By Tobias Pirkl

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I have just come across your blog. Media consumption is a big problem in Austria. A lot of my friends are almost glued to the screen all day long (you may have to consider I’m in an IT-school though). I remember when I was a kid in secondary school, I was heavily addicted to several types of media. Back in the days I thought it was normal because many of my classmates were using their mobile devices fairly often as well. Now I know better.

I may be born in the last generation that “grows up in the nature”, but in my opinion, it is important to control the usage of media until teens can do so on their own. A “smartphone rehab” isn’t the right way to go, though. I think, the correct way to prevent teenagers from a smartphone addiction is to provide teens with mobile devices not until they found hobbies they won’t drop very easily. If they are bored, they tend to use their mobiles too much.

An alternative to a smartphone rehab could be a digital detox. A good start would be to set specific times for the usage of teens’ mobile devices. For example, it makes sense to collect them over night to make sure, the young adults won’t stay up all night. Sometimes some teens also just feel lonely. This could be one of the reasons why they are glued to the screen. Just make some trips with them and show them that, there are other things than just their apps. Are teens addicted to their screens in your country as well? Let me know!