

Let's stop internet addiction!



IADliber Project



[Home](#)

[Contact](#)

[About Us](#)

IADliber aims at **strengthening** educators of adult with fewer opportunities in their efforts to increase their competences necessary for identifying and counteracting **Internet addiction**



Co-funded by
the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the National Agency (NA). Neither the European Union nor the NA can be held responsible for them

ABOUT US

Internet addiction is a broad term that covers a range of behaviors and impulse-control problems involving internet, personal computer, and mobile technology.



Survival Kit

Collection of content that will enhance the necessary skills related to mindfulness and other methods of focus, self-awareness and reliable assessment of the situation.

Mobile App

Digital space with action cards and quizzes that help check the observed symptoms of Internet addiction and assign them to specific remedial steps



Do not miss anything!



The Partners



Centrum Wspierania
Edukacji
i Przedsiębiorczości



T.C. İSTANBUL VALİLİĞİ

