

Global Fight Against Digital Addiction

Many countries around the world are taking steps to regulate young people's use of technology.

Across Europe, several countries are implementing strict regulations to protect young people from digital addiction. Italy has banned phone ownership for children under 14, while France is testing a policy requiring students to lock their phones in lockers.

Beyond Europe, China has introduced nighttime internet restrictions for minors, while Australia is working on enforcing age limits for social media platforms. Turkey has banned phone use during school hours and is considering limiting social media access for children under 13.



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Blog Post #7



Promoting Conscious Digital Use for a Healthier Future

In today's world, technology has become an integral part of our lives. Our phones, tablets and computers are indispensable tools in every field from communication to entertainment, from education to business. However, this situation can cause the time spent in front of screens to get out of control and gradually turn into an addiction. Especially among young people, this situation has become a threat to both physical and mental health.

The aim of this project is to raise awareness on the need for individuals to use the digital world more consciously, and to encourage them to engage in social interactions and healthy lifestyles.

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