

Problematic Internet Use



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Problematic Internet use is computer or internet behaviour that leads to excessive use, poor control, and addictive behaviour.

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Some indicators that your child is showing signs of problematic internet use might be (but not limited to):

- losing track of time online,
- Isolating themselves from family and friends and spending time exclusively with their online friends,
- only finding joy in their online environment,
- withdrawing from physical activities at school and in the neighbourhood,
- school refusal,
- having trouble completing set homework or other tasks expected,
- showing signs of disconnectedness, disinterest and tiredness at school.



Problematic Internet Use

Lets talk about it!

Conversation starters and tips for discussion.

- Show an interest in your child's games in the early stages
- What are you playing? How does it work? Can I play with you?
- Play with them, get to know their online environment
- Become aware of the content to ensure its suitability
- Discuss together and set very clear guidelines about online gaming and time limits.
- If your child is pushing the set boundaries, acknowledge this and discuss with them. Its important to act on this sooner rather than later.



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Many children will not report concerns because they are afraid they'll lose their online privileges or be punished. To increase the likelihood of open and honest discussions with your child, let them know that they wont be disconnected if they choose to come to you with a concern.



Cybersafe
Families



1300 20 69 69



info@cybersafefamilies.com.au

cybersafefamilies.com.au

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