主題：如何預防及處理子女沉迷上網的方法

A. 內容撮要：

- 子女怎樣才算沉迷上網？

- 上網的時間比預計的多，甚至因為長時間上網而影響日常生活
- 上網被打斷會變得脾氣暴躁
- 在不能上網時也時常記掛着，甚至因為不能上網而感到失落或焦慮
- 成績突然倒退

- 家長要如何預防子女沉迷上網？

- 家長要儘早與子女討論上網問題
- 鼓勵子女從小就建立一個良好的習慣，有節制地上網
- 家長需要因應子女的成熟程度，調節管教的方法
- 當家長需要處理不適當行為時，要盡量保持平和，但同時亦要堅定執行

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B. 家長反思題：

1. 當子女因故不能上網（例如：斷網、時間到了、出門在外）時，他們的「情緒」和「作息」會出現哪些反常的訊號？
2. 在面對子女的上網習慣時，我目前的管教方法有因應他們的成熟度而調整，並在衝突時做到「平和而堅定」嗎？

Topic: Methods to Prevent and Handle Children's Internet Addiction

A. Content Summary:

- **How do you know if a child is addicted to the internet?**
    - Spending more time online than expected, to the point where daily life is affected.
    - Becoming irritable or short-tempered when internet use is interrupted.
    - Constantly thinking about being online when disconnected, or feeling lost and anxious due to the lack of internet access.
    - Suffering a sudden drop in academic performance.
- **How can parents prevent children from getting addicted to the internet?**
    - Discussing internet use with children as early as possible.
    - Encouraging children from a young age to build good habits and use the internet with moderation.
    - Adjusting parenting methods according to the child's level of maturity.
    - Remaining calm yet firm when addressing inappropriate behaviors.

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B. Parent Reflection Questions:

1. When your child cannot access the internet for some reason (e.g., network outage, time is up, being away from home), what unusual signs appear in their emotions and daily routines?
2. When dealing with your child's internet habits, have you adjusted your current parenting style to match their maturity, and are you able to remain "calm yet firm" during conflicts?