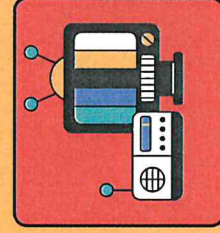


WHAT PEOPLE HAVE TO KNOW ABOUT THEIR SCREEN TIME



HIGH SCORES, HIGHER RISKS



Nowdays, studies show us how our **addiction** to screens, especially on the **phone**, takes a singular place in our lives.

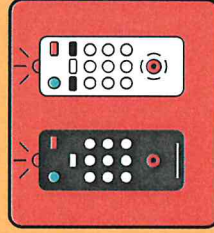
For example, surveys suggest that the average American screen time varies between **7 and 9 hours**, contrary to the daily **2 hours suggested**.

A USEFUL TOOL BUT...

Our phone actually has various advantages that make us all the more addicted to it, the fist of not being able to do without it. Indeed, it can be useful to stay in touch with our loved ones, to document and inform ourselves while being able to draw some of our inspirations, by accepting the content of artists around the world.



...OF WHICH WE MUST BE WARY



By being subjected to this addiction still poorly understood, we develop compulsive behaviors that keep us constantly chaining to our phone. So, **many consequences** are to be deplored, both for the addict and for his entourage.

A FACTOR OF DEPRESSION

By dint of consuming content that we can no longer do without, our life is much more impacted than we can believe. By neglecting our screen time we neglect our quality of life and significantly reduce our qualities.

Indeed, many **symptoms**, which we must absolutely take into account, can appear after too little vigilance: **insomnia, irritability, extreme fatigue, anxiety, vision problems, health problems, tca, school failure, isolation, or even depression.**

ALL VICITMES

Adults and younger, we are almost all the victims of these technological tools, which **consume our time**, our **energy** but also our **relationships**. According to a recent study, **54%** of children think that their parents consult their phone too often and **38%** feel neglected when they are on. We are all concerned by this scourge that paradoxically **isolates us** and **kills our human relationships** by moving away from those we love. This virtual double life that we lead wants us to believe that another world is possible while moving away from the reality that always catches us inevitably.



A BIT OF HOPE

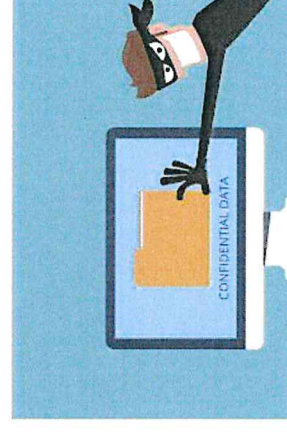
Fortunately, there are **solutions** when we become aware of the problem. We must start by putting new healthy habits that will allow us to use these technological tools more intelligently, especially our phone.

It may be a good idea to gradually limit our screen time by setting time **limits** on apps that we can no longer leave, asking for support from our friends and family, not working or sleeping next to them-while trying to maximize group, intellectual or manual activities. The path is not easy but it is essential to understand that life is not lived on the internet but in reality, outside, in contact with others, nature and all that surrounds us on a daily basis.

HOW CAN WE SAFEGUARD OUR DIGITAL IDENTITY ON SOCIAL

MEDIA ?

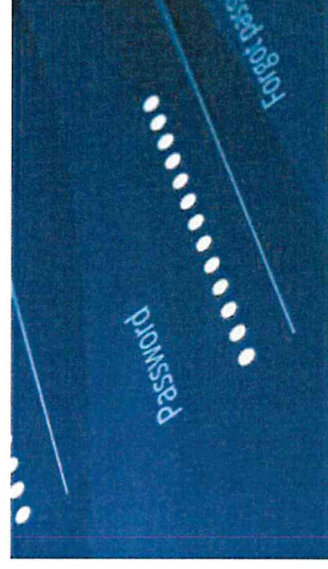
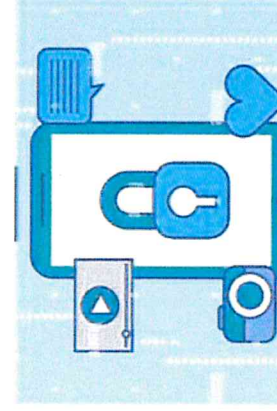
in these protecting your online identity has become crucial . Threats such as identity theft, cybercrime and invasion of privacy are ever-present, so here are a few essential tips for securing your digital identity and surfing the web with peace of mind.



to avoid finding yourself in these undesirable situations, here are 3 solutions that can further protect your digital identity:

1 controlling social networks ;

manage your privacy settings on social networks, limit the visibility of your personal information and be selective about who you allow to access your profile



beware of phishing ;

watch out for suspicious e-mails and links. Phishing attacks are designed to trick users into revealing sensitive personal information . Always check the authenticity of sources before clicking



use strong passwords ;

complex passwords, and avoid using the same passwords for all sites, and don't save them !

FOLLOW UP

CHECK IN WITH THE VICTIM AFTER THE INCIDENT TO OFFER CONTINUED SUPPORT AND SEE IF THEY NEED ANY FURTHER ASSISTANCE. ENSURE THEY FEEL SAFE AND SUPPORTED.

ENCOURAGE OTHERS TO SPEAK UP

ENCOURAGE OTHER WITNESSES TO COME FORWARD AND REPORT WHAT THEY SAW OR EXPERIENCED.

REPORT THE HARASSMENT

IF THE SITUATION PERSISTS OR ESCALATES, REPORT THE INCIDENT TO THE APPROPRIATE AUTHORITIES OR HR DEPARTMENT ACCORDING TO COMPANY POLICY. PROVIDE YOUR DOCUMENTED ACCOUNT OF WHAT OCCURRED.

**NO ONE HAS A RIGHT TO HARASS AND THROW HATE ON YOU
SPEAK UP!**

STOP HARASSMENT

HOW TO HELP IN THIS CASE ?

INTERVENE IMMEDIATELY

IF YOU WITNESS HARASSMENT OCCURRING, STEP IN AS SOON AS POSSIBLE TO ADDRESS THE SITUATION. DO NOT IGNORE OR DOWNPLAY THE BEHAVIOR.

OFFER SUPPORT

SHOW SOLIDARITY WITH THE VICTIM BY OFFERING ASSISTANCE OR SUPPORT. THIS COULD INVOLVE CHECKING IN WITH THEM PRIVATELY, OFFERING TO ACCOMPANY THEM TO REPORT THE INCIDENT, OR SIMPLY PROVIDING A LISTENING EAR.

SPEAK UP

CONFRONT THE HARASSER DIRECTLY AND ASSERTIVELY BUT WITHOUT ESCALATING THE SITUATION. CLEARLY COMMUNICATE THAT THE BEHAVIOR IS UNACCEPTABLE AND WILL NOT BE TOLERATED.

To prevent and combat all forms of aggression, harassment or cyber-violence against children, there are several numbers to call:

- At home: 119**
- cyber-harrasment : 3018**
- At school: 3020**

School harassment

for the safer internet day 2024

Identify harassment :

- The harassed person changes his behavior: aggressivity, absence, isolation, lower school results
- The person is subjected to scorn, insults, jostling, and rumors, the person can also be socially excluded : not having friends.
- there are several signs of cyber-harassment: Mean/insulting comments, verbal abuse, caricature, fake account to mock. Even if the violence is anonymous, it's harassment.

How to react:

- **breaking the silence** : Try to talk to the victim, about what the victim is going through : to know the situation, to relieve/ help mentally and verbally, and to be more able to act afterwards.
- **online**: report fake accounts, report negative comments, call the 3018.
- **create a link with the victim**, become friends, we can't leave someone who's alone and has no friends (even if they're not harassed), because exclusion is the first step towards harassment.
- ask if the victim would like to ask her parents for help, if she/he wants to warn adults.
- in any case, you have to ask for help to stop the abusers, but the parents can endangering the victim themselves. The best option is often to alert the school first.

Difference scares some people, and harassment can target people because of:

- Physical appearance (weight, height, hair color or type)
- Sex, gender identity (boy considered too effeminate, girl considered too masculine, sexism), sexual orientation or assumed sexual orientation
- Disability (physical, psychological or mental)
- A communication disorder affecting speech (stammering...)
- Membership of a particular social or cultural group
- Different interests

we are all different, and we must fight discrimination to ensure that our identities are respected.

harassment is punishable by law

A student found guilty of bullying can be punished by 5 years' imprisonment and a 7,500 euro fine. Harassment at school affects almost one in five pupils every year, i.e. around 700,000.

Art. L. 111-6 of the French Education Code and article 222-33-2-3 of the penal code

<https://www.letudiant.fr/college/harcelement-scolaire-queles-sanctions-pour-les-responsables.html>

What not to do

Don't try to deal with the problem yourself by contacting the abuser(s): this could make the situation worse.

<https://www.education.gouv.fr/n-on-au-harcelement/gu-est-ce-que-le-harcelement-325361>

Consequences for the victim

harassment causes isolation, loss of self-esteem, declining school results or even dropping out, profound malaise, development of mental illness : eating disorders, depression, suicidal behavior...

Harassment and private content

With the advent of new technologies, a new phenomenon is developing: the sending of "nudes" (or sexting) between people, involving intimate content. These people may consent, but the risk is that these very private photos can be leaked.

There's also the "revenge porn", where people publish intimate photos of their ex-partner as revenge after a break-up.

Photos are leaked out of carelessness, malice or a desire to mock or humiliate.

It's difficult to control a photo after it's been sent, or to have it deleted, as it spreads easily.

- The 3018 number ensures a rapid response, you can speak to a trusted adult, and it's possible to lodge a complaint.

Photos can also be sent in a non-consensual way, a phenomenon that more easily affects young girls who receive these photos without asking for them. In everyday language, these photos are called "dickpic".

There are also a lot of cases where the victim is forced to send nudes of herself, often by blackmail. It's a non-consensual act.

https://www.lepoint.fr/societe/leseaux-sociaux-la-dure-realite-des-victimes-face-au-phenomene-des-nudes-10-01-2022-2459790_23.php