

Santa Ana High School Article of the Week #14

Rehab clinic for children internet and technology addicts founded (890L)

Instructions: COMPLETE ALL QUESTIONS AND MARGIN NOTES using the CLOSE reading strategies practiced in class. This requires reading of the article three times.

Step 1: Skim the article using these symbols as you read:

(+) agree, (-) disagree, (*) important, (!) surprising, (?) wondering

Step 2: Number the paragraphs. **Read** the article **carefully** and **make notes in the margin**.

Notes should include:

- Comments that show that you **understand** the article. (A summary or statement of the main idea of important sections may serve this purpose.)
- Questions you have that show what you are **wondering** about as you read.
- Notes that differentiate between **fact** and **opinion**.
- Observations about how the **writer's strategies** (organization, word choice, perspective, support) and choices affect the article.

Step 3: A final quick read noting anything you may have missed during the first two reads.

Your **margin notes** are part of your score for this assessment. Answer the questions carefully in **complete sentences** unless otherwise instructed.

Student _____ Class Period _____

Britain's first internet rehab clinic has been founded amid fears children as young as 12 are addicted to the web, computer games and mobile phones.

The service, which will be offered for children as young as 12, comes amid growing concerns about children's behavior with technology which puts their health at risk and has led to police being called to sort out family disputes.

Children will be forced to go "cold turkey" from their technology use as well as being encouraged to cut out any problem use, such as computer games, and restrict the time spent using their phone or computer.

They would also be taught face-to face social skills at a residential unit. It also encourages them to think about their relationship with their phone, computer games or social networking websites like Facebook and teaches them skills to help them to switch off.

The treatment package may also include a look at body image and physical health if the addiction has affected the child's confidence, activity levels or diet. The treatment aims to increase off-screen social activities and improve the person's confidence in face-to-face situations, the lack of which may have made them more susceptible to technology addiction.

Notes on my thoughts, reactions and questions as I read:

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Strategies to deal with online problems, like cyber bullying, may also be part of intensive in-patient care, group or individual therapy. Consultant psychiatrist Dr Richard Graham, who is leading the new addiction treatment, said services need to "adapt quickly" to help young people affected by technology addiction - who he dubbed "screenagers" - rather than sticking with the same treatment models used for substance abuse.

He said a growing number of parents had told him about when their children flew "into a rage" when they were told to turn off their computer. Police had even been called to sort out some rows, he added. Dr Graham said technology addicts, whom were like gambling addicts, were hyper-stimulated so they were "always on the alert" and could suffer withdrawal symptoms like agitation. "I've been contacted by parents who see their children going into a rage when they're told to turn off their computer. Some end up having to call the police," he said.

Dr Graham said children played some computer games for the social contact, adding: "It gives them a sense of connection so they end up playing all the time." "What we need are official guidelines now on what counts as healthy or unhealthy use of technology," he told the London Evening Standard. "Mental health services need to adapt quickly to the changing worlds that young people inhabit, and understand just how seriously their lives can be impaired by unregulated time online, on-screen or in-game. "We have found that many of the existing services fail to recognize the complexity of these situations, borrowing from older models of addiction and substance misuse to very limited effect.

"This is why Capio Nightingale Hospital has launched the first Young Person Technology Addiction Service, which we hope will address the underlying causes of this addiction to transform screenagers back into teenagers." Other clinics, including The Priory, offer treatment for internet addiction but have no dedicated service for young people.

A spokeswoman said the service will be offered for children as young as 12 but those aged 15 to 17 are expected to be the main target group.

She said the service did not aim to make children give up technology use completely, instead they are encouraged to cut out any problem use - like computer games - and restrict the time spent using their phone or computer.

*Notes on my thoughts,
reactions and questions as I
read:*

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Comprehension questions – answers may be in phrases.

1. *Name two examples of the technologies children are abusing.*
2. *Define **agitation** as used in the article.*
3. *What are “Screenagers”?*

Answer each question in one or more complete sentences and by providing complete explanations.

4. *What are some of the symptoms of technology addiction in children? Cite the text*

5. *Do you see this kind of issue becoming more or less of a problem in future generations? Use examples from personal experience.*