



Denmark to ban smartphones in schools

Denmark is taking a bold step to ban smartphones and personal tablets in schools and after-school clubs. The move, announced by Education Minister Mattias Tesfaye, aims to improve children's well-being by reducing digital distractions.

"Mobile phones will not be allowed at school, neither during break times nor during lessons."
– Mattias Tesfaye



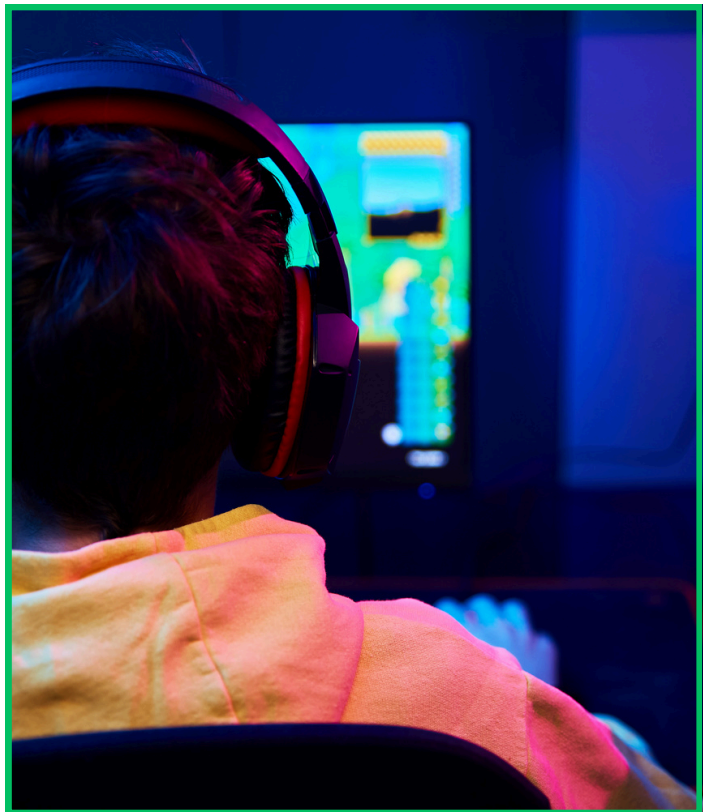
Is internet addiction a growing problem?

Cam Adair finally realised that his addiction to video games was out of control when it made him consider ending his life.

"I struggled with it for 10 years," he says. "I dropped out of high school, never went to college, and pretended to have jobs to deceive my family."

"I realised I needed to get help. I'm now 3,860-day-free from my gaming addiction."

Mr Adair, a 32-year-old Canadian, has gone on to become the founder of Game Quitters, an online support group for people struggling with gaming addiction. It now has more than 75,000 members around the globe.



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