

Finally a day is dedicated to digital addiction awareness

Observed annually on June 18th, International Digital Addiction Awareness Day is a global initiative committed to shedding light on the pervasive risks associated with online addiction.



Chicago, Illinois Mar 30, 2024 ([IssueWire.com](https://www.issuewire.com)) - International Digital Addiction Awareness Day Shines a Spotlight on the Perils of Tech Overuse and Online Gambling. June 18 marks the annual observance of International Digital Addiction Awareness Day, a global initiative to shed light on the growing risks associated with excessive technology use and online addictions.

As technology and artificial intelligence continue to advance at a rapid pace, large corporations are increasingly leveraging powerful algorithms to manipulate human behavior and drive profits, often at the expense of mental well-being - particularly among younger generations. This pervasive issue has given rise to a concerning epidemic of digital overload and online addiction.

One of the most pressing concerns is the alarming rise of online gambling and sports betting. Millions of people, lured by manipulative advertising and content, are becoming trapped in a cycle of financial ruin and deteriorating mental health. This predatory industry, fueled by profit-driven algorithms, poses a grave threat to vulnerable individuals and communities.

Social media influencers, with their vast reach and powerful platforms, are also contributing to the problem by promoting addictive content and products to their audiences in real-time, every second of every day.

In 2020, Shivam Sharma from Chicago, along with policymakers and community leaders, launched a grassroots campaign to raise awareness about digital addiction and online gambling. This initiative has since evolved into the annual observance of International Digital Addiction Awareness Day, celebrated on June 18.

Ways to Observe the Day

Every year, individuals, families, and communities are encouraged to reflect on their digital usage, take a break, and engage in a digital detox. Uninstalling apps that consume excessive time and removing all gambling-related applications are also recommended actions. The day is strategically chosen to coincide with other celebrations that complement the theme of stepping away from digital technology, such as International Sushi Day, International Picnic Day, Autistic Pride Day, and National Splurge Day.

Our mission continues to highlight the detrimental impact of profit-driven and exploitative technologies on mental well-being. We advocate for a digital environment that prioritizes the health and happiness of individuals and communities. Our primary focus areas include the urgent crisis of online gambling, especially its targeted effects on children and youth. We call for strict regulations, responsible advertising practices, and protective measures for vulnerable demographics. At the core of our mission is the promotion of responsible content algorithms, urging platforms to prioritize user well-being over profit-driven content. Central to our ethos is the reinforcement of authentic human connections, encouraging individuals to prioritize meaningful relationships over excessive virtual interactions. We believe that by fostering collaboration, sharing knowledge, and collectively addressing these challenges, we can create a digital landscape that enhances mental wellness and contributes positively to society.

By coming together to raise awareness and take concrete steps to address digital addiction, we can empower individuals and communities to reclaim their mental well-being and cultivate a healthier, more balanced relationship with technology.

For more information on International Digital Addiction Awareness Day and resources to promote digital wellness, please visit <https://digitaladdictionawareness.org/>

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Source : International Digital Addiction Awareness Day

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