

# 'The Modern Generation'

2000



2023



# Addiction

## What is it?

Addiction is the continued repetition of a behaviour, despite adverse consequences.

## How can we spot it?

When something is taken away and the person becomes agitated or discontent.

## What are the fastest growing addictions in young people?

TikTok, YouTube, gaming and vaping.



“a habit can usually be broken in 30 days. Addiction takes longer”

# Smartphones

- **96% of teenagers have a smartphone**
- **Average usage - 6 hours per day**
- **57% use it for communication**
- **45% use it for to listen to music**
- **41% use if for playing games**
- **34% show behaviour that was consistent with addiction**



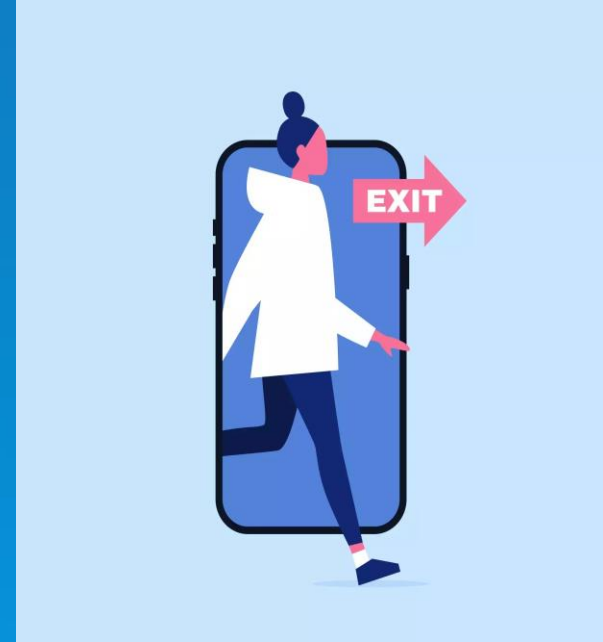
# Smartphones – signs of addiction

- Isolation from face to face contact with friends
- Strained interpersonal relationships
- Waking up to check your phone
- Trouble focusing on school work
- Growing anxiety and fear of missing out
- Intense boredom when not using smartphone
- Struggling to sleep



# Smartphones – How parents can help

- **Honest and open conversation**
- **Start with the positives**
- **Use apps that limit screen time**
- **Schedule no screen time**
- **Take a digital detox**
- **Encourage to join a sports team**
- **Prioritise self care as a family**
- **Seek professional help**



# Gaming

87%

of young  
people in the  
UK play online  
games every  
day



14

hours a week  
average time  
spent playing  
games

**Gaming has changed.  
It is no longer a game of skill and in-game  
spending has added a new threat!**

# Gaming – the links to gambling

- The same patterns of behaviour and psychological processes are evident in many in-game purchases: Risk, reward, chance
- The financial side doesn't feel like spending 'real money'
- Many young people are gambling and they don't know it!



# Gaming – signs of addiction

- **Being preoccupied with video games**
- **Having trouble cutting down on game time**
- **Using games to escape from feelings**
- **Losing interest in other activities**
- **Isolation**
- **Withdrawal symptoms**
- **Spending more money than planned**



# Gaming – How can parents help?

- **Start with the positives. Ask your child what they enjoy about gaming**
- **Look for a compromise together**
- **Use ChildNet's Family Agreement, where all the household look at their device usage**
- **Use in game timers and set realistic limits. i.e. stopping at the end of a particular level**
- **Set boundaries and follow through with consequences**
- **Agree spending limits**
- **Seek professional help**



# Mental Health & Wellbeing

**1 in 5**

young people  
may experience  
a Mental Health  
problem in a  
given year

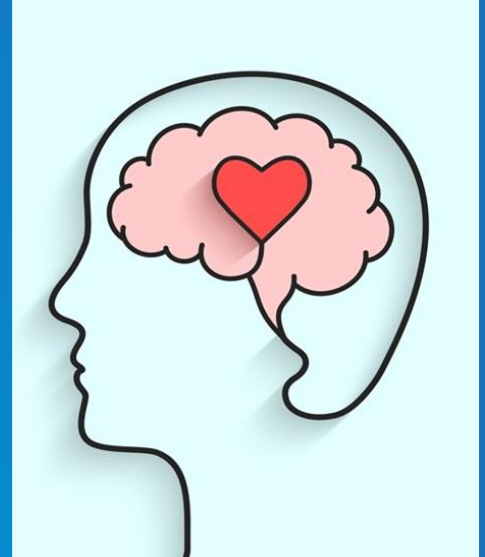
**50%**

of Mental  
Health  
problems are  
established by  
the age of 14

**70%**

of young people  
who experience  
Mental Health  
problems have  
not had  
appropriate help

- **Our mental health can be maintained, improve and deteriorate...**
- **We need to encourage youngsters to do something everyday to look after it.**
- **Bad habits and addiction will cause mental health to deteriorate.**
- **Good habits and selfcare will improve it.**



# Help & Support

Screen Time



**YOUNG**MINDS

BlockSite



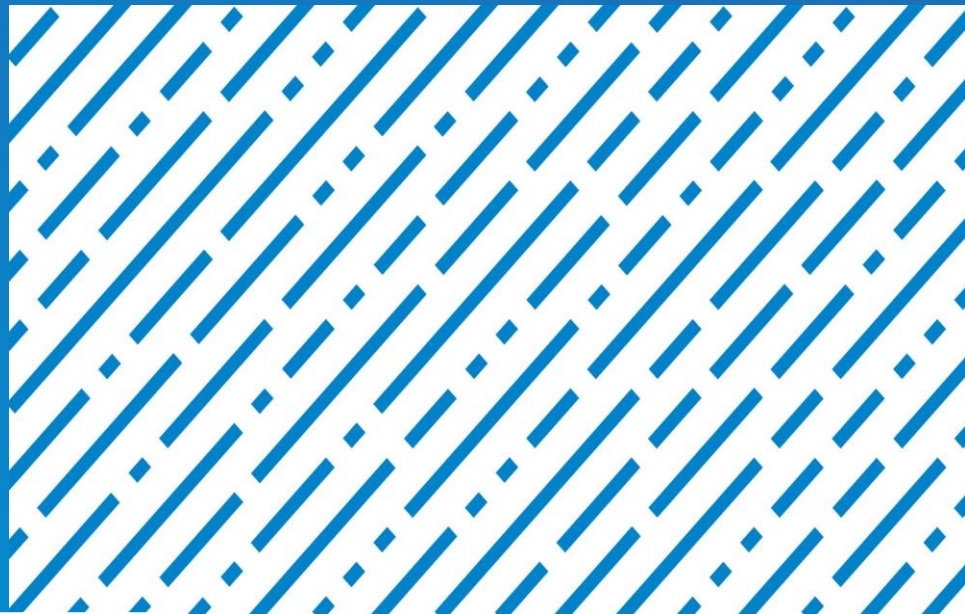
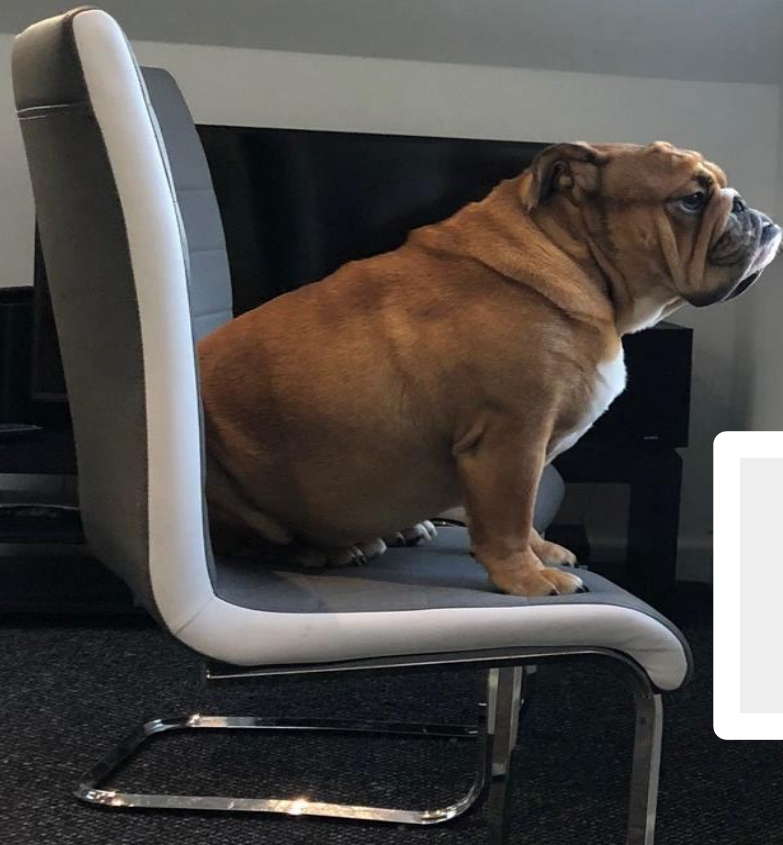
**NHS**  
*England*

**kooth**

Kooth is a free online service  
offering emotional  
and mental health support  
for children and young people

[www.kooth.com](http://www.kooth.com)

LET'S TALK...



Ask Me  
Anything?

# **WHYSUP**

**info@whysup.co.uk**

**Don't forget our help page**  
**[www.whysup.co.uk/help](http://www.whysup.co.uk/help)**

**@whysupofficial**



---

**[www.whysup.co.uk](http://www.whysup.co.uk)**