

**YOUTH EXCHANGE**

**THE DIGITAL  
VACCINE**

**A GUIDE TO PREVENT DIGITAL ADDICTIONS**

# ADDICTION TO PORNOGRAPHY

ADDICTION TO PORNOGRAPHY IS THE CONSTANT ABNORMAL AND EXCESSIVE USE OF PORNOGRAPHIC MATERIAL, WHICH LEADS TO THE LOSS OF CONTROL REGARDS TO THAT PRACTICE, A MODIFICATION OF THE EMOTIONAL STABILITY AND THE PERTUBATIONS OF THE PERSONAL, PROFESSIONAL AND SOCIAL LIFE FOR A CERTAIN AMOUNT OF TIME.



# SOLUTIONS

- TO PROVIDE A SEX EDUCATION AT SCHOOL BUT AT HOME AS WELL
- TO HAVE A GOVERNMENTAL INFORMATIVE CAMPAIGNS
- TO ESTABLISH A PARENTAL CONTROL
- TO FOLLOW A THERAPY OR A TREATMENT



# "STOP NOW" PORNOGRAPHY



# GAMBLING

IS THE IRREPRESSIBLE DRIVE TO  
CONTINUE GAMBLING DESPITE THE  
NEGATIVE EFFECTS IT HAS ON ONE'S LIFE.

LIKE ALCOHOL OR DRUGS, GAMBLING  
MAY CAUSE THE BRAIN'S REWARD  
SYSTEM TO BECOME STIMULATED, WHICH  
CAN RESULT IN ADDICTION.



# GAMBLING: SOME NUMBERS

THE NUMBER OF CONSUMERS PLAYING ONLINE IN BETWEEN 5% AND 30% OF THE EUROPEAN POPULATION. ACCORDING TO THE MARKET ESTIMATES IN EUROPE THERE ARE ABOUT 6.8 MILLION CONSUMERS OF ONLINE GAMBLING SERVICES



# CAUSES

- Other behavior or mood disorders.
- The accessibility and availability of online gambling
- Easy access to digital money
- Age, sex
- Some drugs (like antipsychotic, wakefulness promoting agent, antidepressants, antiepileptic)
- Familiar and friend contexts
- Advertisement on tv
- Traditions

# SOLUTIONS

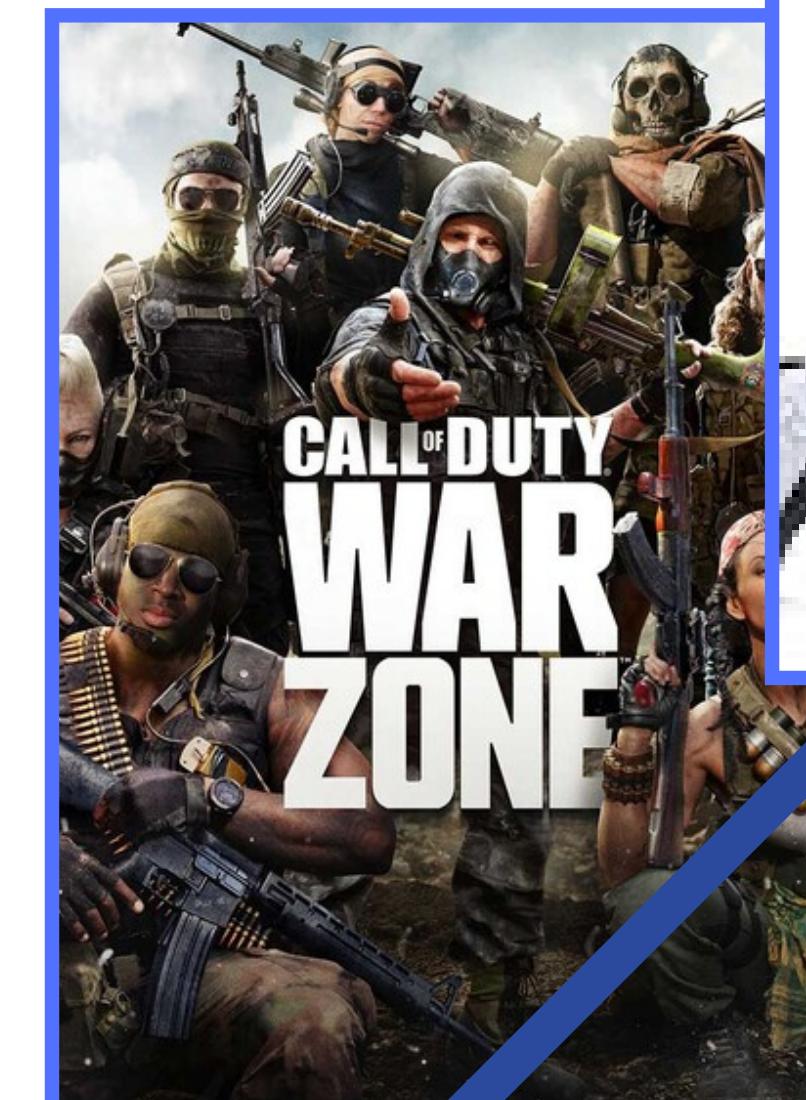
- Campaign against betting
- Betting center should not be placed close to school or other structures that contain children activities
- ID check with digital ID with strict limits on age.
- Possibility to access to the site only with cards that require security double checks.
- Time and amount of money spent limits
- Self-help tips: learn to relieve unpleasant feelings in healthier ways, strengthen the support network, join a peer support group, seek help for other associated mental disorders, avoid isolation.
- Psychotherapeutic and Psychiatric diagnosis and support.

# THE SCAM OF BETTING



# VIDEO GAMES AFTER COVID-19

THE USE OF VIDEO GAMES HAS BEEN INCREASED DURING THE PANDEMIC OF COVID 19. ACCORDING TO THE ESTIMATED NUMBER OF AMERICAN GAMERS CLIMBED FROM 214 MILLION TO 227 MILLION, ABOUT TWO-THIRDS OF THE POPULATION AND 55 PERCENT SAID THAT THEY PLAYED MORE DURING THE PANDEMIC. THE GAMING HAS BEEN CREATED IN ORDER TO HELP PEOPLE TO REMOVE THE STRESS, TO BE A DISTRACTION AND TO BE A WAY OF SPENDING TIME WITH FRIENDS AND FAMILY, WHETHER THEY ARE ON THE OTHER SIDE OF THE WORLD.



# NEGATIVE EFFECT OF VIDEO GAMES

HOWEVER, IF YOU ARE PLAYING GAMING EXCESSIVELY THEN IT IS VERY POSSIBLE TO "DIVE" IN A THRESHOLD OF ANXIETY AND SOCIAL EXCLUSION.



If you want to  
prevent this:



**GAMER'S LIFE**

# DIGITAL HANDCUFFS

## SMARTPHONES

*More and more people (75.4 of users) nowadays admit they are addicted to their smartphones. From all smartphone users 210 million people suffer from social media addiction and the Internet.*



## SOCIAL MEDIA

*Social media addiction is a behavioural addiction that comes out an unhealthy dependence on interactive platforms, such as Facebook, Instagram, Twitter, TikTok. Social media addiction manifests as overuse and difficulty in abstaining. An addict is overly concerned about social media, driven by an uncontrollable urge to log in or use social media, and devoting so much time and effort to social media that it impairs other life areas*

# CAUSES

- LOW SELF-ESTEEM
- PERSONAL DISSATISFACTION
- DEPRESSION AND HYPERACTIVITY
- LACK OF AFFECTION
- STRESS
- SOCIAL ANXIETY
- ADDICTIVENESS OF SOCIAL MEDIA

# SOLUTIONS

- TO RAISE AWARENESS AS A SOCIETY
- TO RECOGNIZE SOCIAL MEDIA ADDICTION
- TO LIMIT SOCIAL MEDIA ADDICTION
- TO IMPLEMENT AGE LIMITS FOR PROFILES' CREATION IN SOCIAL MEDIA AND THE USE OF SMARTPHONES IN UNDERAGED CHILDREN
- TO EDUCATE STUDENTS IN USING TECHNOLOGY IN A HEALTHY WAY
- TO ORGANISE INFORMATIVE CAMPAIGN FOR SENSIBILIZATION

## *FOR PARENTS/FAMILIES:*

- TO ESTABLISH AN OPEN DIALOGUE AND DISCUSS THE DANGER OF ADDICTION
- TO MAKE A PLAN OF SOCIAL MEDIA USE
- TO SET AN EXAMPLE BY THE PARENTS
- TO ASK YOUR KIDS TO TURN OFF THE NOTIFICATIONS TO AVOID CONSTANT DISTRACTION

**DOING LIKE  
THE OLD  
DAYS...**