



→ [Social media platforms face huge fines under UK's new digital safety laws](#)

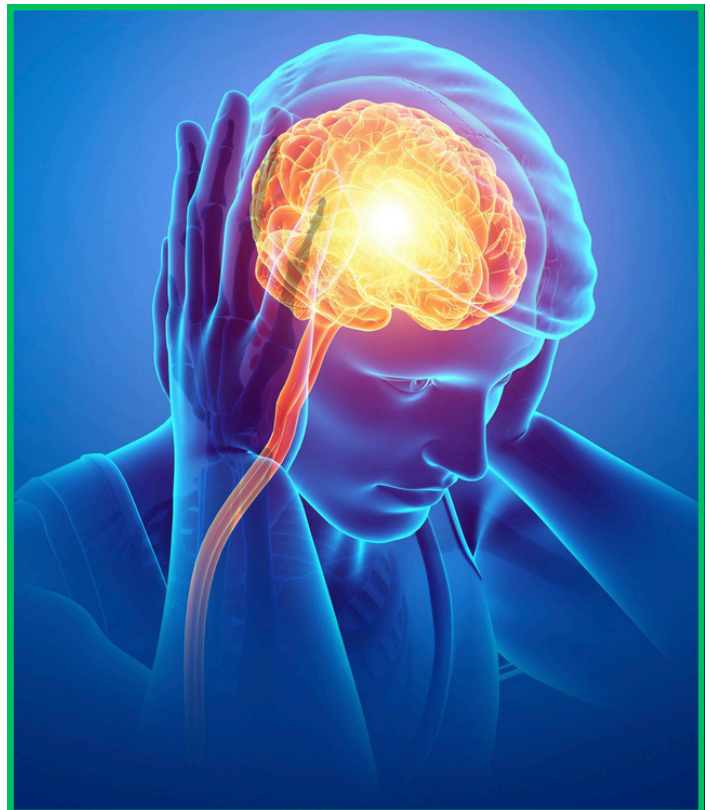
The UK's Online Safety Act, effective from March 17, 2025, mandates that social media platforms implement robust measures to prevent and remove illegal content, including fraud, terrorism, and child sexual abuse material. Companies failing to comply may face fines up to £18 million or 10% of their global revenue, with severe cases potentially leading to service shutdowns



[The Impact of Internet Addiction on Teenagers' Brains](#)

Researchers at University College London (UCL) analyzed studies involving 237 adolescents aged 10 to 19, revealing that internet addiction significantly alters brain function. This addiction leads to decreased activity in the executive control network, which is responsible for decision-making processes.

Additionally, teenagers with internet addiction exhibit behavioral problems such as difficulty maintaining relationships, dishonesty about online activities, and irregular eating and sleeping habits. Researchers emphasize the need for improved screening methods, targeted treatments, and parental education on managing screen time to mitigate these risks.



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Our blog posts and informative content on technology and social media addiction are continually being published on our website.

