



DIRECTORATE GENERAL FOR LIFELONG LEARNING

Fighting Against Addiction



Introduction

“Don’t Be Addicted, Be Independent!”

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Introduction & Slide Outline

Types of Addiction

Possible Effects of Parenting Attitudes on Addiction

How Do Parents Understand If Their Children Are Addicted?

The Role of the Family in Preventing Addiction and Protecting from Addiction

Treatment in Addiction

Institutions Fighting Addiction in Our Country



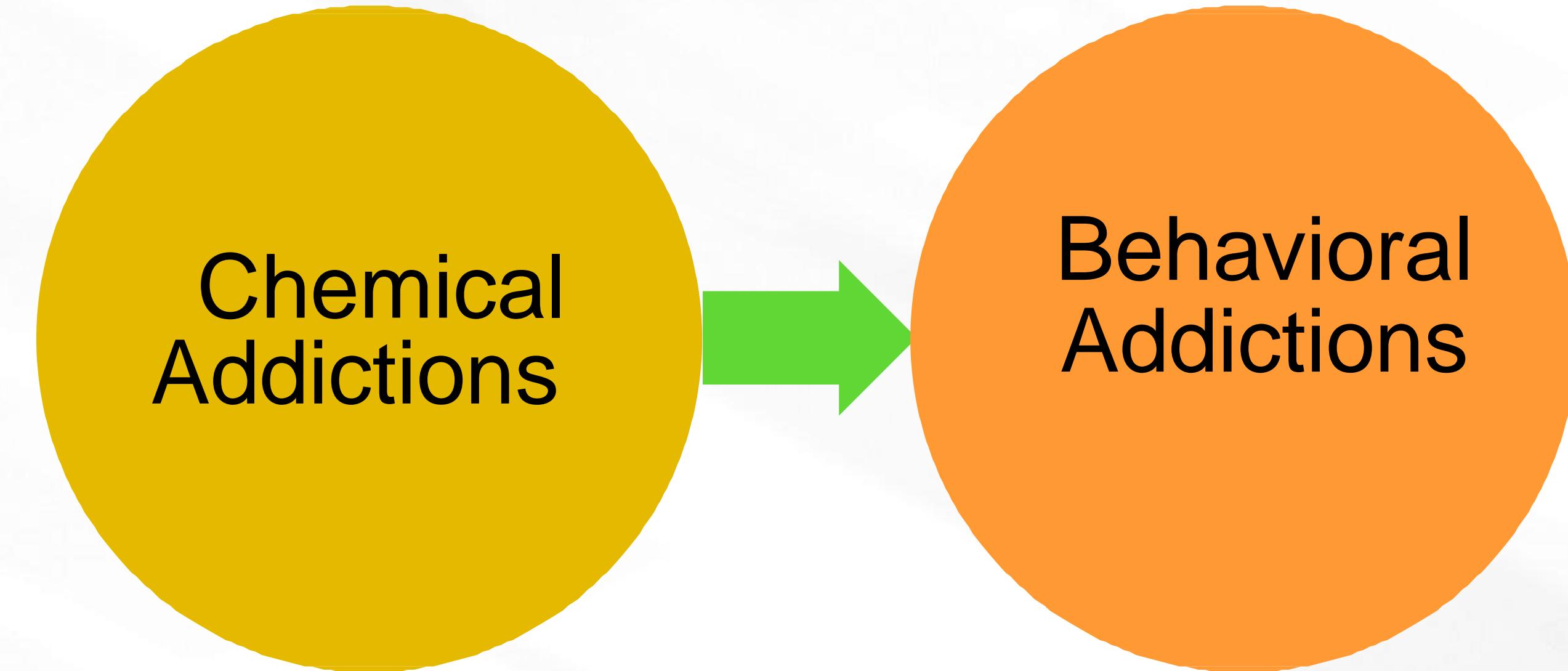
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Activity I: What Is Right, What Is Wrong?





Types of Addiction





Types of Addiction

Chemical Addictions

1. Tobacco Addiction



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Types of Addiction

Chemical Addictions

2. Alcohol Addiction



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Types of Addiction

Chemical Addictions

3. Substance Addiction



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Types of Addiction

Behavioral Addictions

1. Technology Addiction

Technology addiction is a behavioral addiction that occurs due to uncontrolled and unconscious use of technology and the internet, such as gaming disorder, gambling disorder, excessive social media use, and excessive smartphone use.





Types of Addiction

Behavioral Addictions

2. Gambling Addiction



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Possible Effects of Parenting Attitudes on Addiction

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Activity 2: I Notice My Attitude





Possible Effects of Parenting Attitudes on Addiction

Paranting Attitudes

Authoritarian / Controlling / Perfectionist Parenting

Overly Permissive / Neglectful Parenting

Authoritative / Supportive Parenting



How Do Parents Understand If Their Children Are Addicted?



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Activity 3: Where Is My Group?



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Activity 4: Addiction Detective





How Do Parents Understand If Their Children Are Addicted?

Signs of Tobacco Addiction in Children/Adolescents

- Increasing amount of tobacco use
- Difficulty controlling use
- Organizing personal/social life around tobacco
- Using more than planned
- Spending too much time trying to control use; unsuccessful attempts
- Neglecting responsibilities due to tobacco use
- Social or interpersonal problems caused by tobacco use but continuing anyway
- Continuing despite physical, social, and psychological harm
- Withdrawal symptoms when not using; relief when using



How Do Parents Understand If Their Children Are Addicted?

Signs of Alcohol Addiction in Children/Adolescents

- Increasing amount of alcohol consumed
- Spending too much time trying to control consumption; unsuccessful attempts
- Neglecting or failing to fulfill responsibilities due to alcohol use
- Preferring alcohol over social life
- Social or interpersonal problems caused by alcohol but continuing anyway
- Continuing despite physical, social, and psychological harm
- Withdrawal symptoms when not drinking; relief when drinking



How Do Parents Understand If Their Children Are Addicted?

Signs of Substance Addiction in Children/Adolescents

- Constant desire to use substances
- Spending excessive time trying to control use; unsuccessful attempts
- Failure to meet responsibilities due to substance use
- Delaying or abandoning social life for substance use
- Continuing use despite physical, social, and psychological harm
- Increasing quantity needed to feel effects
- Withdrawal symptoms and returning to use to relieve them



How Do Parents Understand If Their Children Are Addicted?

Signs of Technology Addiction in Children/Adolescents

- Increasing time spent using technological devices
- Inability to control usage and failed attempts to control
- Lying to hide time spent on devices
- Physical/psychological issues due to reduced movement
- Disturbed sleep and eating routines
- Neglecting responsibilities due to device use
- Decreased attention span
- Mood instability
- Avoiding help and increased conflicts



Activity 5: If We Could Start Over



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Short Break

“Sports protect young people from daydreaming, disorder, and harmful entertainment.”

Selim Sırı Tarcan (1874-1957)

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The Role of the Family in Preventing Addiction and Protection Strategies

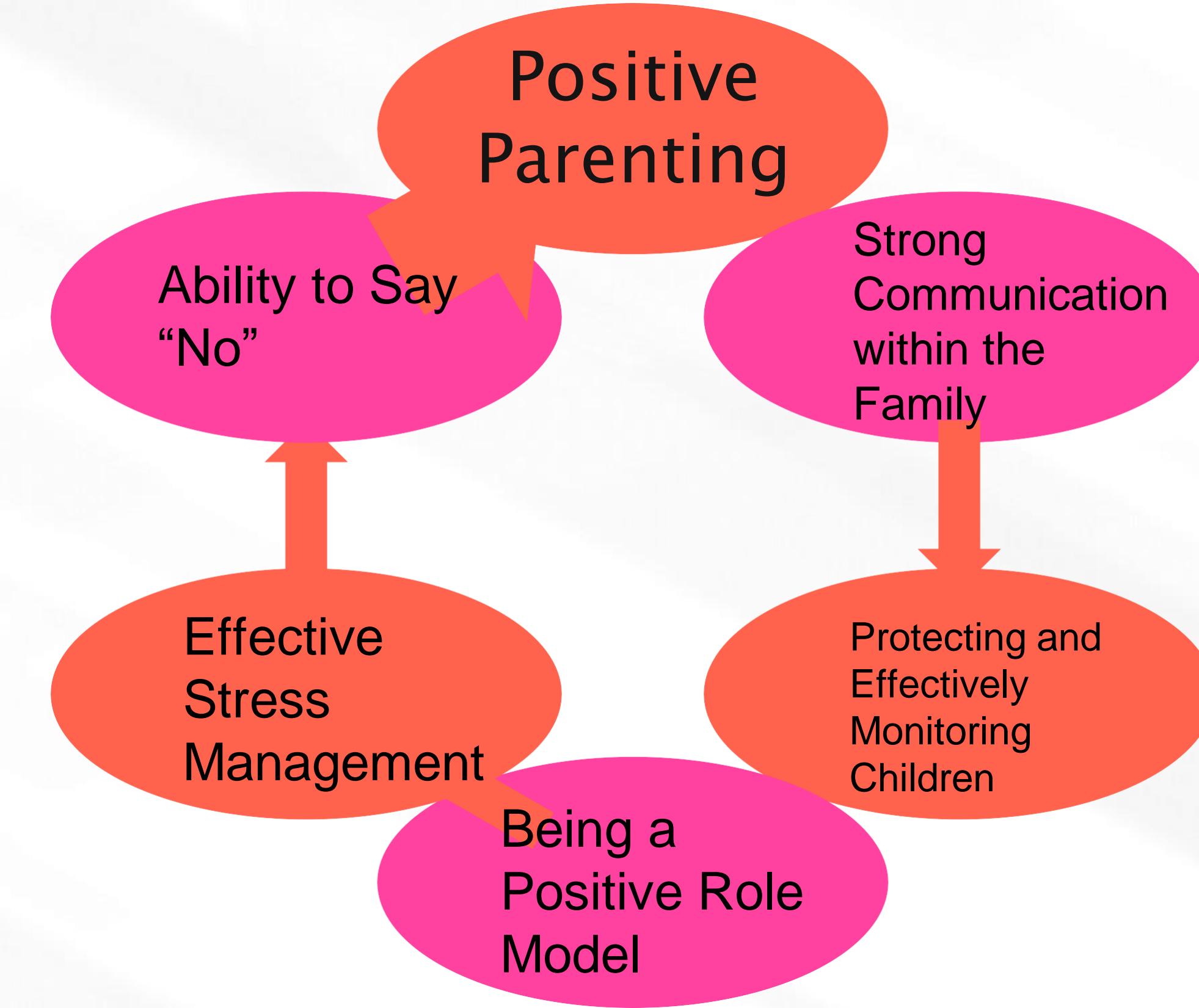
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The Role of the Family in Preventing Addiction and Protection Strategies

Key Traits of Families That Protect Children from Addictions



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Family Recommendations for Preventing Tobacco Addiction

- Be a role model by not smoking.
- Do not allow smoking near your child.
- Do not keep tobacco products in visible areas.
- Inform your child about short- and long-term harms of tobacco.
- Direct your child to relaxing, positive activities during stressful moments.
- Plan activities you can enjoy together.
- Support your child in developing hobbies.
- Teach your child the importance of saying “no” to peer pressure.



Family Recommendations for Preventing Alcohol Addiction

- Establish a trust-based communication with your child.
- Inform them about the negative effects of alcohol on body, mind, and behavior.
- Be aware of their friends and social environment.
- Be a role model regarding alcohol use.
- Discuss alcohol-positive content seen on media and explain real effects.
- Teach the importance of choosing friends wisely and saying “no.”
- Set clear rules about alcohol use at home.



The Role of the Family in Preventing Addiction and Protection Strategies

Family Recommendations for Preventing Substance Addiction

- Be a role model by avoiding harmful substances.
- Encourage physical activities your child enjoys.
- Guide your child in developing effective stress-coping skills.
- Teach the ability to say “no.”
- Maintain strong family communication.
- Keep track of your child’s social environment.



Family Recommendations for Preventing Technology Addiction

- Set clear boundaries for technology use.
- Assign an activity for after screen time ends to support routine.
- Warn your child when the time is almost up.
- Keep devices in common areas if issues are expected.
- Establish regular alternative activities without technology.
- Encourage technology use for beneficial purposes.
- Set limits for device use before sleep.



Activity 6: As This Section Ends



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Addiction Treatment

Medical Support

Psychological
Support

Social Support

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Addiction Treatment

Organizing Life

Structuring time

Improving
peer
relationships

Strengthening
school
engagement

Supporting
strong
personal
traits



Activity 7: Life Plus



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Activity 8: Rescue Institutions





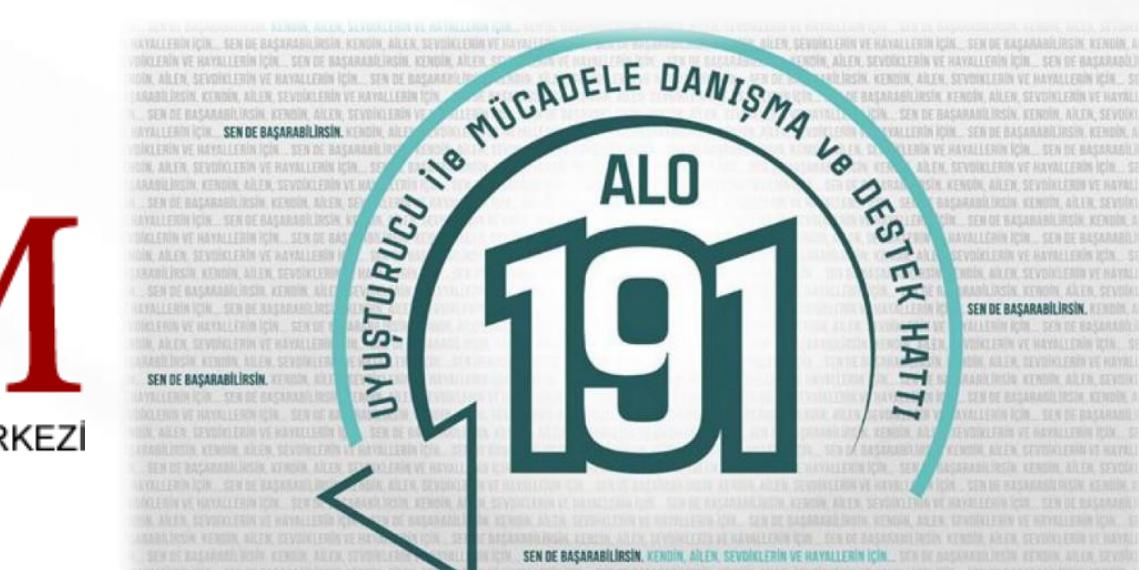
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AMATEM

ALKOL ve MADDE BAĞIMLILIĞI ARAŞTIRMA TEDAVİ ve EĞİTİM MERKEZİ

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SİGARAYI BIRAKMAK İÇİN
GEÇ KALMAYIN



Thank you