



Media Release

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To:	All Media	Attn:	The Editor
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The Editor,

I am sending the below information for your perusal and publication. I would like to thank you in advance for your service and for any exposure that you may give us to continue helping Maltese Youth we work with.

you[th].com Seminar on Computer Addiction Awareness

This seminar is being held as part of the ongoing formation programme which KDZ designs for youth pastoral operators and other people who work closely with young people. KDZ is working on this formation project together with *sedqa*.

For some time we have been noticing the changing trends in the behavior of young people with regards to lifestyle and computers. Thus we feel the need to create an awareness and knowledge about this change amongst people who work closely with youth in order for them to be able to understand and relate with youth who may be challenged with this situation. Understanding the concept behind computer addiction is another step towards the projection and promotion of healthy living even amongst young people.

Addiction has been defined as a habit so strong that one cannot give it up. We are all aware that people form addictions to many things, from cocaine to gambling. We commonly refer to alcoholism, workaholism, and may even define ourselves as chocoholics. It may be difficult to create one single definition for computer addiction since the term actually covers a wide spectrum of behaviours. People may be addicted to activities performed on a computer, like instant messaging, viewing Internet pornography, playing video games, checking e-mail and reading news articles. The notion that we can form addictions to computer and internet use is a relatively new one and is in many ways relatable to general lifestyles led by most adolescents and young people.

The aim and scope behind organizing this seminar is not to create moral panic on computer use, but rather to enhance societal awareness on computer use. We seek to promote the best use of computers for the benefit of society as a whole. We need to

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face reality and therefore look into what is precipitating bringing about computer addiction, given that persons who have this dependency are losing on opportunities available to them.

This seminar aims to empower persons who work with young people with skills and awareness necessary for them to empower young people partake in the different initiatives available that support their holistic development. As educators we should be able to offer opportunities for young people to socialize and develop through informal and non-formal education. Our role should be to create 'spaces' for this education to take place. Youth leaders and youth workers endeavor to provide a quality service. This seminar should provide this sector of community workers the opportunity to discuss and be informed on computer addiction as part of their on-going formation and professional development programme.

This seminar will be held next Saturday 23rd February from 0830 until 1300 at the Catholic Institute at Floriana. The plenary sessions will be delivered by Mr. Jesmond Friggieri, a *sedqa* lecturer who shall be focusing on computer addiction, and Ms. Miriam Teuma, lecturer at the Department of Youth and Community Studies at the University of Malta, who shall be focusing on overcoming the challenge through youth empowerment.

For more information and for further details contact us on 21484506 or by sending an email to info@kdz.org.mt.

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