

PAUSE YOUR SCREEN

Tools to support educators and care providers
in their prevention and awareness actions

PAUSE

RISK FACTORS AND APPROPRIATE INTERVENTIONS

There are several factors that increase the probability of someone developing problems related to their use of screens and the Internet. A solid grasp of these risk factors will allow you to identify those who are at risk and develop prevention practices better suited for their needs.

	RISK FACTORS	APPROPRIATE INTERVENTIONS
INDIVIDUAL	<ul style="list-style-type: none">• Age (15 to 24 years)• Mental health problems (anxiety, depression, etc.)• ADHD diagnosis• Learning disabilities and difficulty concentrating• Impulsiveness• Low self-esteem• Aggravating circumstances (breakup, move, death, etc.)• Sleep problems• Suicidal thoughts or past suicide attempts	<ul style="list-style-type: none">• Raise awareness among youth about the negative physical, psychological and social effects of unbalanced use• Help the person identify the reasons for their use, as well as the advantages and disadvantages• Encourage socialising offline and the discovery of new activities• Help the person set small, realistic goals (avoid quick solutions or ones that are too removed from the person's reality)• Share the support resources available, helpful measures to manage use, and courses of action that foster balance• Refer for a clinical evaluation and an individual follow-up
RELATED TO THE FAMILY ENVIRONMENT	<ul style="list-style-type: none">• Lack of parental support• No or few family rules regarding Internet and technology use• Family conflicts• Values that foster excessive use	<ul style="list-style-type: none">• Raise awareness among parents regarding rules for Internet and technology use at home• Help the person identify the moments when they fall into unbalanced use by making possible links with their past

<p>RELATED TO THE LIFE ENVIRONMENT</p>	<ul style="list-style-type: none"> • Lack of social support • Actions, attitudes and values that foster an intensive use of technologies • Lack of rules 	<ul style="list-style-type: none"> • Raise awareness in the settings of the risks and consequences associated with use • Create environments conducive to balanced use • Implement rules to encourage balanced use • Create offline zones
<p>RELATED TO THE INTERNET</p>	<ul style="list-style-type: none"> • More than 4 hours per day • Multiplayer online video games, online gambling games, online pornography, cybersex • See the reference tool: <i>“Why is it so easy to develop an unbalanced Internet use?”</i> 	<ul style="list-style-type: none"> • Raise awareness among users about the risk of addiction associated with the Internet and technology • Change device settings to reduce triggers • Download applications (Moment, Space, etc.) to better understand and manage use

PREVENTION AND INTERVENTION: BEST PRACTICES

- Establish a dialogue by remaining open and taking an interest in what the person is doing online.
- Offer guidance by adopting a neutral, non-judgmental attitude.
- Encourage the person to reflect on and question their use.
- Keep in mind that other causes could explain the person’s difficulties.
- Recognize the positive aspects (well-being, socialising, entertainment, sense of effectiveness) of Internet use.
- Try to understand the function of the behaviour, the needs that are met through the use of technology and those that aren’t met in the person’s offline life.
- Make online habits, as well as their consequences in offline life, tangible (e.g., a young person scrolls on average the equivalent of a 12-floor building per day, 32.9 hours per week online represents a full-time job without pay, etc.).
- Help the person set personal, realistic goals, anticipate obstacles, and develop a plan to face them (see reference tool *“Take action”*).

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