ADAMHS BOARD
MONTGOMERY COUNTY
ALCOHOL | DRUG ADDICTION | AND MENTAL HEALTH SERVICES

Montgomery County Prevention Coalition
Educate | Advocate | Empower

CAN'T STOP SCROLLING?

As technology changes and advances, we have a greater chance of becoming dependent on our digital devices.

DID YOU KNOW?

45% OF TEENS check their phone every hour

9 HOURS is the average amount of screen time teens spend every day. The CDC recommends children spend no more than 2 hours a day in front of a screen.

Signs of Dependency

- Feeling a constant need to check your phone
- Spending more than 2 hours a day on social media or gaming
- Using social media or gaming to avoid feelings of anxiety or depression
- Feeling like you need to get likes, keep a streak, or win a game at all costs
- Spending more time with technology than you do with friends or family

DON'T LET TECH TAKE OVER

- Turn off social media notifications
- Set up phone-free periods every day
- Move social media apps to the last page of your phone screen
- Put your phone away during meals
- Charge your phone away from your bed and don't use it as your alarm clock

Learn more tips to take back control at: DigitalDetox101.org

"Dealing with Devices: The Parent-Teen Dynamic: Common Sense Media." Common Sense Media: Ratings, Reviews, and Advice, www.commonsensemedia.org/technology-addiction-concern-controversy-and-finding-balance-infographic., DocumentCloud, www.documentcloud.org/documents/2448422-being-13-report.html., "How Your Brain Is Getting HACKED: Facebook, Tinder, Slot MACHINES: Tristan HARRIS: Big Think." YouTube, 4 July 2017, youtube/JgkvTRz_Alo., Lenhart, Amanda. "Teens, Social Media & Technology Overview 2015." Pew Research Center: Internet, Science & Tech, Pew Research Center, 30 May 2020, www.pewresearch.org/internet/2015/04/09/teens-social-media-technology-2015/., Palaus, Marc, et al. "Neural Basis of Video Gaming: A Systematic Review." Frontiers, Frontiers, 1 Jan. 1AD, www.frontiersin.org/articles/10.3389/fnhum.2017.00248/full., Prescott, Anna T., et al. "Metaanalysis of the Relationship between Violent Video Game Play and Physical Aggression over Time." PNAS, National Academy of Sciences, 2 Oct. 2018, www.pnas.org/content/115/40/9882., Sherman LE;Payton AA;Hernandez LM;Greenfield PM;Dapretto M; "The Power of the like IN Adolescence: Effects of Peer Influence on Neural and Behavioral Responses to Social Media." Psychological Science, U.S. National Library of Medicine, pubmed.ncbi.nlm.nih.gov/27247125/.