

PROBLEMATIC INTERNET USE : CONTROL AND SUPERVISION TOOLS

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This factsheet aims to help counsellors, Internet users and the people around them by promoting balanced Internet use. The cost and ease of use of the resources are specified.



WHY REDUCE YOUR SCREEN TIME

While it is true that various Internet apps can be enjoyable and provide several benefits, sustained use or use at inappropriate times can lead to harmful consequences such as interpersonal problems, sleep problems, fatigue and difficulties at work or school. To regain a more balanced use of the Internet, it can be helpful to set a few limits.



INTERNET SERVICE PROVIDERS

Internet service providers offer several functions such as limiting access to the Internet, parental controls, showing most active devices, filtering websites, obtaining information on Internet use and planning bedtime.

Bell *BELL WI-FI (FREE, MODERATE)*

*ACCESS : App Store and Google Play (BELL Wi- Fi), requires a universal terminal (3000 or 2000)

HELIX *HELIX (FREE, MODERATE)*

*ACCESS : App Store and Google Play (HELIX FI), requires a Helix subscription



SMARTPHONE SETTINGS

SCREEN TIME (FREE, EASY)

*FUNCTIONS : Screen use time, most used apps, bedtime, app time limit, family time, blocking inappropriate content, “do not disturb” option.

*ACCESS : IOS : Settings – Screen time.
ANDROID : Settings– digital wellbeing.



APPS TO CONTROL ANOTHER DEVICE

Several apps allow parents to supervise their children's Internet use with functions such as filtering websites and apps, time limits, child location, call and SMS tracking, activity reports, explicit content detection and search history.



QUSTODIO (PAID SUBSCRIPTION, MODERATE)

*ACCESS : Qustodio.com, create an account, install on children's devices: Qustodiokids (App Store and Google Play), monitor with an online account or Qustodio parental control app.



FAMISAFE (PAID SUBSCRIPTION, MODERATE)

*ACCESS : Famisafeapp.wondershare.com, create an account, set up Famisafe Jr (App Store and Google Play) on children's devices, monitor from an online account or Famisafe parental control app.



If the information suggested in this factsheet does not meet your needs, you can :

- Contact your Internet service provider for technical support.
- Seek information online with keywords such as “monitor internet time”, etc.
- Talk about it with a someone who is knowledgeable about technology to identify Internet control strategies.

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TAKING BREAKS

Breaks from screens can be of variable lengths depending on your schedule and needs. Planning short breaks during the day and occasional longer breaks can offer many benefits.

BENEFITS OF TAKING BREAKS FROM SCREENS :

Taking a step back to understand the relationship you have with screens and their place in your life, limiting envy related to social media, stopping the constant flux of notifications, taking care of yourself, nurturing your offline relationships and learning to use the Internet in a more conscious way and not by reflex (Dufour et al, 2021).



APPS FOR TAKING BREAKS



FOCUS KEEPER (FREE, EASY)

*FUNCTIONS : For concentrating on tasks divided into 25-minute sessions followed by 5-minute breaks, setting goals and reminders

*ACCESS : App Store and Google Play (Focuskeeper)



APPBLOCK (FREE, EASY)

*FUNCTIONS : Blocking social media and disruptive websites at a specific time or for a defined length of time

*ACCESS : App Store and Google Play (AppBlock)



VIVALA OFFLINE (FREE, MODERATE)

*FUNCTIONS : Screen time and time spent offline, limiting notifications, disconnection support program, 10 levels and rewards, well-being tips, weekly challenges, planning disconnection times, accompaniment and conferences (website)

*ACCESS : Google Play (Vivala offline), vivalaoffline.com



FOREST (PAID SUBSCRIPTION, EASY)

*FUNCTIONS : Taking breaks (cultivating a forest), use time and statistics, group breaks, possibility of planting real trees

*ACCESS : App Store and Google Play (Forest)

OTHER RELEVANT LINKS

- PAUSE : pauseyourscreen.com
- PARENTS DANS LES PARAGES : Parentsdanslesparages.com
- FAMILYLINK : Families.google.com/familylink
- STAY FOCUSED : Chrome.google.com/webstore/detail/stayfocused



PROBLEMATIC INTERNET USE : UNDERSTANDING AND FINDING HELP

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This factsheet is for practitioners, Internet users and the people around them. It aims to promote balanced Internet use.



WEBSITES: information and prevention

PAUSE YOUR SCREEN

- *Promotes balanced Internet use
- *Access : pauseyourscreen.com/

LE CIEL

- *Digital issues and mental health
- *Access : leciel.ca

CYBERTIP

- *Tackles sexual cyberviolence against children
- *Access : cybertip.ca



DOCUMENTARIES (english)

THE SOCIAL DILEMMA

- *Mechanisms and consequences of social media, 2020
- *Access : Netflix

SCREENAGERS

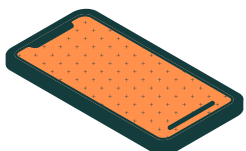
- *Consequences of social media and video games on young people and families, 2016
- *Access : www.screenagersmovie.com/find-a-screening

WHAT YOU NEED TO KNOW ABOUT INTERNET ADDICTION

- *Dr. Kimberly Young Tedtalk, 2015
- *Access : www.youtube.com/watch?v=vOSYmLER664

EMPOWERING KIDS TO RISE ABOVE TECHNOLOGY ADDICTION

- *Lisa Strohman Tedtalk, 2017
- *Access : www.youtube.com/watch?v=6qsQXRqREwM



DOCUMENTARIES (french)

ÉCRAN ROI

- *Screens and their hold on children, 2016
- *Access : www.telequebec.tv/documentaire/l-ecran-roi

«J.E.» DANS L'ENFER DE LA CYBERDÉPENDANCE

- *Internet addiction treatment, 2018
- *Access : www.tvanouvelles.ca/2018/10/25/je-dans-lenfer-de-la-cyberdependance

BYE

- *Mental health, suicide and Internet addiction, 2017
- *Access : ici.tou.tv/bye

UQAM DIGITAL TOOLBOX

- *Five video vignettes on Internet addiction, misinformation, digital identity, Wikipedia and the metaverse, 2022
- *Access : YouTube, *Boîte à outils numérique UQAM*



BOOKS

Cash, H., C., Carnes, P.J. (2021) *Facing Internet Technology and Gaming Addiction*. Gentle Pathe Press. 250p.

Sergerie, M-A. (2020) *Cyberdépendance : quand l'utilisateur des technologies devient un problème*. La Presse. 240p.

Rocher, B., Gailledrat, L. (2020) *Mon enfant est-il accro aux jeux vidéo ?* John Libbey Eurotext, 124p.

Dayé, M.-A. (2018) *Les Écrans et Toi. Guide Pratique Sympathique pour Devenir un Utilisateur Cyberfuté*. Éditions Midi Trente. 117p.

Suissa, A.J. (2017) *Sommes-nous trop branchés ? La Cyberdépendance*. Presse de l'université du Québec. 200p.

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PODCASTS

LE NOUVEAU VISAGE DES JEUX EN LIGNE (FRENCH)

*Hosted by the HERMES research team. Explores the new reality of hybrid games

*Access : hermes-podcast.simplecast.com. Apple Podcast and Spotify

DÉTECTER LA CYBERDÉPENDANCE CHEZ NOS ADOS (FRENCH)

*By Sophie Durocher. Interview with David Laplante, General Manager of *Le Grand Chemin* centers (27 sept 2021)

*Access : Apple Podcast, Spotify

ÇA S'EXPLIQUE : La dépendance aux mentions j'aime (FRENCH)

*Episode 576 of the *Ça s'explique* series (18 August 2021). Axelle Moreau explains the obsession with "likes"

*Access : Ohdio, Apple Podcast, Spotify

SCREENAGERS PODCAST (ENGLISH)

*Hosted by Dr. Delaney Ruston. Explores strategies for educating children in the digital age

*Access : Apple Podcast, Spotify

THE FIT MESS : How to overcome Internet addiction (ENGLISH)

*Episode 17. Discussion with Dr. Hilarie Cash, founder of a treatment program for problematic Internet use

*Access : Apple Podcast, Spotify



NEED HELP?

GAMBLING : HELP AND REFERRAL

*24/7 helpline (telephone and SMS) for excessive gambling

*Access : <https://aidejeu.ca/en/> or +1800-461-0140

GENERAL SERVICES OFFERED BY THE CISSS AND CIUSSS

*Clinical activities and help offered by integrated health and social services centers

*Access : Call Info-Santé at 811

INSTITUT UNIVERSITAIRE SUR LES DÉPENDANCES

*Reliable and validated information, webinars available on replay, training and tools for practitioners

*Access : iud.quebec/fr

INTERNET ADDICTS ANONYMOUS

*Support offered in 12 steps to individuals with an Internet and technology addiction, meetings offered via telephone, online or in person and in several languages

*Access : internetaddictsanonymous.org

NETADDICTION

*Scientific articles, blogs, books, tests for measuring different variables related to problematic Internet use, self-care training and courses

*Access : netaddiction.com

