

Complete list of warning signs of screen media addiction:

- Unsuccessful Control

It is hard for my child to stop using screen media.

- Loss of Interest

Screen media is the only thing that seems to motivate my child.

- Preoccupation

Screen media is all my child seems to think about.

- Psychosocial Consequences

My child's screen media use interferes with family activities.

- Serious Problems Due to Use

My child's screen media use causes problems for the family.

- Withdrawal

My child becomes frustrated when he/she cannot use screen media.

- Tolerance

The amount of time my child wants to use screen media keeps increasing.

- Deception

My child sneaks using screen media.

- Escape/Relieve Mood

When my child has had a bad day, screen media seems to be the only thing that helps him/her feel better.