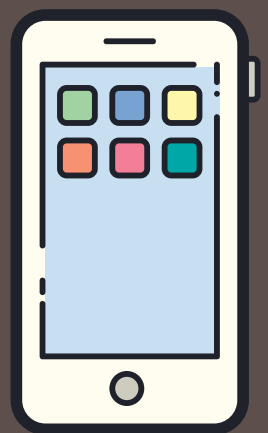


Problematic Technology Use

Information for Youth and Young Adults

What is Problematic Tech Use?

- Technology use that gets in the way of other areas of your life including: relationships, school, other recreational activities, and basic daily living (e.g., sleep, eating, hygiene).
- Feeling like you are unable to stop using technology despite negative consequences.
- Problematic use can occur with any type of technology, including video games, social media, and the internet.



Understanding Why You are Using Technology



- It is important to reflect on why you are using technology, rather than just how much you are using it.
- Questions to ask yourself about your relationship with technology could include:
 - Do I use tech when I am uncomfortable?
 - Do I use tech when I am trying to avoid something that is bothering me?
 - Is tech the only coping tool that I currently use?

Treatment Approaches





- If you think you might be struggling with problematic technology use, it is important to reach out to get support.
- Treatments focus on:
 - Collaboration on realistic goals for use.
 - Helping you cope with emotions without using tech.
 - Helping you re-engage in other important areas of your life, like school and friends.

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