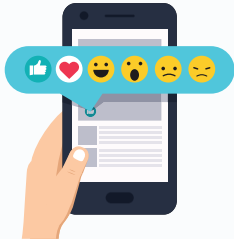


DISTRACTED OR ADDICTED?

Growing Up Digital (GUD) Alberta is a 10-year, collaborative research project that examines perspectives on digital technology, health and learning. The current phase of study involved collecting data from parents and grandparents.



“ People are having a hard time being away from their phones. They are living their life through a screen instead of actually taking in what is happening around them through their own eyes. ”
— Alberta parent



30% of parents feel “addicted” to their own technologies with social media as the area of greatest dependence.



22% of parents feel their children are “addicted” to technology with the areas of greatest dependence being watching videos and video games.



36% of grandparents believe their grandchild is “addicted” to technology.

More details about the GUD Alberta project are available at bit.ly/gudalberta18.

PARTNERS: The Alberta Teachers' Association, University of Alberta, Boston Children's Hospital, Center on Media and Child Health and Harvard Medical School Teaching Hospital.