

## Does Your Child have an Electronic Addiction?

- Does your child exhibit any of these signs of potential electronic addiction?
  - Isolation
  - Irritability
  - Money-seeking
  - Relationship changes
  - Accessing adult websites
  - No desire to participate in typical activities for kids their age
  - Loss of friend-friends
  - Aggression
  - Poor choice of peer groups
  - Inability to balance screen time with other activities
- Has anyone suggested that your child overuses electronics?
- Does your child have any of these conditions that can exacerbate developing an electronic addiction?
  - A mental health challenge?
  - A history of any type of addiction in your family?
  - A developmental disorder or a learning disability?
- Do you feel uncomfortable with how much time your child spends on electronics?
- Is your child a loner or avoid engaging in friendships with peers from school or the neighborhood?
- Does your child prefer electronics over sports, hobbies, or time with others?
- Does your child explode or refuse when you request that they stop using electronics?
- Are you arguing with your child about their electronics usage?
- Is your child having trouble at school with either academics or getting along with others?
- Do others bully or dislike your child?
- Is it a challenge for your child to interact with peers and/or adults?
- Do you suspect that your child is accessing inappropriate, dark, or sexually explicit materials?

*If you are concerned about your son or daughter's electronics use, please visit [www.CenterforElectronicAddiction.com](http://www.CenterforElectronicAddiction.com) for help and resources.*