

Mobile Addiction

by Aminata & Cyril

7 billion people

Live on earth...

6 billion mobile phones

Around the world...

4.5 billion people

Have access to clean sanitation...

In 2014, a study estimated:

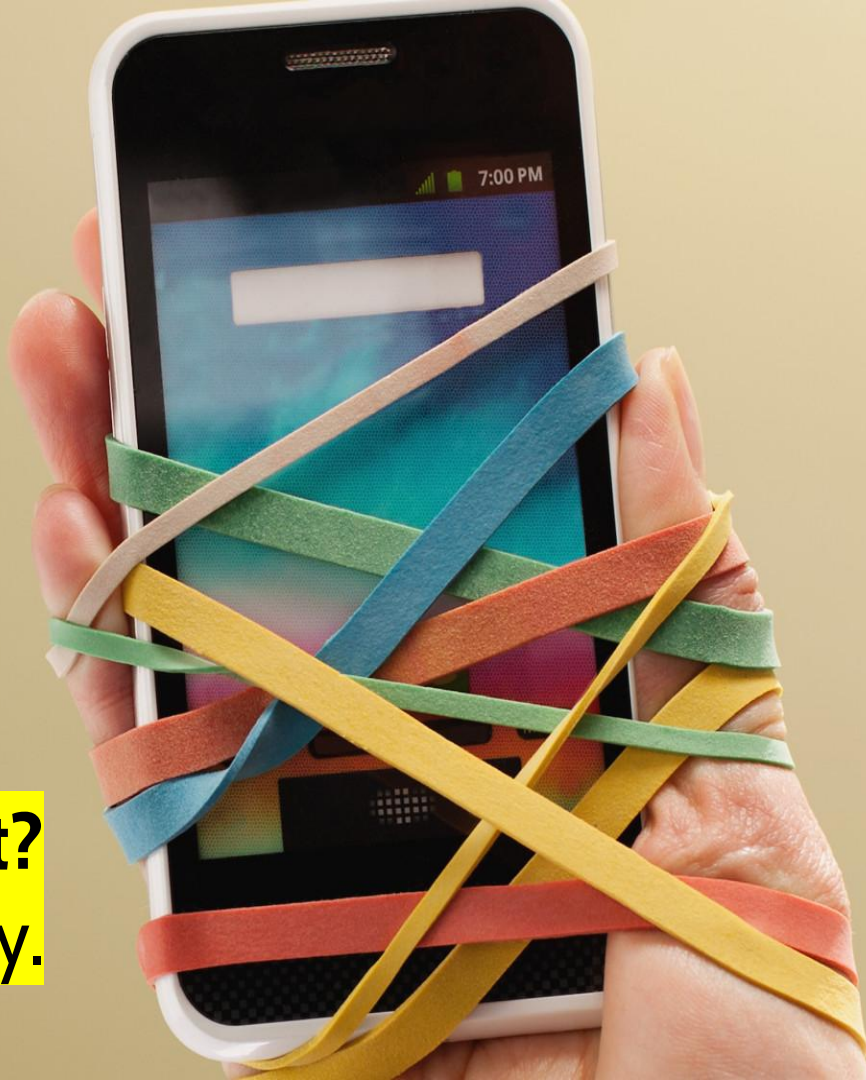
176 million addicts

That's a lot of obsessed people!

123% increase

In just 1 year... that's a short time!

How bad is it?
Hint: Very.



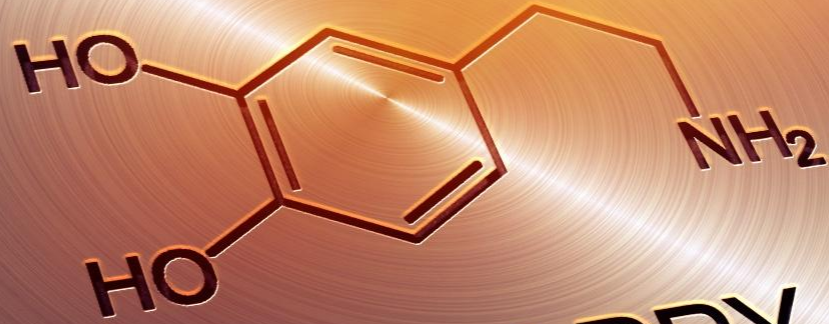


**Why do people
get addicted?**

**I just can't get
enough...**

The Compulsion Loop

Apps are
designed to give
us bursts of
dopamine.



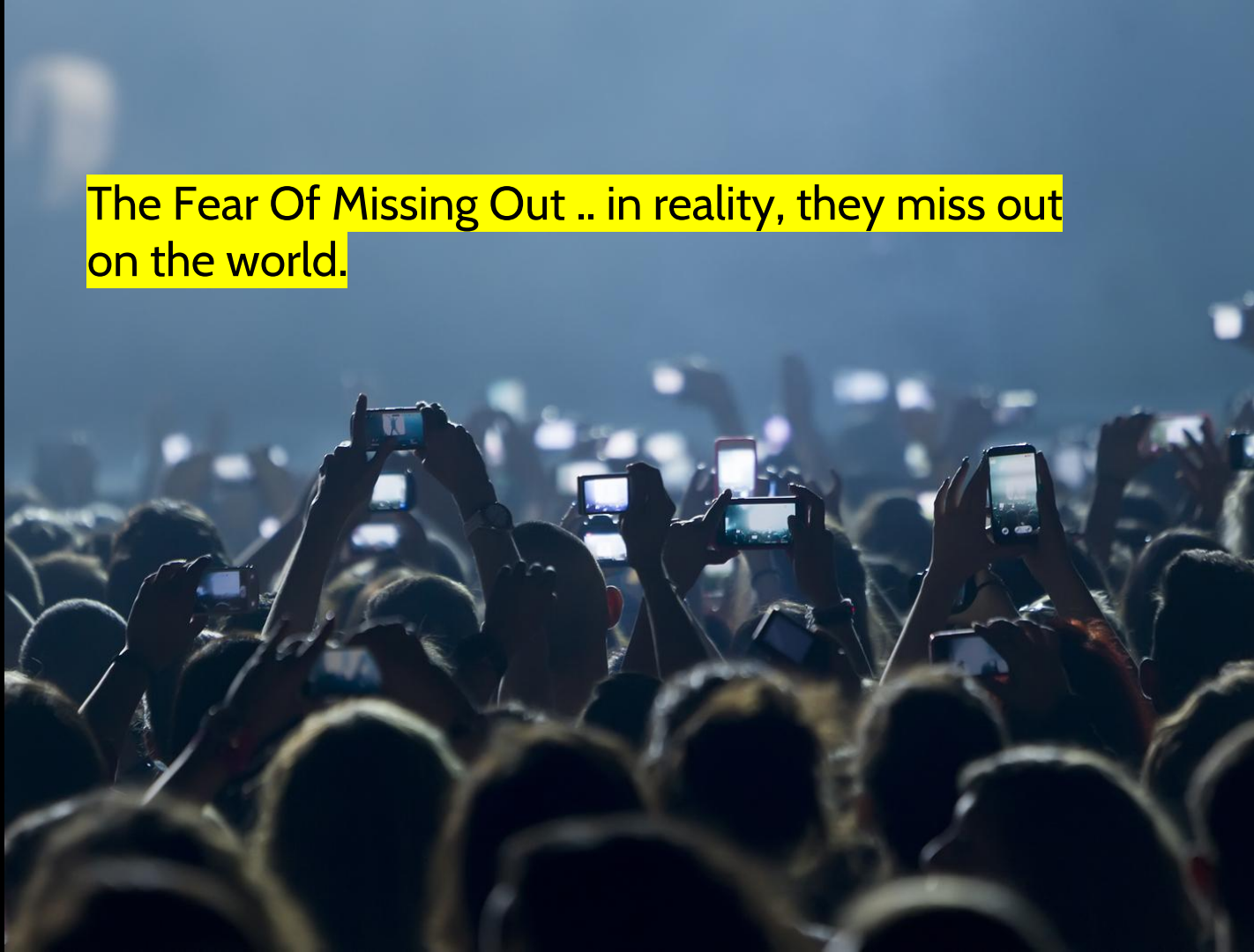
BE HAPPY

People get
pleasure from
sharing about
themselves



FOMO

The Fear Of Missing Out .. in reality, they miss out on the world.



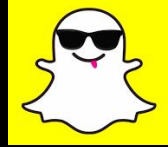
Consequences

⚠ Social

⚠ Health

Consequences

⚠ Social



Consequences

⚠ Health



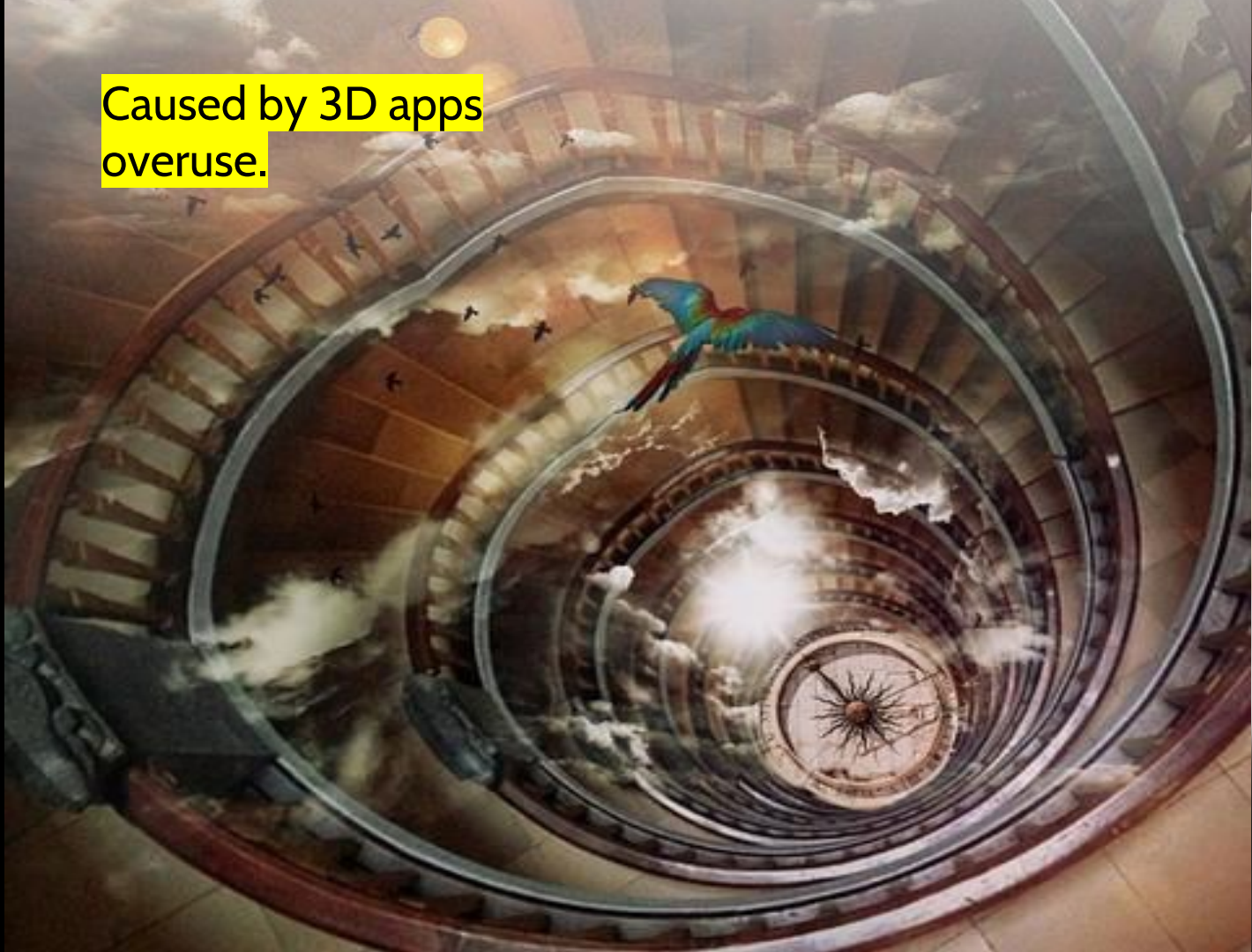
Occipital Neuralgia

Similar to severe headache or
migraine.

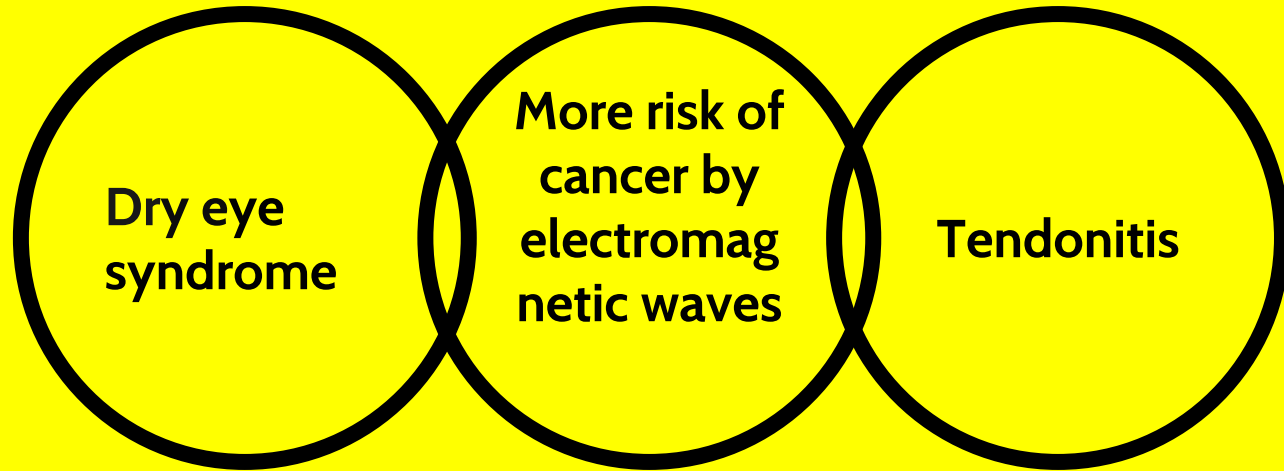


Caused by 3D apps
overuse.

“Cyber Malaise”



And **more...**



Car accident

In U.S 1.3million accidents, or 26% of pileups are caused driver using cellphones.

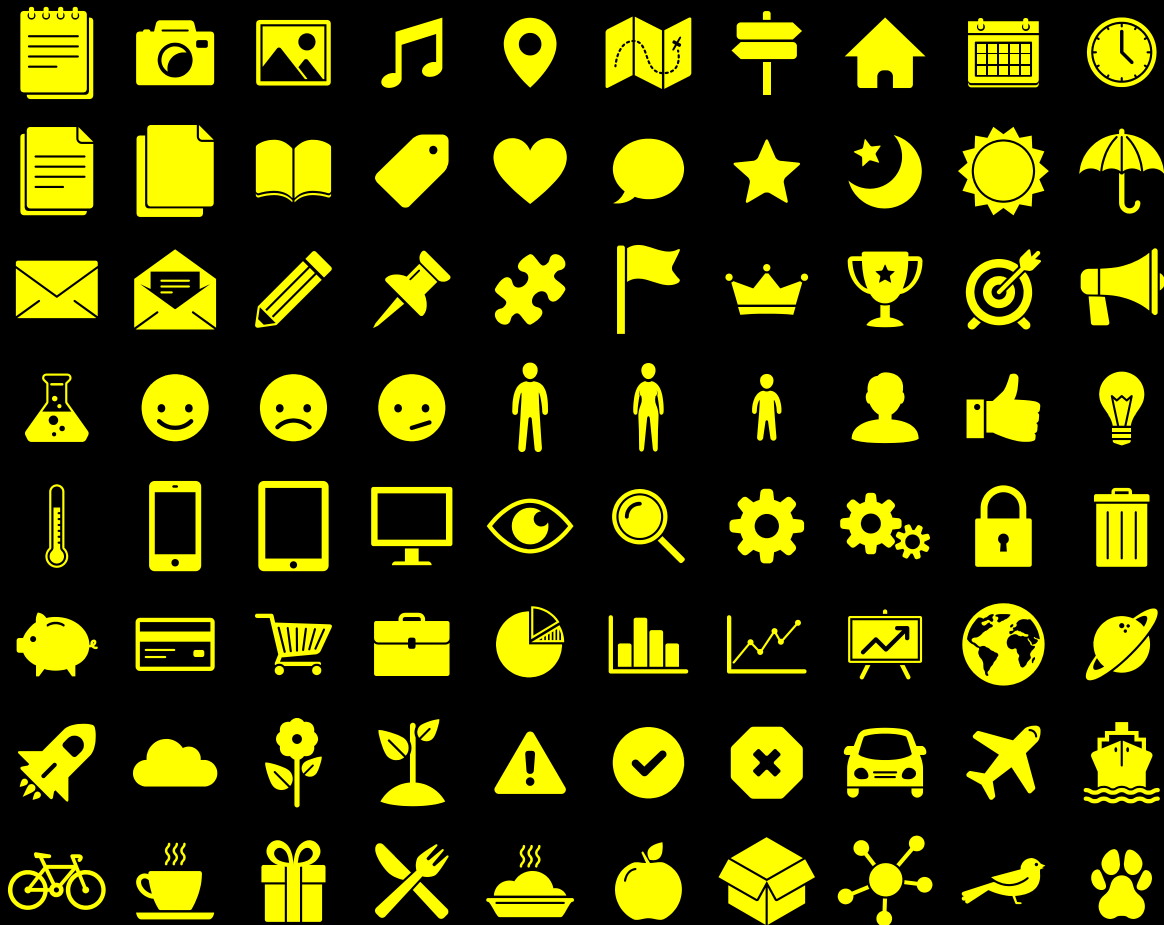


Conclusion

- Awareness is the first step.
- We can't escape technology.
- Know about the digital diet.

Thanks! □□

Any questions?



SlidesCarnival icons are editable shapes.

This means that you can:

- Resize them without losing quality.
- Change fill color and opacity.
- Change line color, width and style.

Isn't that nice? :)

Examples:

