



Connected or Controlled?



The Rise of Smartphone Addiction Among Youth

Smartphones were once tools of connection, but now they often control the rhythm of our days.

Recent research in Türkiye shows that over 90% of children **aged 6–15** use the internet regularly, and nearly half check their phones every **30 minutes**. What started as learning and creativity has become a constant cycle of scrolling and checking.

The report reveals that one in four teenagers shows signs of high smartphone or social media addiction. Consequences include sleep disruption, lower academic focus, and rising anxiety. But there's hope! Schools and public institutions in Türkiye are introducing new education programs to promote digital balance.

Awareness is the first step to **reclaiming control**.

→ Rarely Rested: The Cost of Always Being Connected

Being “always online” feels normal, but it comes at a price.

Research in Türkiye shows nearly one in three teenagers experiences high **Fear of Missing Out (FOMO)**, an anxiety linked to feeling left out of digital conversations.

Many teens check their phones late into the night, leading to sleep loss, fatigue, and lower academic focus. As screens light up bedrooms, mental health suffers.

The good news? Programs are stepping in to teach digital self-control and mindfulness. Sometimes, the healthiest connection is the one you **take a break** from.

