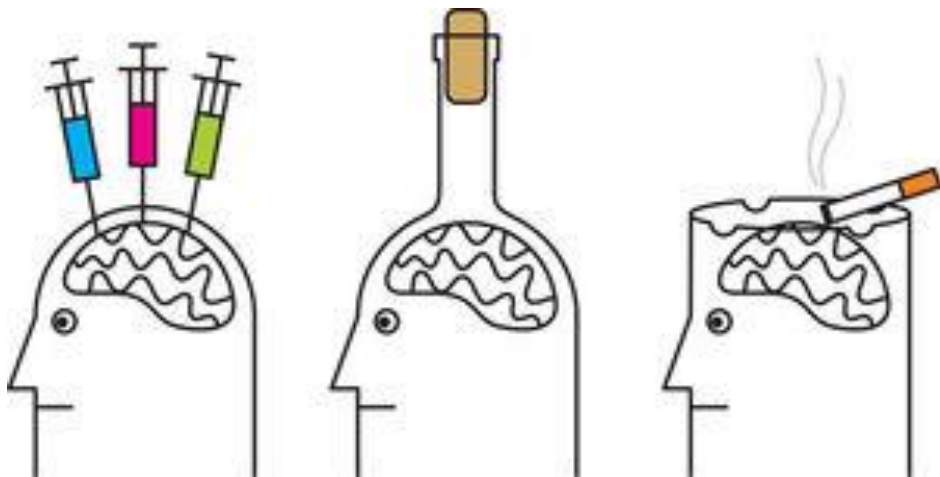


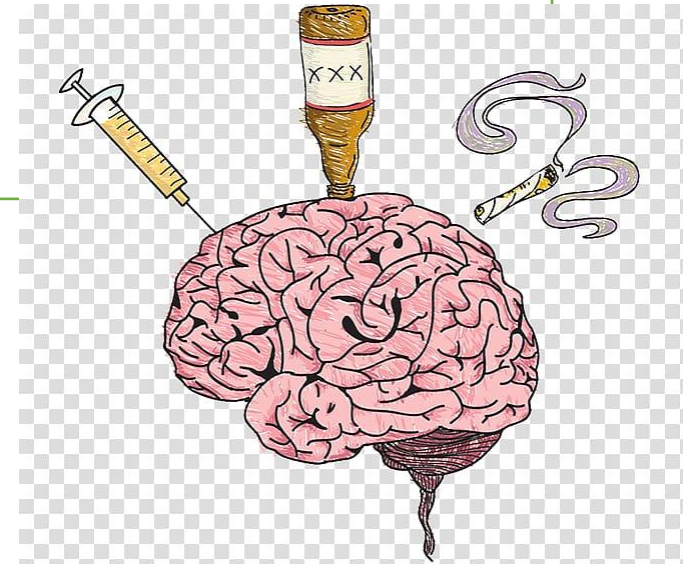
ADDICTION AMONG CHILDREN



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ADDICTION-

Addiction is a dangerous and harmful behaviour that occurs when a person develops uncontrollable habit of using any substance or participate into any risky behaviour which causes negative impact. Addiction is seen mostly in teenage years.



MAIN SOURCES OF ADDICTION-

- **Curiosity.**
- **Peer group and peer pressure.**
- **Stress.**
- **Emotional struggles.**
- **A desire to escape or run away from any problem.**



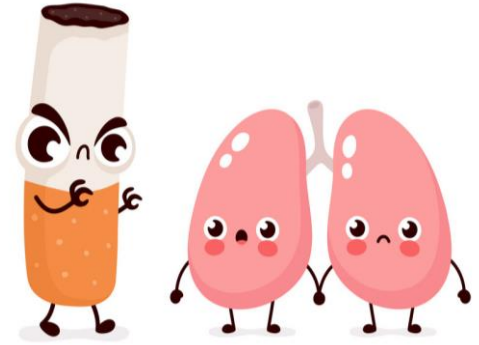


1. INTERNET ADDICTION-

- **Internet addiction** refers to the excessive use of Internet for various purposes like playing games, watching videos on You Tube or chatting. This addiction has negative effects on day to day life and particularly on the human eyes and development of brain.
- **A young child or teen** finds their way to escape from the feelings and problems by staying online on Internet for many hours. Many children are seen to have **a virtual world than a social world** in these generations due to excessive use of Internet.

2- TOBACCO OR SMOKING ADDICTION-

- **Tobacco or Smoking addiction** refers to excessive consumption of tobacco or smoking cigarettes. Though there is a legal age and legal permission for such acts, it is dangerous and harmful for problems like cancer, heart disease, lungs and brain development.
- **Many teens and adolescents** are seen to be indulging into such acts at every early age. This may cause ill effects in their academics and future goals.



3- ALCOHOL ADDICTION-

- **Alcohol addiction** refers to excessive consumption of alcohol. Though it is legal many have fallen prey of it.
- **Many teens and young children** under curiosity try to consume alcohol with their peer group and that's where the children develop the habit of such acts. These children have poor attention, concentration, poor memory, aggressive behaviours, habit of telling lies and poor well-being.



WAYS TO OVERCOME ADDICTION-

- Having a good peer group and influence.
- Having support from parents, teachers, and counsellors.
- Having a good well-being and personality.
- Thinking positive.
- Having good hobbies and interests.
- Playing outdoor games and playing a sport.
- Having good eating habits.
- Gaining knowledge and developing thinking skills.
- **A good change and recovery= A NEW LIFE!!**



THANK YOU



COUNSELLING SERVICES

Child | Adult
Parental | Marital
Family | Career

TESTING SERVICES

IQ | Aptitude
Interest | Personality

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