

MEDIA ADDICTION CHECK LIST

Six Key Questions for Parents to ask:

Yes

No

1. Is watching the TV or playing the computer the first thing your child wants to do in the morning?

2. Would your child generally prefer to be alone in front of the screen rather than doing things with friends or family?

3. Is your child particularly depressed when he or she comes away from the screen?

4. Does he or she seem to be thinking of the screen most of the time?

5. Is your child 'screen blinkered' - in other words, can he or she focus on anything other than screen-based activity? Does he or she have difficulty completing any non-screen based activity?

6. Does he or she need the television or computer before he or she goes to sleep at night?

Remember, if most of your answers are 'yes', your child is not necessarily addicted but you should watch the situation carefully.



**Read about addiction threats in
Chapter 3 of The Media Diet for Kids**

