

# Middle School Guidance



## Electronic Gadget Addiction

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Compulsive electronic gadget (E.G.A.) addiction is a new term that professionals who deal with people are coming to terms with. When you feel more comfortable with your online friends than your real ones, or cannot stop yourself from playing games or texting from a smartphone, tablet or other mobile device, you may be suffering from E.G.A.

**How do people become addicted to electronic gadgets?** Many people turn to their electronic device in order to manage unpleasant feelings such as loneliness, stress, anxiety and depression. Losing yourself with your gadget can temporarily make these feelings disappear. However, there are more healthier ways to keep these feelings in check. Electronic gadget addiction is associated with many factors: suffering from anxiety, depression, lack of social support and stress.

**Signs and symptoms of electronic gadget addiction.**

Signs and symptoms may vary from person to person. The following are general warning signs: losing track of time, having trouble completing tasks at school, work, or home, isolation from family members and friends, feeling guilty or defensive about the amount of time on the device, feeling a sense of euphoria while engaged with the electronic device. Physical symptoms may include C.T.S. (Carpal Tunnel Syndrome), strained vision, back, neck and headaches, sleep disturbances and weight gain or loss.

**Other addictions/disorders that may develop.** Cybersex and pornography, online gambling, cyber-relationships, anti-social disorder may develop as well.

Help is available through therapy and counseling. Therapy can give a tremendous boost in controlling the urge to be on the electronic device.

Cognitive-behavioral therapy

can provide step-by-step ways to stop compulsive electronic gadget behaviors and change perceptions regarding their use. Support groups are another avenue to pursue. If an individual is suffering from device addiction, encourage them to seek out other interests and social activities, monitor electronic use and set clear limits, use apps to limit smartphone use, discuss underlying issues or seek professional help.

### Quote of the month

"So young people, think about things before you say them, The worst weapon on your body is your mouth." -

Loretta Clairborne



### Points of Interest:

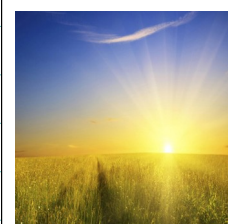
- ✓ - Absent from school? Check out the teacher lesson plans by logging into PowerSchool parent portal.
- ✓ - Excuses are due the day students return to school. A grace period of three days is allowed before becoming illegal.
- ✓ - Bullying information can be found at: <http://www.bbsd.com/bullying>

**Contact Mr. Smith**

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## Important Upcoming Events

The following are a listing of important dates to remember:

**May 1, 2014** - Middle of the fourth nine-week grading period.

**May 9, 2014** - Middle of the fourth nine-week grading period.

**May 11, 2014** - Happy

Mother's Day.

**May 12, 2014 through May 13, 2014** - Keystone Exam for Algebra 1 students (8th grade).

**May 16, 2014** - Eighth grade S.C.T.C. tour.

**May 29, 2014** - Middle School Awards Day Assembly.

**June 14, 2014** - Flag Day. Display the colors proudly!

**June 15, 2014** - Happy Father's Day.

