

# THE WCR LEARNING COMMUNITY

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A young woman using her laptop  
Photo: Ed Yourdon, Flickr

## Teens and screens

Adapted from *The Vancouver Sun*

Level 3

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Teenage Internet addiction\*  
is on the rise in B.C.

Many teenagers now spend 7 to 14 hours  
a day on the Internet.

Parents and teachers worry  
these teenagers might be addicted  
to the Internet.

\* (say: ah-dik-shun)

## Links:

A directory of B.C. counsellors for  
Internet addiction:

<http://counsellingbc.com/counsellors/practice/addiction-internet-89>

A CBC article on worldwide Internet  
addiction

<http://www.cbc.ca/news/technology/story/2013/03/04/canadian-internet-stats.html>

A PBS video about an "Internet rescue camp"  
in South Korea

<http://www.pbs.org/wgbh/pages/frontline/digitalnation/virtual-worlds/internet-addiction/internet-rescue-camp.html>

(Illustrations are on the next page.)

## Illustrations:

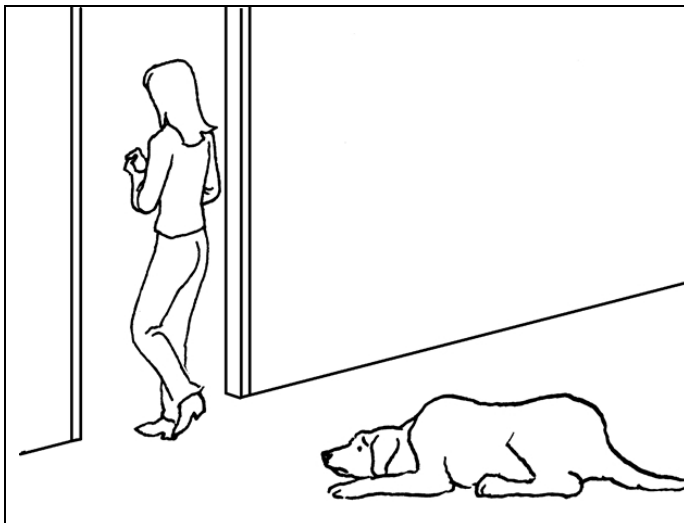
There are many signs of Internet addiction:



1. Some teenagers may not sleep well.



2. Some teenagers may not take care of themselves.



3. Some teenagers may neglect family, friends, school and other things.



4. Some teenagers may feel sad or angry when they cannot use the computer.

Illustrations by: Nola Johnston