

Screen Addiction Among Teens: Is There Such A Thing?

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Look up from this screen right now. Take a look around. On a bus. In a cafe. Even at a stoplight. Chances are, most of the other people in your line of sight are staring at their phones or other devices. And if they don't happen to have one out, it is certainly tucked away in a pocket or bag.

But are we truly addicted to technology? And what about our kids? It's a scary question, and a big one for scientists right now. Still, while the debate rages on, some doctors and technologists are focusing on solutions.

"There is a fairly even split in the scientific community about whether 'tech addiction' is a real thing," says Dr. Michael Bishop, who runs Summerland, which he calls "a summer camp for screen overuse" for teens.