



HOW TO BREAK SCREEN ADDICTION

CAUSE FOR CONCERN

Algorithmic social media platforms can trigger addiction, impact concentration leading to digital dementia, and affect mental health of children/teens. Given rising concern about it, the search is on for ways to reduce the harmful impact.



YOUTH MODE

In China, social media usage for minors is tightly regulated. Platforms are mandated to offer "youth mode" that restrict certain content and limit screen time. Under-18s cannot use certain features. Australia has gone ahead and imposed a social media ban on under-16s.



PARENTAL CONSENT

France has rules that prohibit children below 15 from using social media without parental approval. Platforms are accountable for confirming the user's age and enforcing rules. The legislators believe that youngsters don't possess the maturity to handle cyberbullying or inappropriate content. Italy also prohibits individuals under 14 from using social media without parental consent.



TIME LIMITS

In South Korea, time-specific limits were imposed on children's internet usage. While some of the rules have changed over time, minors still face restrictions on accessing games and platforms during late hours.

