

# SCREENAGERS

1 December 2025

David Thompson Secondary School

## UNDERSTANDING INTERNET & SCREEN ADDICTION

Adapted from Screenagers: Growing Up in a Digital Age



Scan this QR Code to  
Access more “The  
Screenagers Movie” Series  
and Additional Resources

What Does “Addiction”  
Really Mean?

Many of us casually say, “I’m addicted to my phone” or “I’m addicted to chocolate.” However, clinical addiction means something very different. It is defined by:

- Negative consequences: Problems with school, work, relationships, or daily life
- Tolerance: Needing more and more time with the substance or activity to feel the same effect
- Withdrawal: Feeling anxious, sad, or restless when away from it
- Inability to stop: Repeatedly trying but failing to cut back or quit

## INTERNET AND GAMING ADDICTION

The term internet addiction is complex because the internet includes so many different activities. Currently:

- Internet Gaming Disorder is under review by the American Psychiatric Association (APA) for possible recognition as a clinical diagnosis.
- Research shows brain scans of people with severe gaming habits look similar to those of people addicted to substances like cocaine.
- However, “internet addiction” overall is not yet recognized as an official diagnosis because it’s difficult to define what specific parts of online life are addictive.



## HOW TO START THE CONVERSATION

Even if your child doesn’t show signs of addiction, discussing these questions together can help open honest conversations about healthy screen use.

Too Much Screen Time?



# VIDEO GAME ADDICTION QUESTIONNAIRE

Developed by Dr. Paul Gentile

Answer Yes, Sometimes, or No to each:

1. Do you spend a lot of time thinking about video games or planning when you'll play next?
2. Do you need more time or money on games to feel the same excitement?
3. Have you tried to cut back but couldn't?
4. Do you get upset or irritable when you can't play?
5. Do you play to escape from problems or bad feelings?
6. Have you ever lied about how much you play?
7. Have you ever stolen money or a game to support your gaming?
8. Do you skip chores to keep playing?
9. Do you skip homework to play?
10. Have you done poorly on an assignment or test because of gaming?
11. Have you ever needed money from others because of gaming expenses?

If your child answers “Yes” or “Sometimes” to 6 or more questions, they may be at risk for problematic gaming and could benefit from setting limits and support



Scan this QR Code to Access more to access ScreenAgers Movie Youtube Channel for more ScreenAgers Related contents and shorts

## Articles & Resources

Explore these credible sources for more information:

- *What is Social Media Addiction?* — **Social Media Victims Law Center**
- *Addictive Potential of Social Media, Explained* — **Stanford Medicine Scope Blog**
- *Learning How to Exert Self-Control* — **The New York Times**
- *New Study Identifies the Most Definitive Signs of “TikTok Addiction”* — **PsyPost**
- *Internet Gaming Disorder in the DSM-5* — **American Psychiatric Association**

## Final Thoughts

Understanding the difference between habitual use and addictive behavior can help families set healthy boundaries.

Use these tools to start conversations—not judgments—about screen time, balance, and well-being.

# PARENT GUIDE: SETTING UP AND UNDERSTANDING SCREEN TIME APPS

Inspired by Screenagers: Growing Up in the Digital Age

## Why Use Screen Time Apps?

Screen time apps help parents:

- Set healthy limits around phone, gaming, and social media use
- Track app usage and daily device time
- Encourage balance between online and offline activities
- Open conversations about digital wellbeing and responsibility

## For Android Users

Recommended App: Google Family Link (free on Play Store)

Set Up Steps:

1. Download Family Link (Parent) on your phone and Family Link (Child/Teen) on your child's phone
2. Link both accounts using your Google logins
3. Set daily screen limits or device bedtime
4. Approve or block specific apps and downloads
5. View activity reports showing how time is spent online

💡 Tip: Family Link also allows you to lock devices remotely or set “focus hours” for school or homework time.



Scan this QR Code to  
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ScreenAgers Resources  
and Access the Screen  
free Sleep website by  
ScreenAgers

## For Apple (iPhone/iPad) Users

Built-in Tool: Screen Time (found in Settings)

Set Up Steps:

1. Go to Settings → Screen Time → Turn On Screen Time
2. Tap Set Up as Parent
3. Use Downtime to schedule phone-free hours (e.g., bedtime, study time)
4. Use App Limits to restrict daily time for apps (like TikTok or YouTube)
5. Use Content & Privacy Restrictions to filter age-appropriate content
6. Review Weekly Reports together to discuss screen habits

💡 Tip: You can connect your child's device through Family Sharing to manage all settings remotely.

## Conversation Starters

- “What do you like most about being online?”
- “When do you think it's hardest to stop scrolling?”
- “How can we make screen time more balanced together?”

## Remember

The goal isn't to control—it's to collaborate. Use these tools to start open, ongoing conversations about healthy screen habits.

FOR MORE RESOURCES: VISIT [WWW.SCREENAGERSMOVIE.COM](http://WWW.SCREENAGERSMOVIE.COM)  
PRESENTED BY DAVID THOMPSON SECONDARY COUNSELLING DEPARTMENT

# FAMILY SCREEN TIME AGREEMENT (SAMPLE)

## Our Family's Why

We believe that screen time should support our goals, health, and relationships—not take away from them. This agreement helps our family find balance between technology use and other important parts of life such as school, hobbies, and time together.

## Our Family Rules

### 1. Screen-Free Times

- During meals and family gatherings
- One hour before bedtime
- During homework unless required for schoolwork
- Other: \_\_\_\_\_

### 2. Screen-Free Zones

- Bedrooms after a set time
- Bathrooms
- At the dinner table
- Other: \_\_\_\_\_

### 3. Daily Screen Limits

We agree to limit recreational screen use to: \_\_\_\_\_ hours per weekday \_\_\_\_\_ hours per weekend day

### 4. Respectful Use

We will:

- Use kind, appropriate language online and offline
- Ask permission before posting or sharing someone's photo
- Keep passwords private and respect each other's privacy

### 5. Responsibilities Before Screen Time

Screens are earned after:

- Homework is complete
- Chores are done
- Exercise or outdoor time is finished

## 6. Nighttime Device Routine

- Devices charge overnight outside bedrooms
- Bedtime for all devices: \_\_\_\_\_ p.m.

## 7. Family Connection

- We will schedule at least one screen-free family activity per week (e.g., walk, meal out, board game, or outing)

### If Problems Arise

If rules are broken, we will discuss what happened calmly and fairly. Possible consequences include a temporary loss of device use or extra offline responsibilities.

### OUR COMMITMENT

**BY SIGNING BELOW, WE AGREE TO USE TECHNOLOGY RESPONSIBLY,  
RESPECTFULLY, AND IN WAYS THAT STRENGTHEN OUR FAMILY  
RELATIONSHIPS.**

**FAMILY MEMBER**

**SIGNATURE**

**DATE**

**PARENT/GUARDIAN**

\_\_\_\_\_

\_\_\_\_\_

**PARENT/GUARDIAN**

\_\_\_\_\_

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**CHILD/TEEN**

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**CHILD/TEEN**

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