



**Connect T@ The Life (CALL)**

**ERASMUS+, KA210 SCH**

**2023-1-ES01-KA210-SCH-000155140**

**E-BOOK ON DIGITAL ADDICTION**

**11 – 15 NOVEMBER 2024,  
ESKİŞEHİR ANADOLU LİSESİ,  
ESKİŞEHİR, TURKIYE**



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Erasmus+ Programme  
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During the 11-15 November 2024 Turkiye Mobility, the project students

- were given presentations on digital addiction,
- were given interactive questionnaires on this topic and
- were led in multinational teams to create comic strips about 'Concepts of Digital Addiction'.



IN THIS E BOOK YOU WILL FIND;

- THE PRESENTATION,
- SURVEY RESULTS OF THE STUDENTS,
- CARTOON STRIPS,
- STUDENTS PHOTOS.

# Digital Addiction: Understanding the Modern Epidemic

Digital addiction is a growing concern, impacting individuals of all ages. Excessive use of technology can have serious consequences for mental and physical well-being.



by **ayse urkel  
boz**





# What is Digital Addiction?

1

## Compulsive Behavior

An overwhelming urge to use digital devices despite negative consequences.

2

## Withdrawal Symptoms

Anxiety, irritability, and restlessness when not using devices.

3

## Impaired Functioning

Digital addiction can interfere with daily activities, relationships, and work.

# Recognizing the Warning Signs

- 1
- 2
- 3

## Neglecting Responsibilities

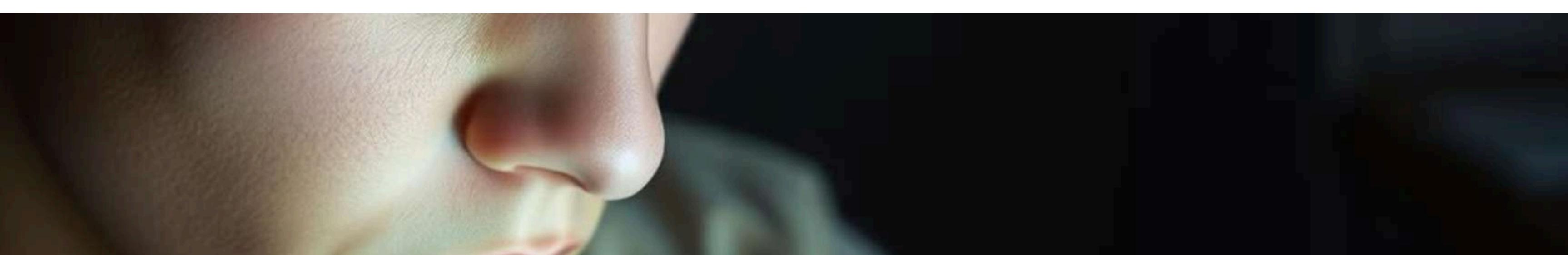
Prioritizing digital activities over work, school, or family.

## Social Isolation

Spending more time online and less time with real-world interactions.

## Sleep Disturbances

Difficulty falling asleep or staying asleep due to screen time.





# The Impact of Digital Addiction on Mental Health

Increased Anxiety

Depression

Low Self-Esteem

Stress

Insomnia

Burnout



# The difference between conscious use of technology and digital addiction

## Conscious Use

Technology enhances life and productivity

Ability to set limits and disconnect

Balanced lifestyle with social interactions

## Digital Addiction

Technology controls and disrupts life

Inability to control usage and withdrawal symptoms

Isolation and neglect of real-life relationships



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# How digital addiction affects academic performance

## Distractions

Social media, games, and other online activities can easily distract students from their studies, leading to lower concentration and focus.

## Sleep Deprivation

Excessive screen time before bed can disrupt sleep, resulting in tiredness and difficulty concentrating in class.

## Procrastination

Students may find it easier to spend time online than to work on assignments, leading to missed deadlines and poor academic performance.

Menti time ;

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<https://www.menti.com/al67kq2xrq2g>

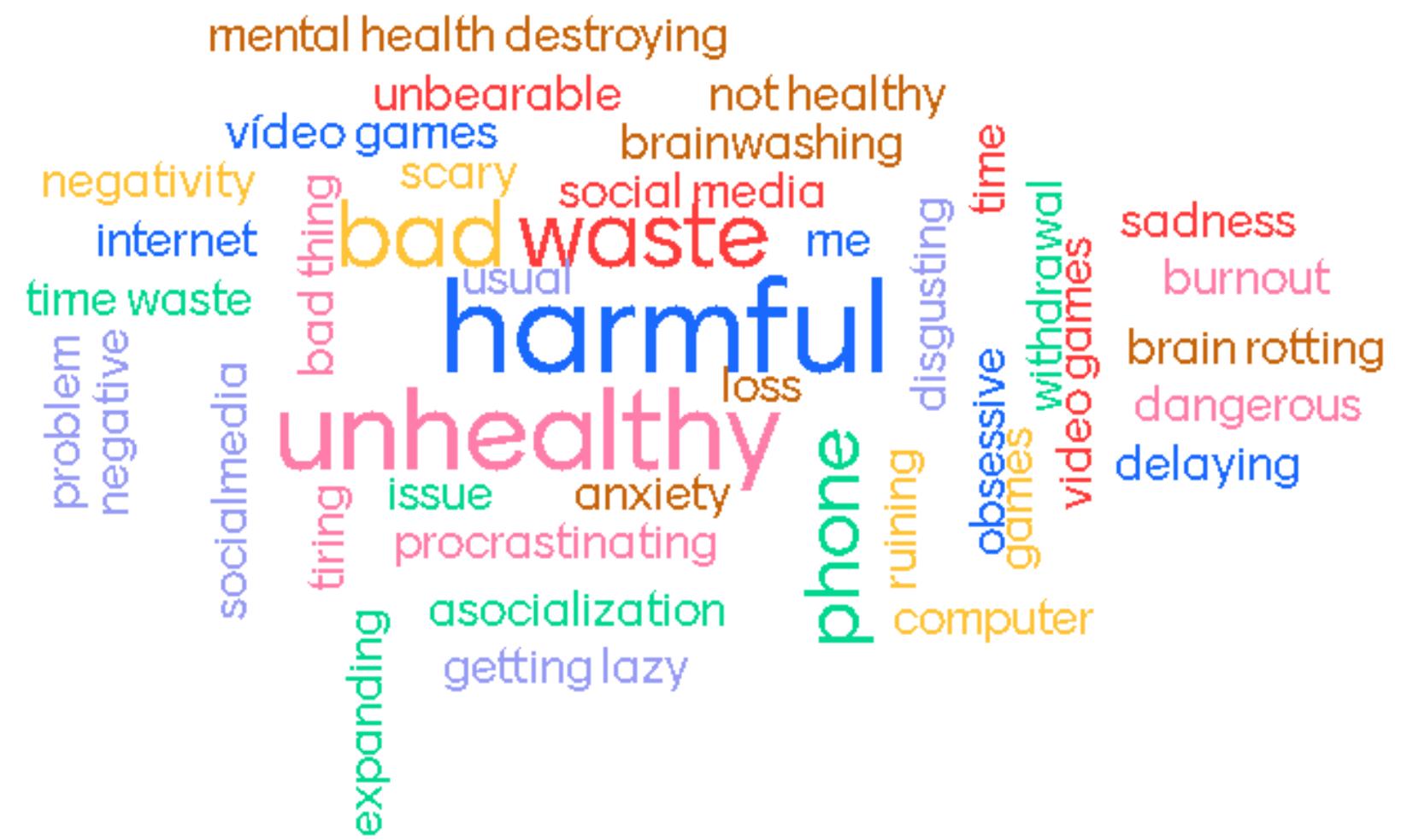
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Type this code : **7957 4421**

# Describe digital addiction with three words.

55 responses



# Strategies for Healthy Digital Habits

1

## Mindful Usage

Be aware of how much time you spend online and set limits.

2

## Digital Detox

Take breaks from devices to reconnect with the real world.

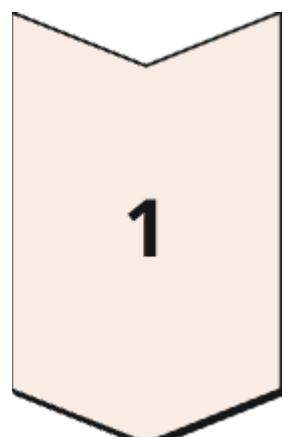
3

## Seek Support

Talk to a therapist or counselor if you are struggling with digital addiction.



# Setting healthy technology boundaries



1

## Designated Tech-Free Zones

Create specific areas in your home, such as bedrooms and dining areas, where digital devices are not allowed.



2

## Tech-Free Time

Schedule regular tech-free periods, like before bed, during meals, or on weekends, to prioritize real-life connections.



3

## Mindful Usage

Be conscious of your digital habits and make a conscious effort to reduce mindless scrolling and aimless browsing.





# Building a Digitally Healthy Society

## Education

Promote awareness about digital addiction and healthy digital habits.

## Regulation

Develop policies to protect users from harmful digital content.

## Community Support

Create resources and programs for individuals struggling with digital addiction.

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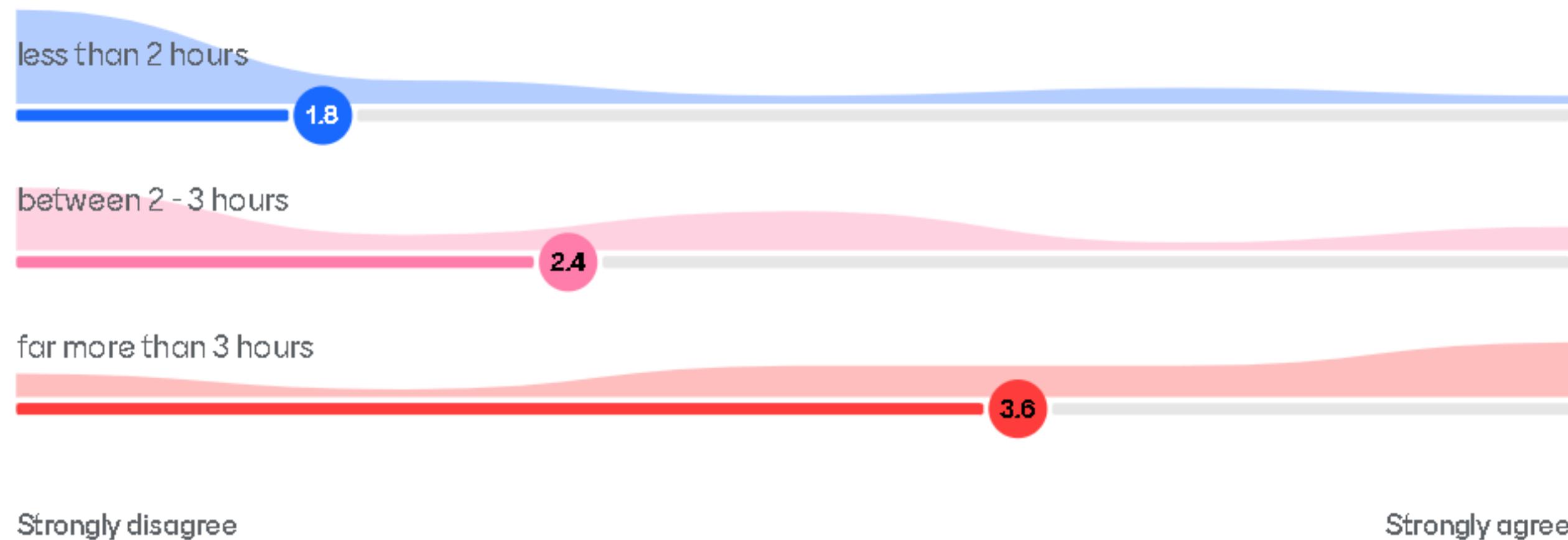
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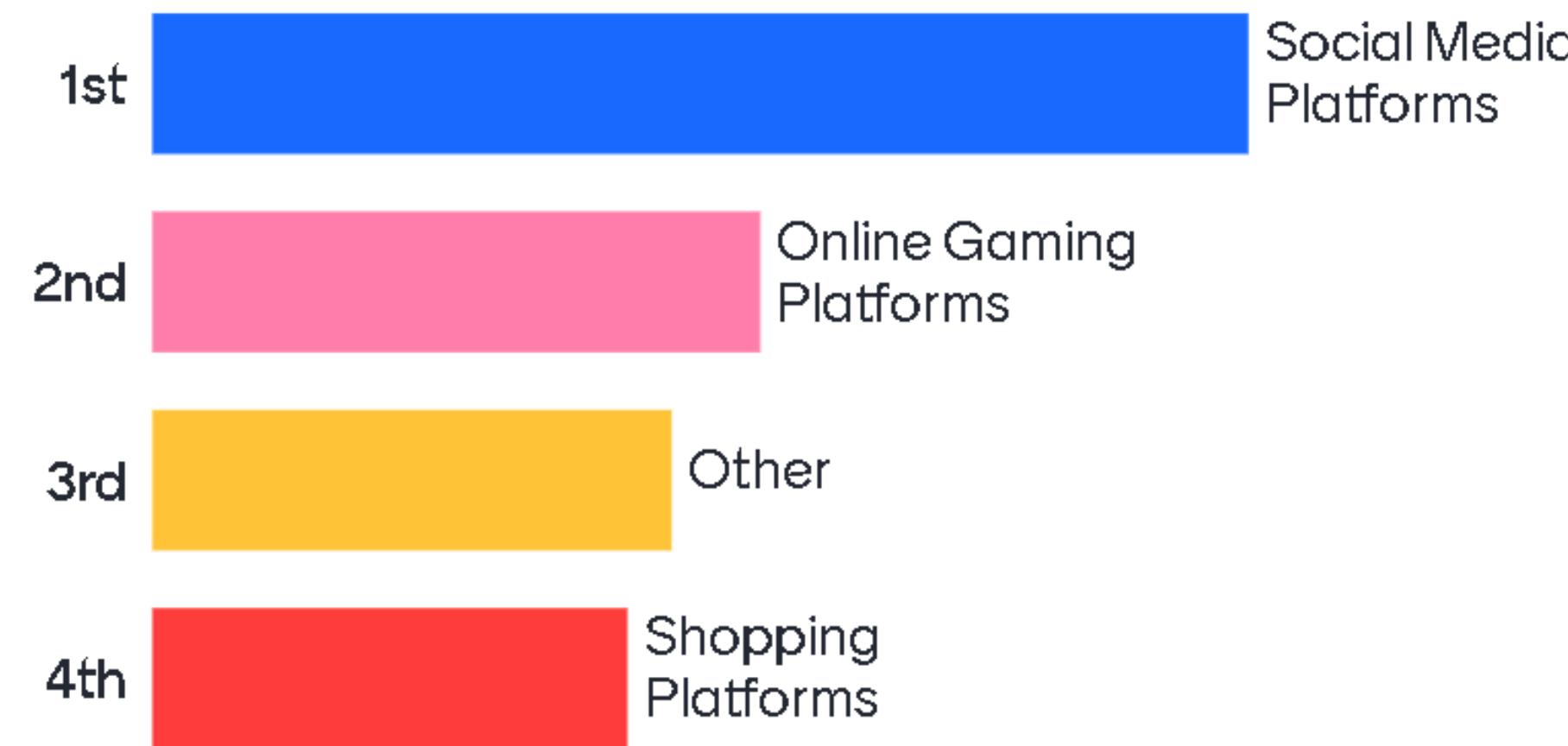
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## How much time do you spend on your phone or computer each day?



On which platforms are you most spending your time when you are online?



# Which activities may replace digital addiction among teenagers?

30 responses

Hang out with friends

camping

Learning an instrument

reading book

do puzzle

Traveling and spending more time in the nature

Read a book

Sport

playing piano

outdoor activities

Listen music

Reading a book

scouting

Going to a gym

Getting a hobby that involves physical



\* Press **SPACE** to group responses





# Conclusion

Digital addiction is a real problem, but with awareness, conscious choices, and healthy boundaries, you can reclaim control of your technology use and enjoy a balanced life.

**Cyberbullying**

**Cyberchondria**

**Internet Addiction**  
**Disorder**

**Nomophobia**

**Digital Detox**

**Digital Minimalism**

**Mindfulness**

**Tech Sabbath / Digital  
Fasting**



## WHAT IS DIGITAL SIMPLICITY?

And how can it help you ditch tech overwhelm once and for all?

Digital minimalism

Minimize time + use of tech in a utilitarian fashion.

Digital maximalism

Use all the things all the time.

Digital simplicity  
use the simplest tech solutions, which naturally limits tech use due to a lower learning curve + less maintenance.

# HELP ME I'M A HYPOCHONDRIAC!

Hypochondria & Cyberchondria - Health Anxiety with A Dash of Google



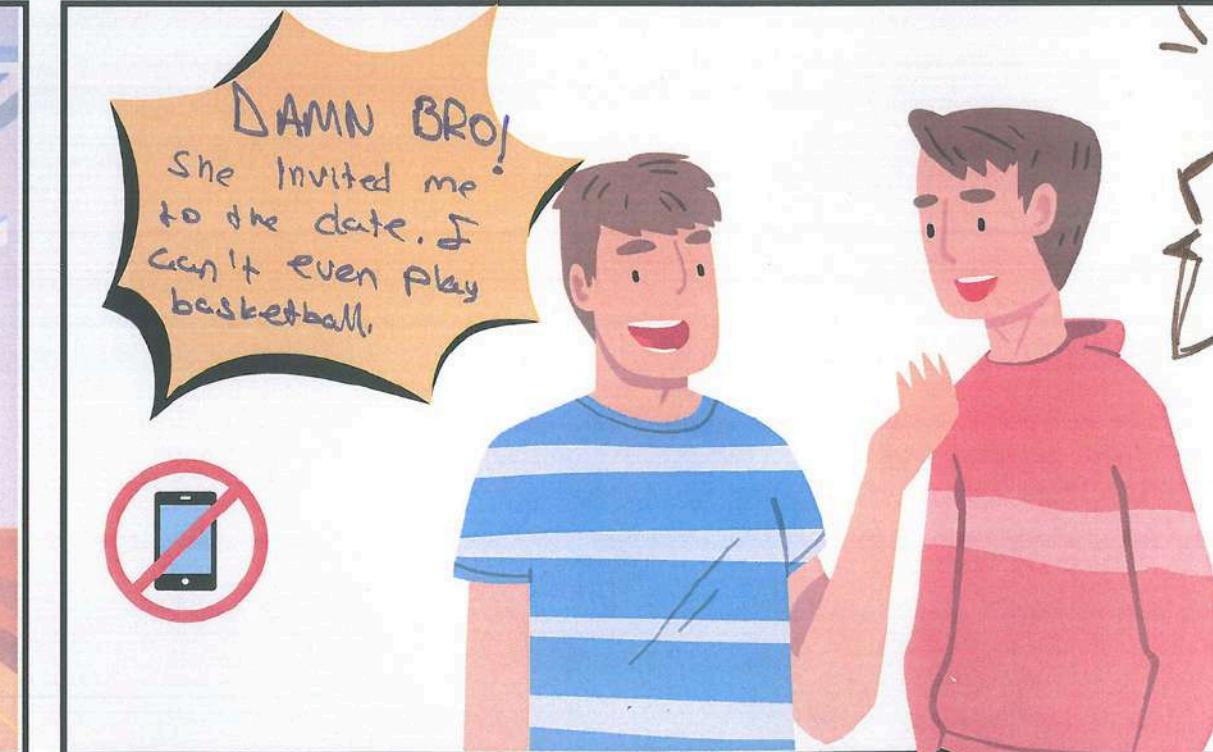
***HERE ARE THE COMIC  
STRIPS CREATED BY  
MIXED STUDENT  
GROUPS.***

# GROUP 1: DIGITAL DETOX

JAGODA/ BERKAY/  
KAAN SEFA/ IRMAK/  
MIGUEL

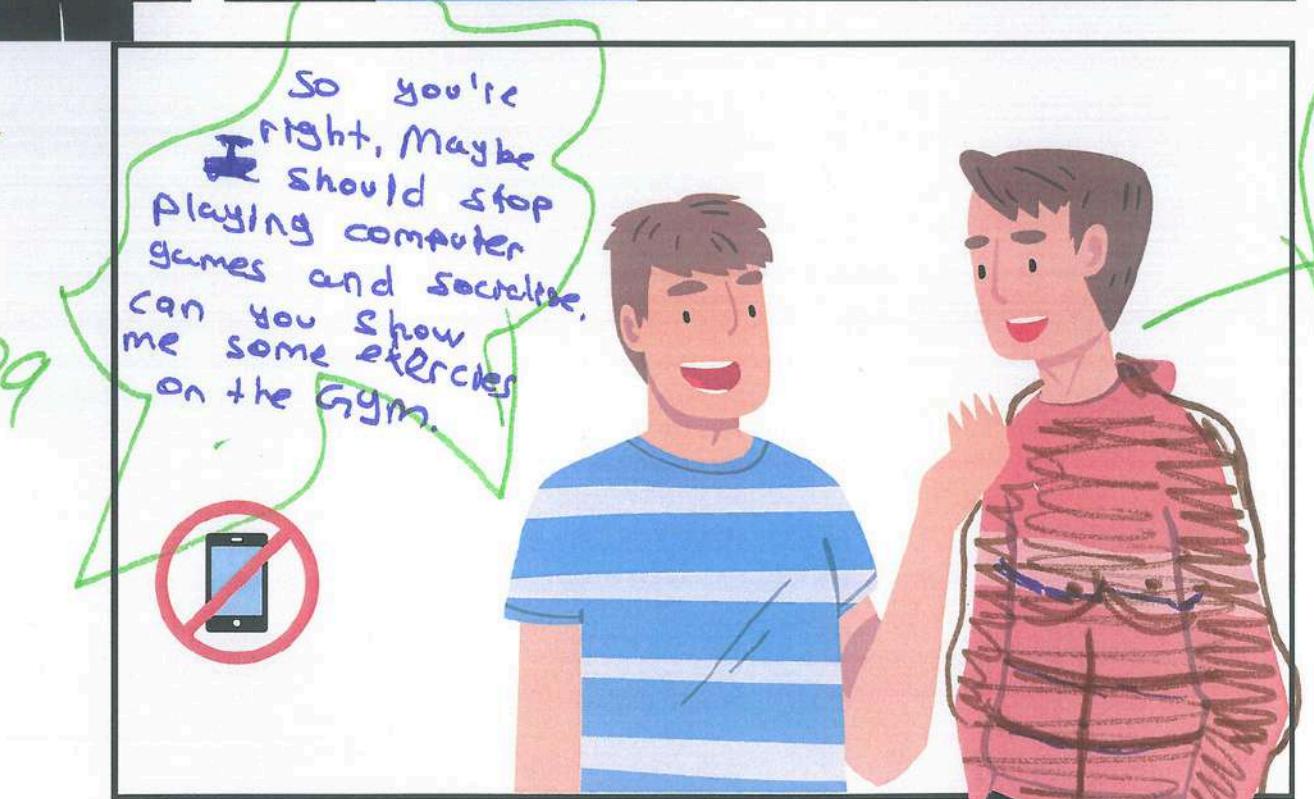
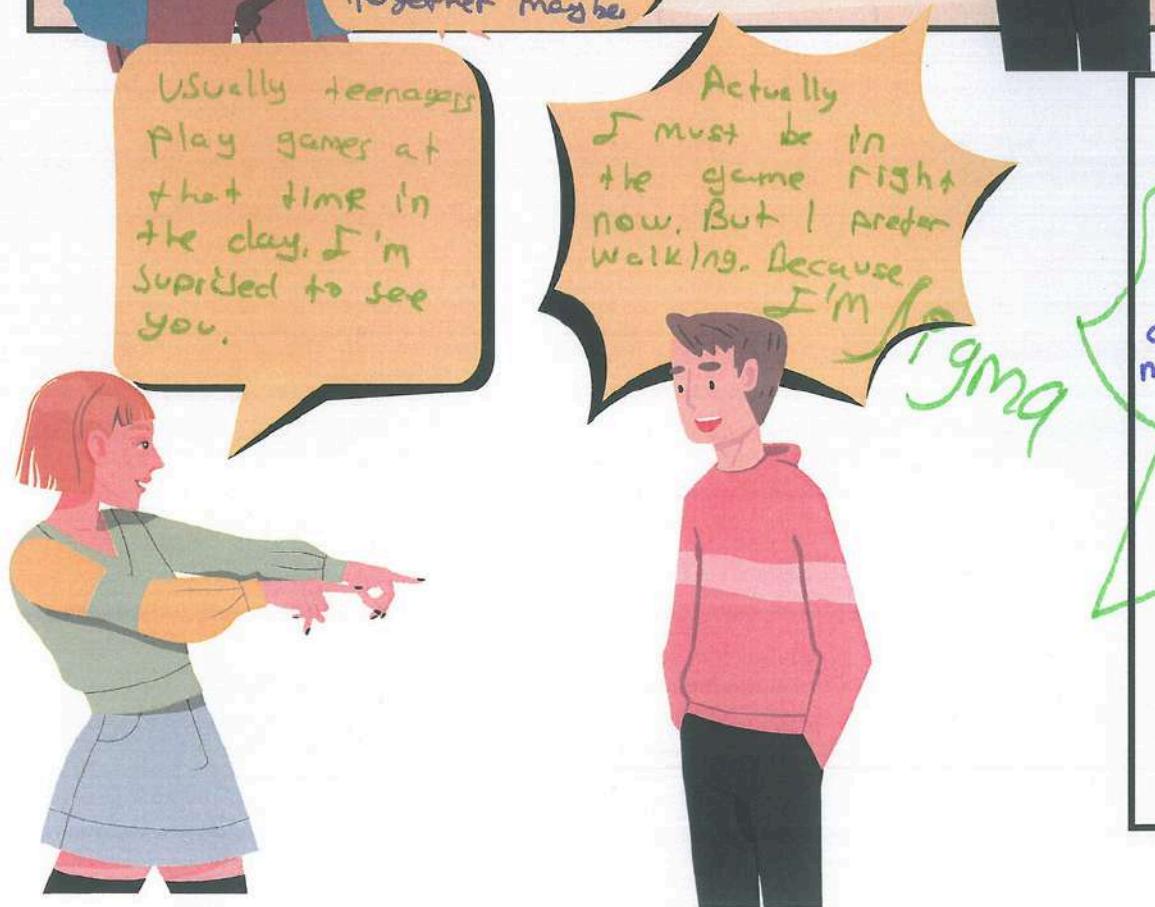
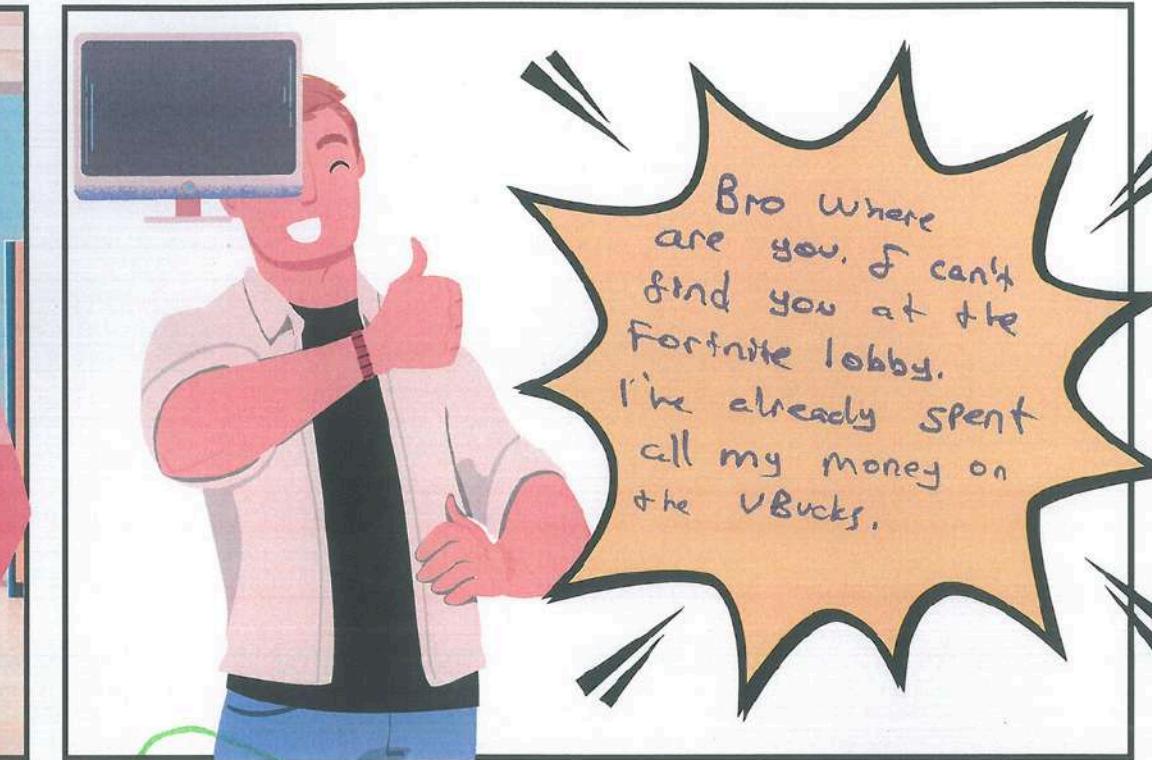
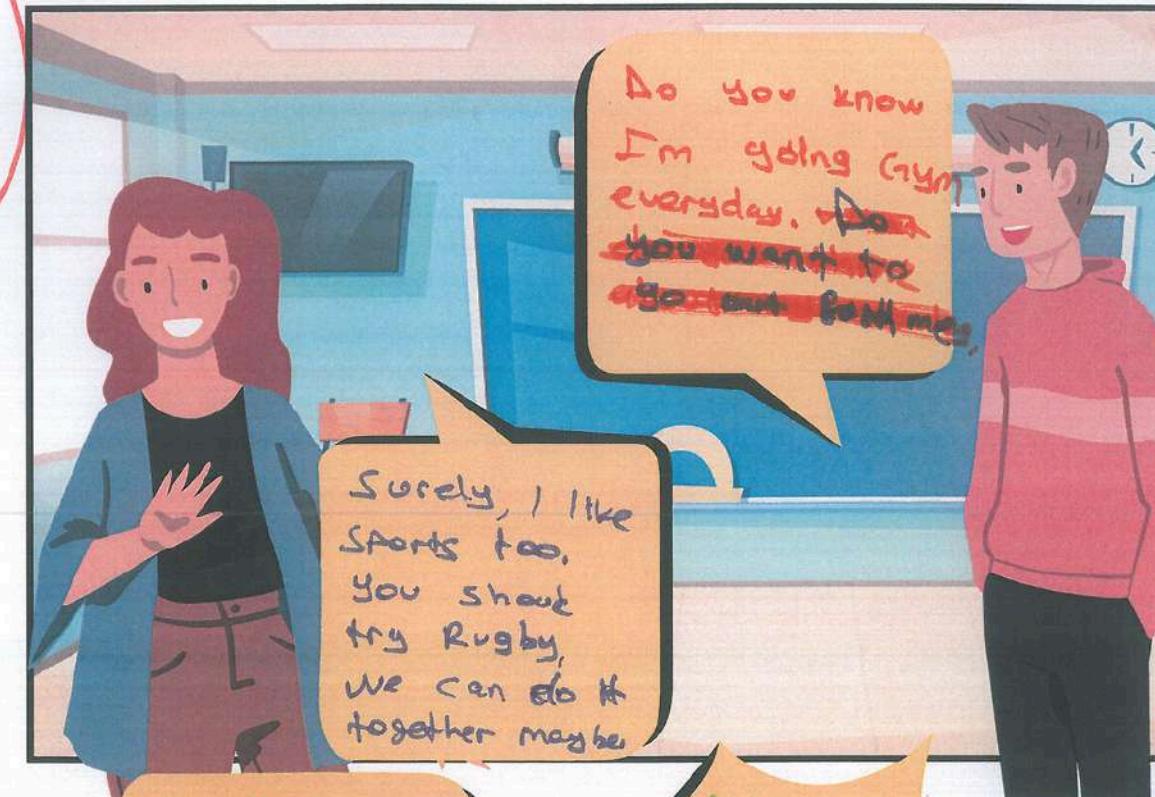
1

# CAN WE CONSIDER "DIGITAL DETOX" ??



# CAN WE CONSIDER "DIGITAL DETOX" ??

2



SIGMA MALE

3

## CAN WE CONSIDER "DIGITAL DETOX" ??



To sum up...

By ...

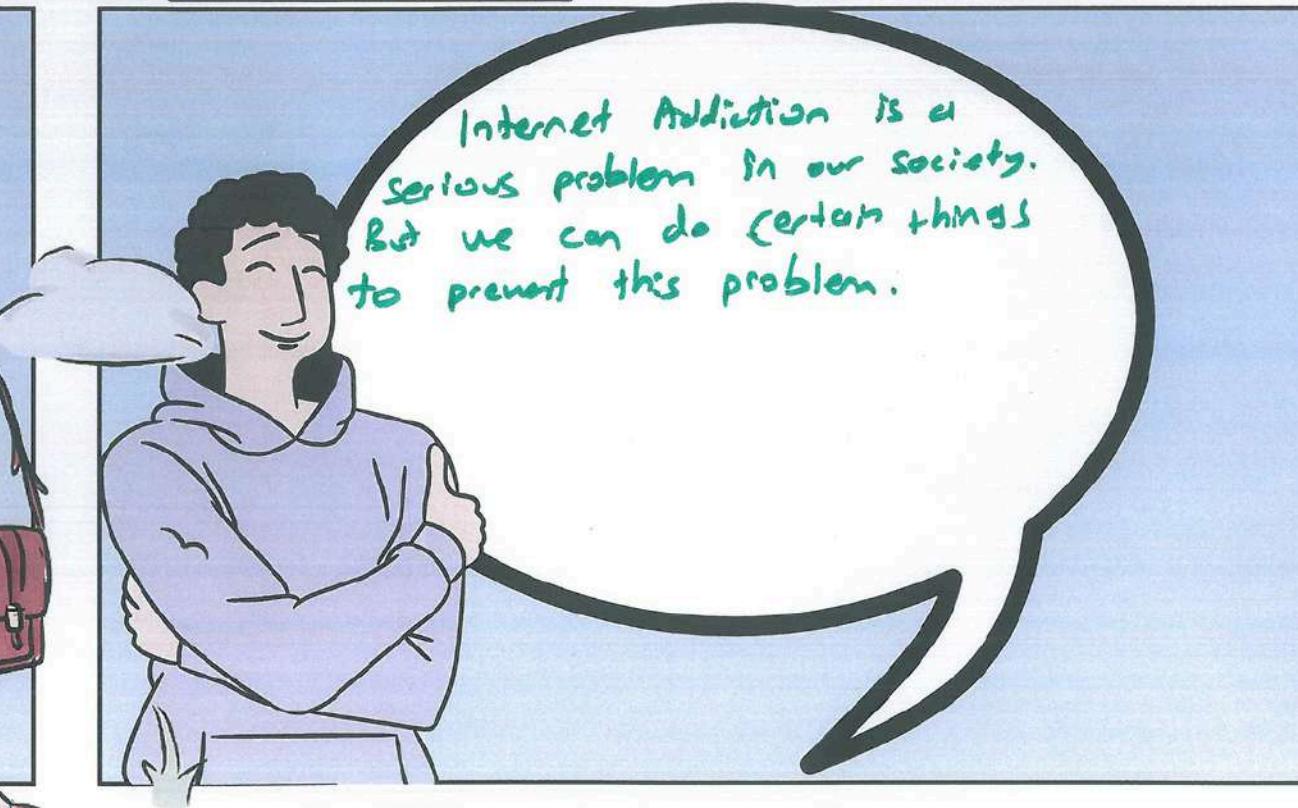
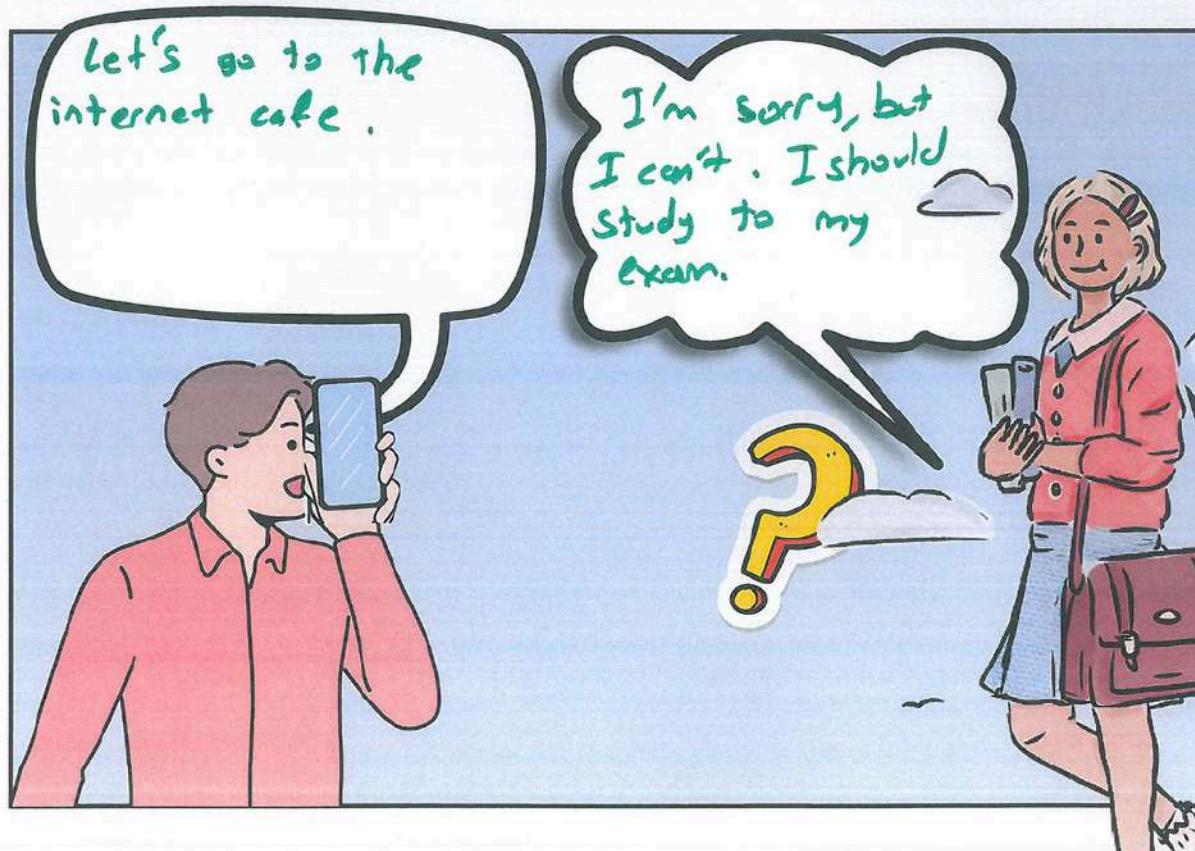
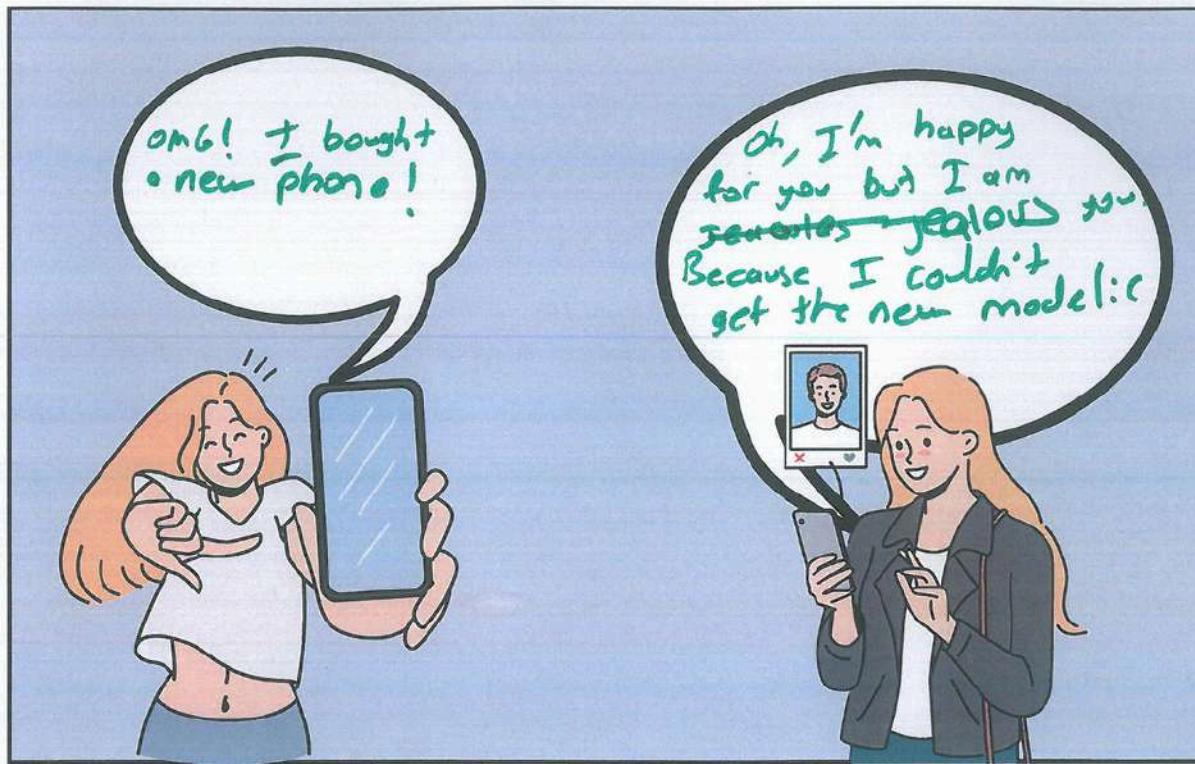
JAGODA   
Berkay  
Kaan Sofuo  
Irmak  
Miguel



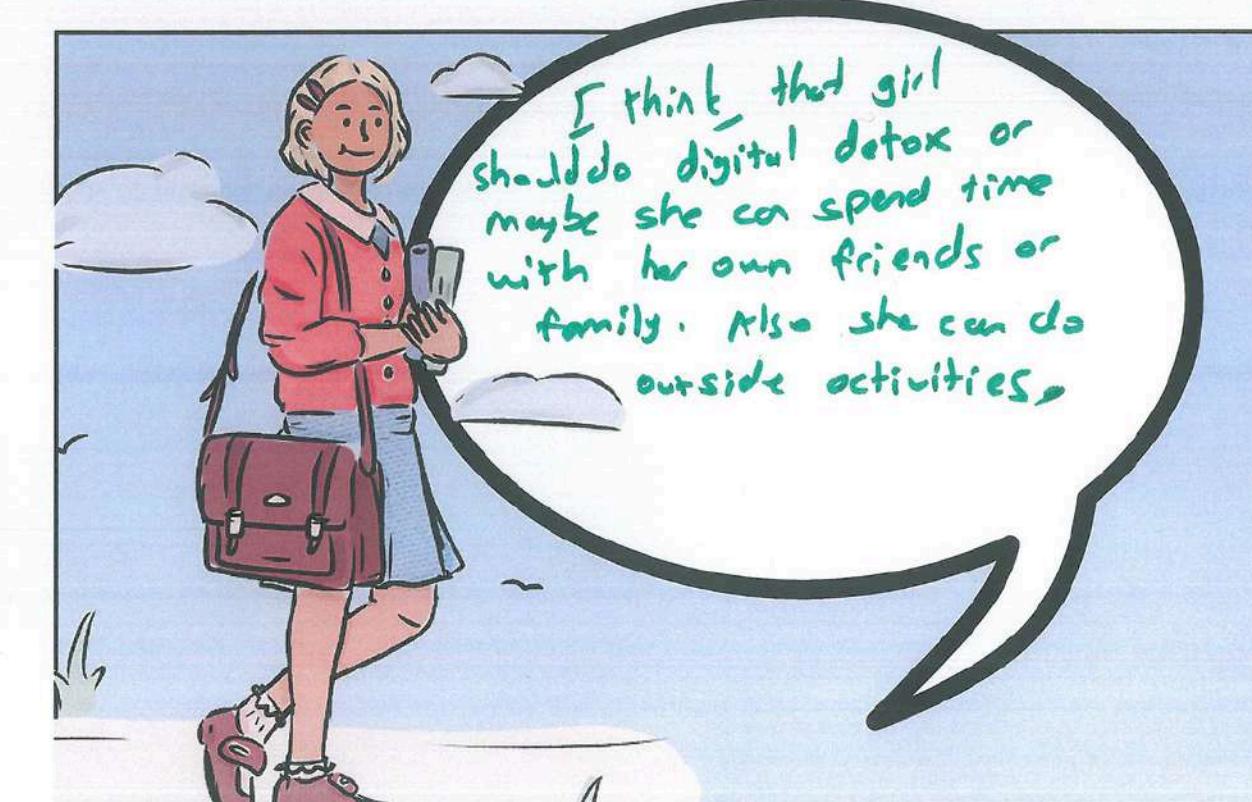
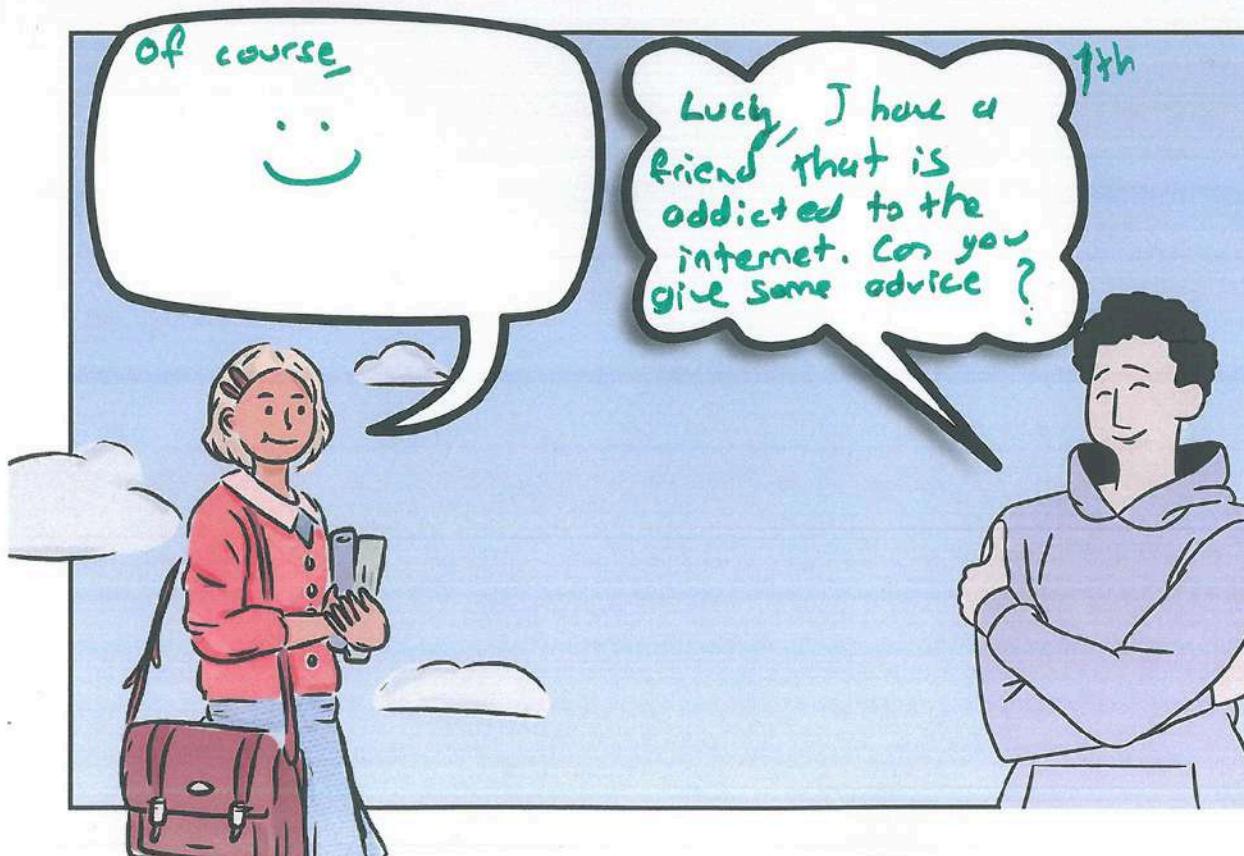
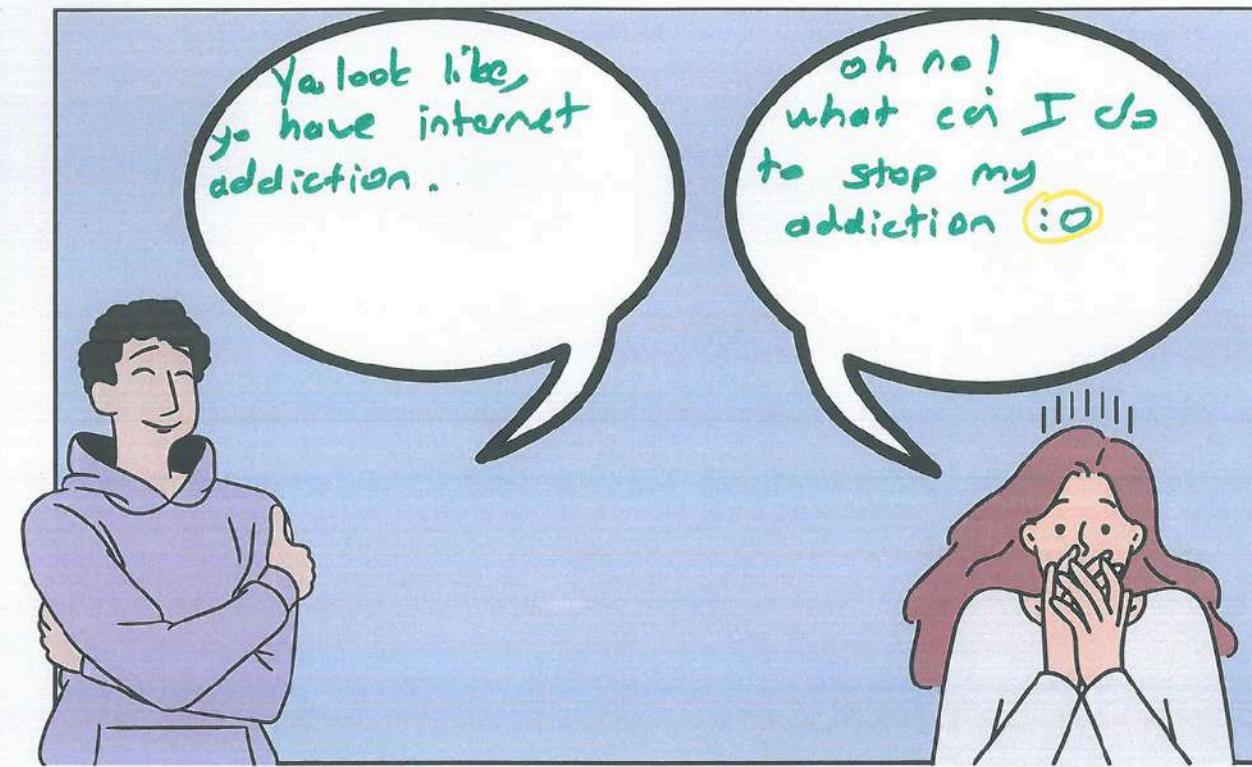
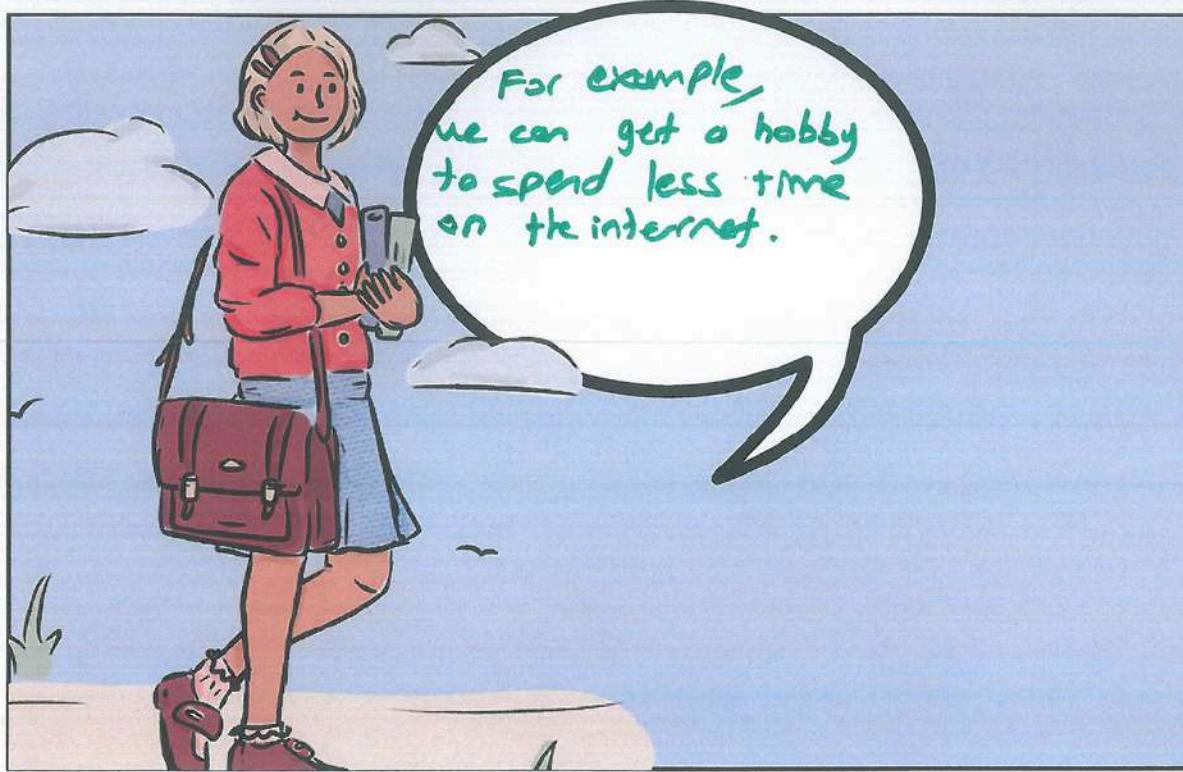
# **GROUP 2: INTERNET ADDICTION DISORDER**

**ARDA / NISA /  
TOMASZ / LUCIA / VASFİ**

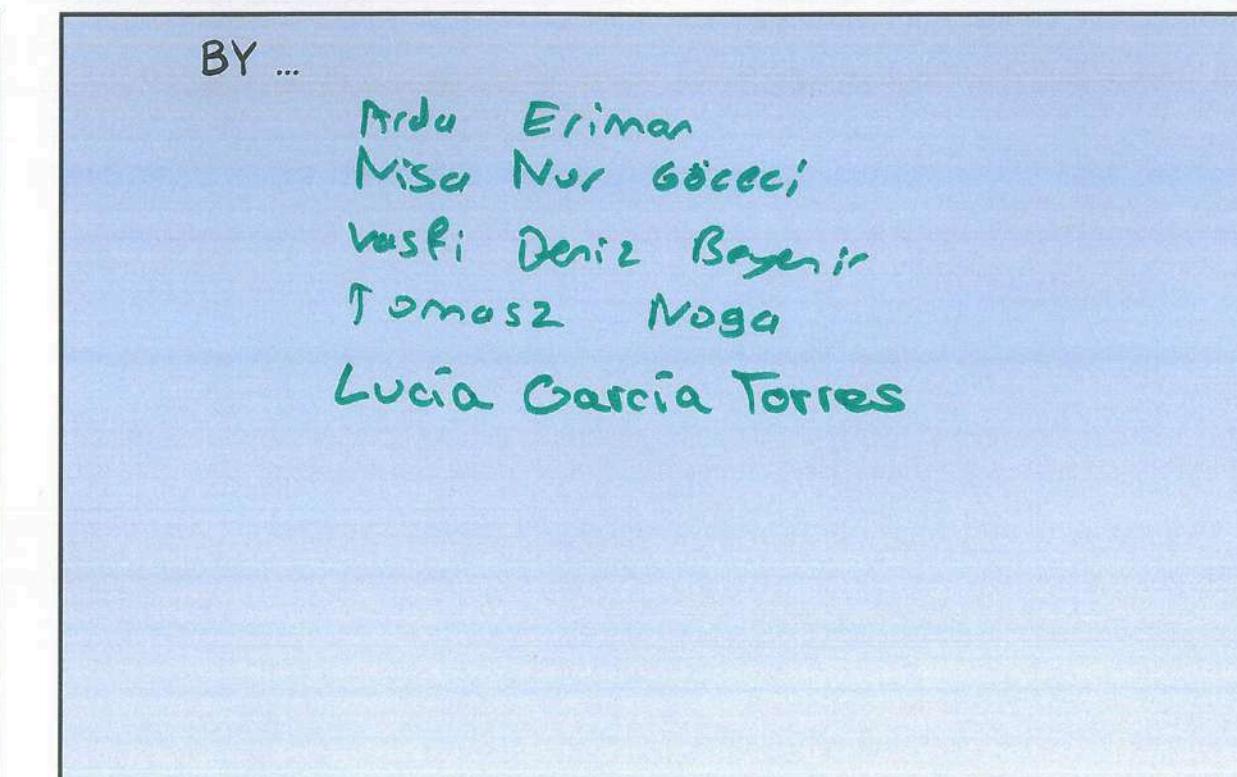
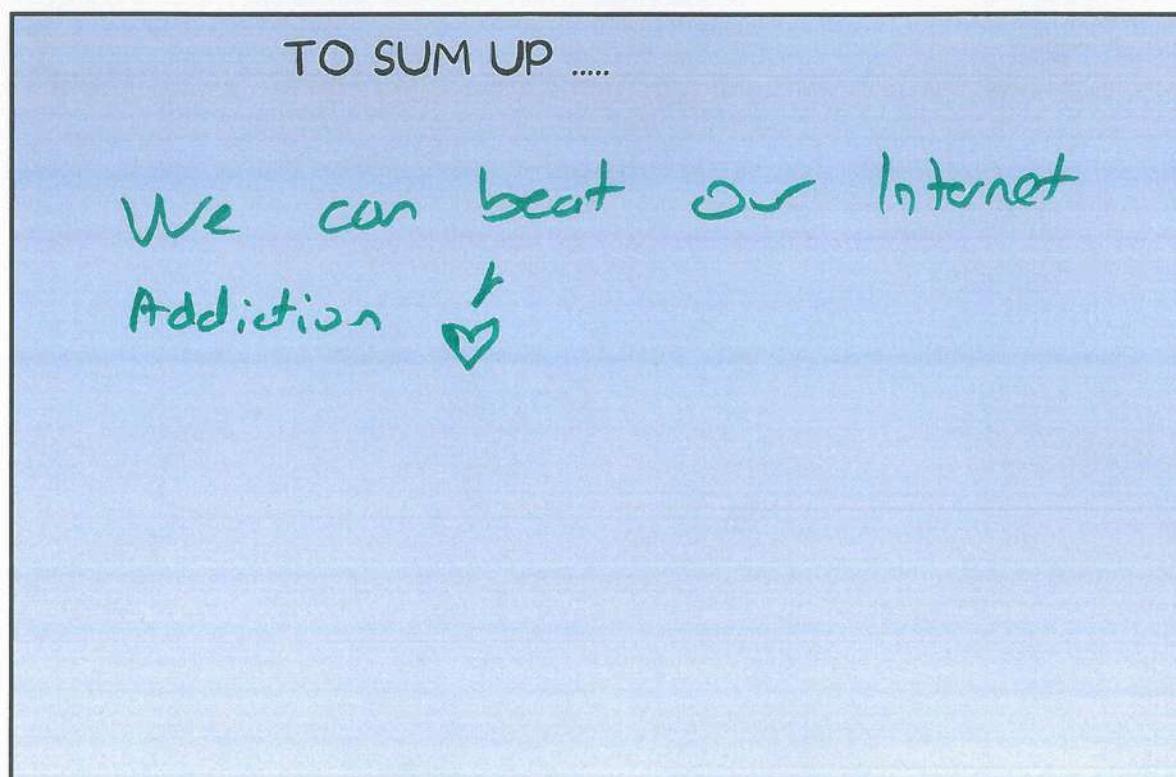
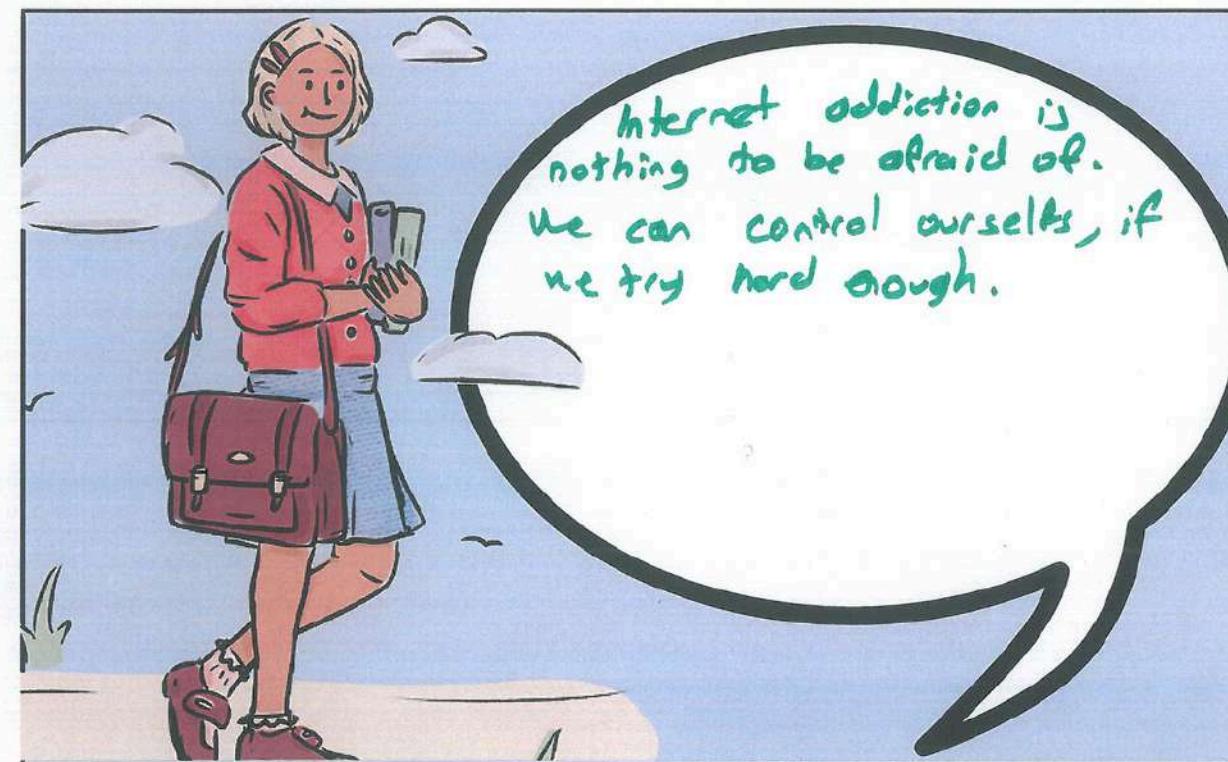
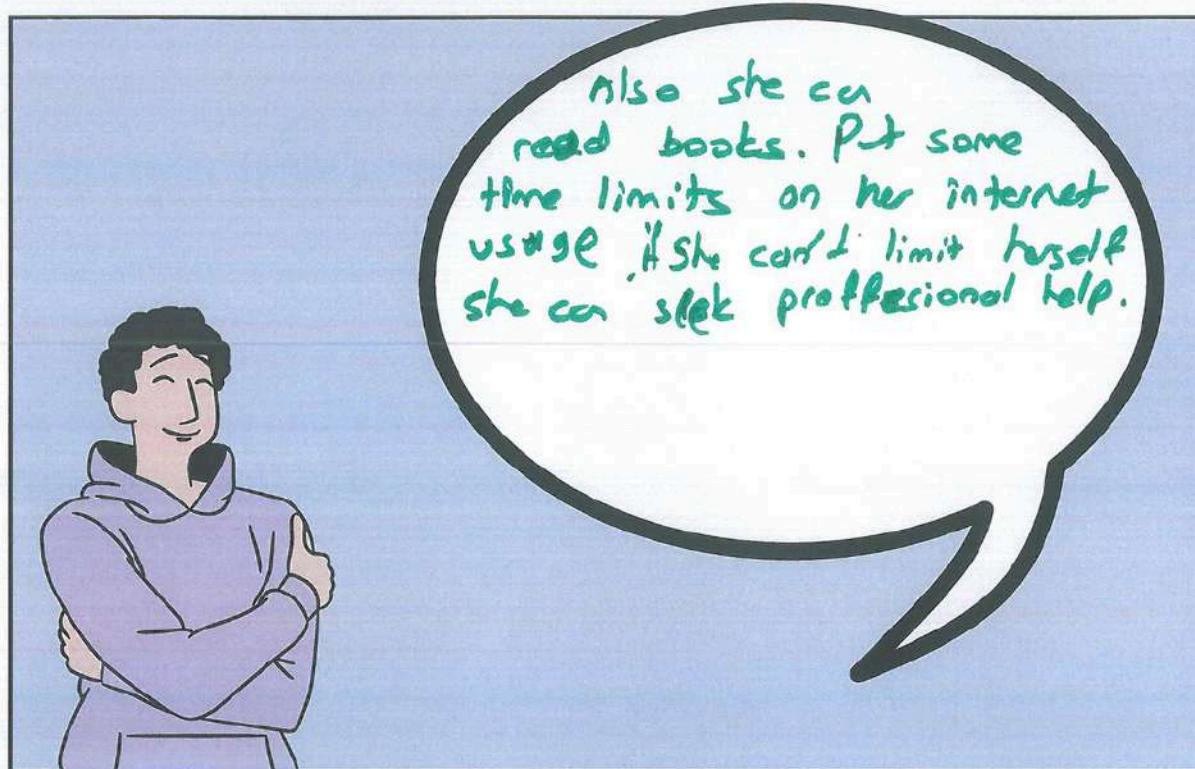
# Have you heard Internet Addiction Disorder (IAD) ?



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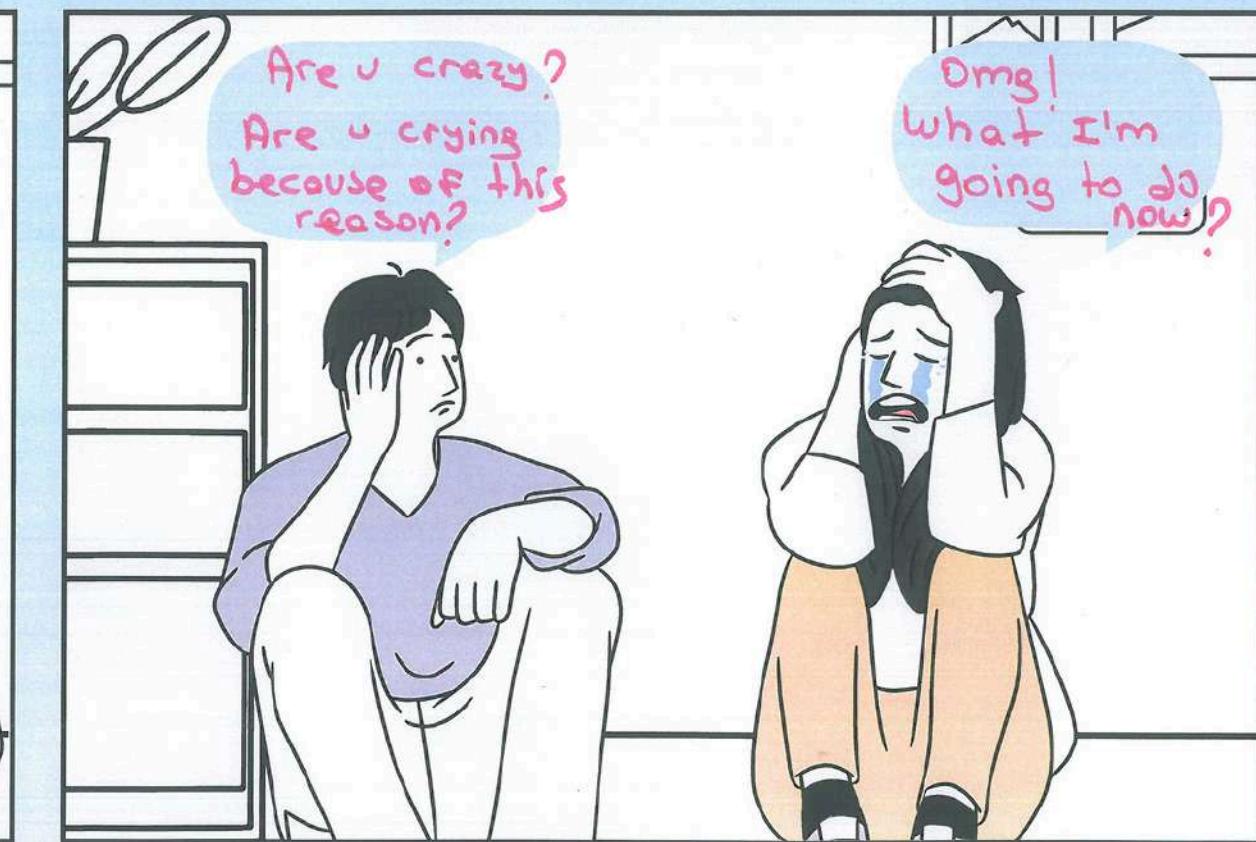
# Have you heard Internet Addiction Disorder (IAD) ?



# **GROUP 3: NOMOPHOBIA**

**CARMEN/ SALMA/ ELIF  
/TEOMAN/ TYMEK**

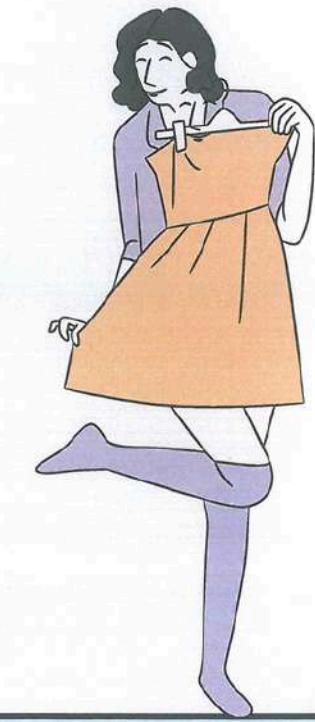
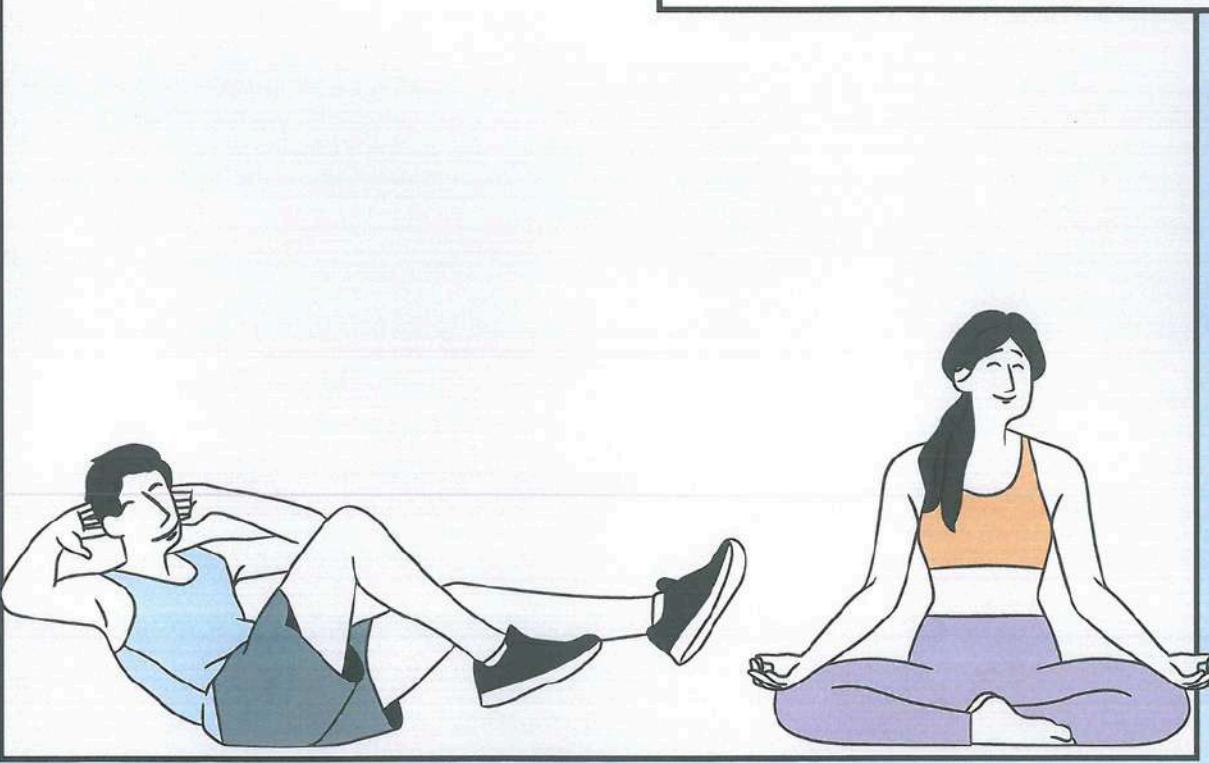
## SHALL WE TALK ABOUT NOMOPHOBIA ?



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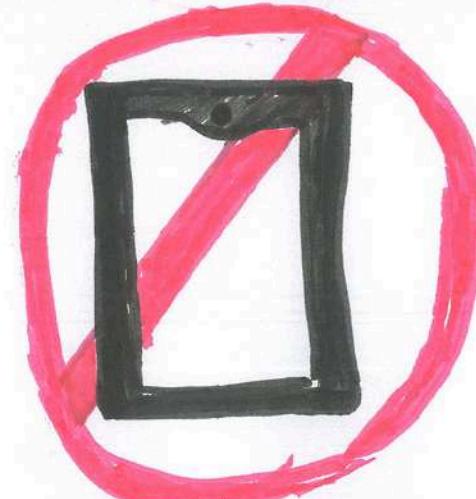


## SHALL WE TALK ABOUT NOMOPHOBIA ?



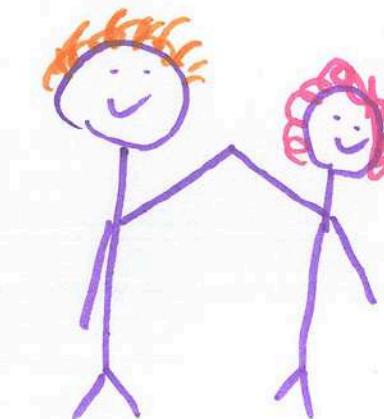
### TO SUM UP ....

Using a lot of technologies causes negatives effects in our mental health:



### BY...

You can avoid this by doing other activities such as going shopping, doing sport or hanging out with your friends



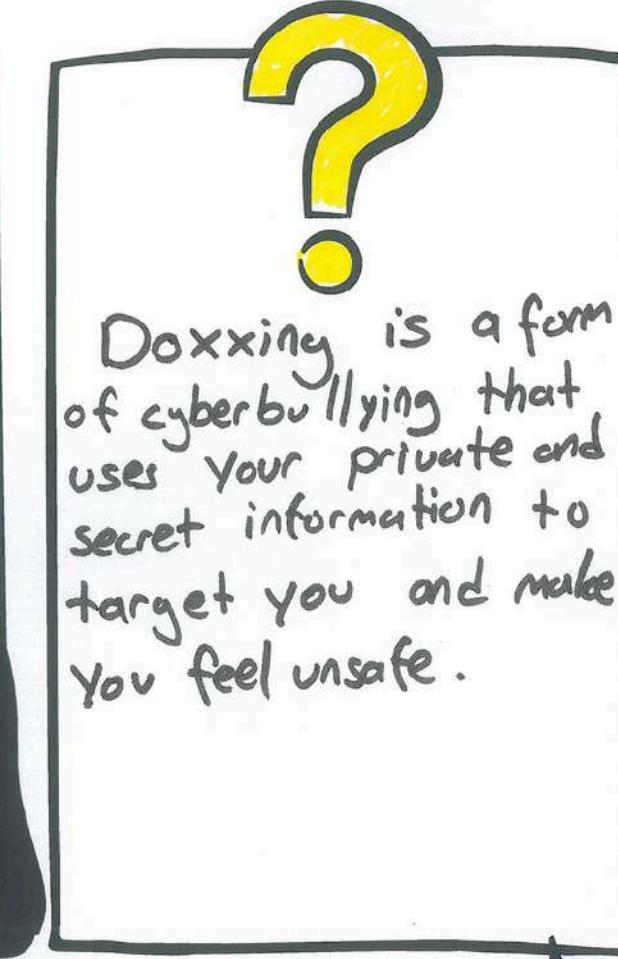
Carmen  
Salma  
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Teoman  
Tymek

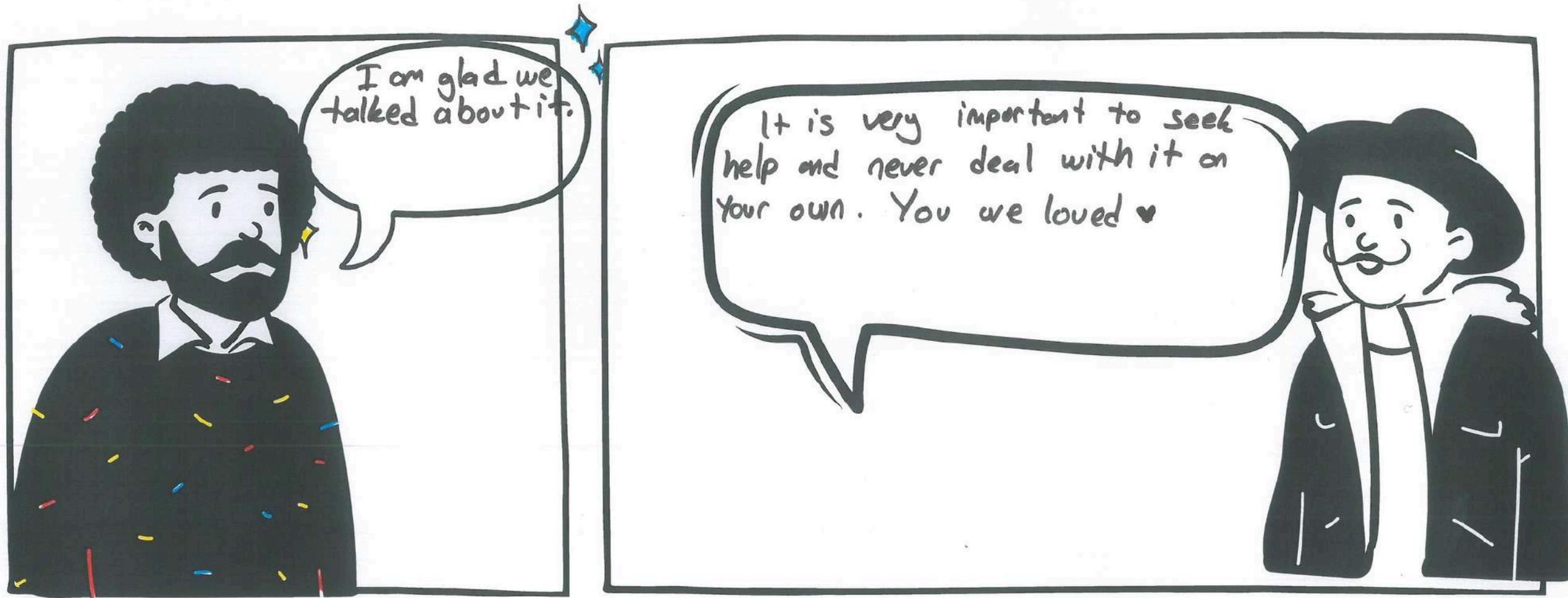
# **GROUP 4: CYBERBULLYING**

**SUKRAN ELIFSU / JESUS  
EFE / EMILIA / LILIANNA**

# Have we discussed the cyberbullying?







## to sum up...

Always protect your personal information online. Be careful who you trust and if you see something sketchy don't be quiet! SPEAK UP!!!

## by ...

- Sükran Elifsu ÇALKI
- Jesús Rodríguez Solano
- Efe Gökli
- Emilia Osličić
- Liana Matanah



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HOPE YOU  
ENJOYED  
READING

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