



Information on Internet Addiction, Local Data and Resources

Internet Addiction Disorder: *(from Psycom, www.psycom.net)*

One of the more accepted diagnostic assessments of Internet Addiction Disorder has been proposed by [KW Beard's 2005 article](#) in CyberPsychology and Behavior. Beard proposes five diagnostic criteria in the identification of Internet Addiction Disorder in the general population:

- Is preoccupied with the Internet (constantly thinks about past use or future use)
- Needs to use the Internet with increased amounts of time to gain satisfaction
- Has made unsuccessful efforts to control, cut back, or stop use of the Internet
- Is restless, moody, depressed, or irritable when attempting to control Internet use
- Has stayed online longer than originally intended

In addition, Beard (2005) suggests at least one of the following must also be present in a diagnosis of Internet Addiction Disorder:

- Has jeopardized or risked the loss of a significant relationship, job, educational, or career opportunity because of the Internet
- Has lied to family members, therapists, or others to conceal their involvement with the Internet
- Uses the Internet as a way of escaping from problems or to relieve a dysphoric mood (e.g., guilt, anxiety, depression, helplessness)

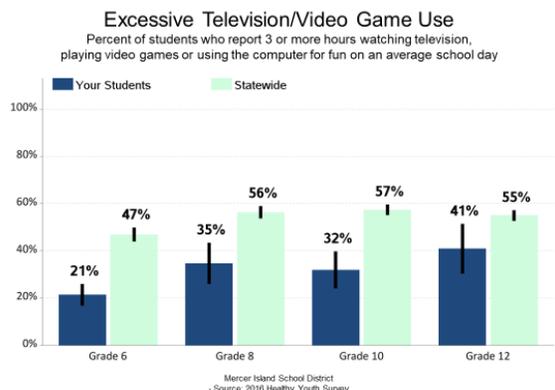
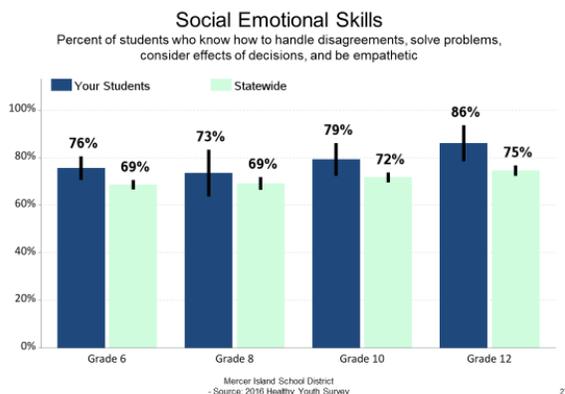
Signs and Symptoms may present themselves in both physical and emotional manifestations. Some of the emotional symptoms of Internet Addiction Disorder may include:

Depression	Defensiveness
Dishonesty	Avoidance of Work
Feelings of guilt	Agitation
Anxiety	Mood Swings
Feelings of Euphoria when using the Computer	Fear
Inability to Prioritize or Keep Schedules	Loneliness
Isolation	Boredom with Routine Tasks
No Sense of Time	Procrastination

Mercer Island Data:

2016 Mercer Island Healthy Youth Survey: "How often over the last 2 weeks, were you bothered by: Feeling nervous, anxious or on edge?"			
	Grade 8	Grade 10	Grade 12
Not at all	42.5% (±6.9)	39.7% (±5.6)	29.8% (±7.1)
Several days	40.0% (±6.8)	32.3% (±5.4)	44.7% (±7.8)
More than half the days	8.0% (±3.8)	13.5% (±3.9)	11.8% (±5.0)
Nearly every day	9.5% (±4.1)	14.5% (±4.0)	13.7% (±5.4)

2018 Developmental Assets Survey: "Percent of youth reporting internal asset "Positive Identity" by grade:				
	Grade 9	Grade 10	Grade 11	Grade 12
Personal power	39%	42%	49%	50%
Self-Esteem	38%	32%	44%	41%
Sense of Purpose	53%	37%	53%	52%
Positive View of Personal Future	63%	68%	61%	65%



Resources for Students, Staff, and Parents

- <http://www.netsmartkids.org> – Created by The National Center for Missing and Exploited Children, NetSmartz is an interactive and educational site designed to teach kids how to stay safe online and off.
- <http://www.getnetwise.com> – Created by the Internet Education Foundation to help educate the public about the challenges and problems presented by the internet.
- <http://www.safekids.com> – One of the oldest sites designed to help educate on internet safety and digital citizenship.
- <https://www.aacc.edu/technology/file/GamingTips.pdf> - Tips on safe gaming for kids and teens.
- **MIYFS counselors** available in all MISD public schools and for confidential outpatient services. Call (206) 275-7657 for information, or;
IMS: Harry Brown (206) 230-6154
MIHS: Cathy Gentino (206) 236-3290