

Screen-free time

Tools and resources for educators
and professionals in school settings

PAUSE

RESOURCES DIRECTORY

This directory is intended for anyone likely to intervene with people at risk of developing Problematic Internet Use (PIU). It presents a screening questionnaire, public and private resources for prevention and intervention, applications to better manage the use of Internet and screens, as well as interesting books and articles on this topic.

SCREENING TOOL (PIU)

The [DEBA-Internet screening questionnaire](#) was developed to allow the screening of Problematic Internet Use (PIU) among adolescents (12 years and over) as well as adults. If a problem is screened, it is recommended to refer the person to the appropriate services. By following the link, you will have access to:

- [Résumé](#) (only available in French)
- [Grille DÉBA-I English](#)

PREVENTION RESOURCES

Here is a list of non-profit organizations whose mission is to prevent addictions, including preventing Problematic Internet Use, and to promote healthy habits.

- [La Maison Jean Lapointe](#)
- [Gambling: Help and Referral](#)

INTERVENTION RESOURCES

Please note: All the organizations listed below offer services in English. However, some of them have a French-only website. We suggest calling them to know more about their services. Here is a list of public and private resources that offer cyberaddiction treatment services.

General public

- [Your regional CISSS](#)
- [Centre de réadaptation en dépendance Forster \(CRD Forster\)](#)
- [Centre de réadaptation en dépendance de Lanaudière](#)
- [Referral Service of Ordre des psychologues du Québec](#)

Teen population (12-17 ans)

- [Directory of private psychoeducators](#)

Adult population

- [Clinique Nouveau Départ – EHN Canada](#)

APPS

Here is a list of non-exhaustive applications whose purpose is to help the user regain some control over their usage habits and limit the possibilities of using devices.

- Cellphone parameters
- **SPACE** – Evaluate your use (Android)
- **MOMENT** – Evaluate your use (iOS)
- **OUR PACT** – Facilitate disconnection (Android)
- **CHECKY** – Facilitate disconnection (Android and iOS)
- **STAY FOCUSED** – Facilitate disconnection (Android)
- **FOREST** – Help you stay focused on your tasks (Android and iOS)
- **SCREEN STOPWATCH** – Facilitate disconnection (Android)
- **ACTIVITY BUBBLES** – Facilitate disconnection (Android)
- **MORPH** – Help you stay focused on your tasks (Android)
- **WE FLIP** – Let you experiment group disconnection (Android)
- **FREEDOM** – Disable network for a period of time (iOS)
- **CELL CONTROL** – Eliminate distractions while driving (Android and iOS)
- **DRIVE SAFE MODE** – Eliminate distractions while driving (Android and iOS)

INTERESTING BOOKS AND ARTICLES

- Guérin, Manon R. (2019). *Flirtez-vous avec la cyberdépendance?* Québec: Groupe Fides Inc.
- Briceno, C., et Ducas, M.C. (2019). *Parents dans un monde d'écrans*. Québec: Les Éditions de l'Homme.
- Amnon, Jacob Suissa (2017). *Sommes-nous trop branchées ? La Cyberdépendance*. Québec : Presses de l'Université du Québec.
- Fielding, Orianna (2017). *Détox numérique : Se débrancher pour revenir à l'essentiel*. Québec: Les Éditions de l'Homme.
- Alter, Adam (2017). *Irresistible: The rise of addictive technology and the business of keeping us hooked*. New York: Penguin Press.
- Château, Frédérique (2015). *Techno-détox : sommes-nous dépendants des technologies numériques ? Comment mieux vivre avec elles?* France: Télémaque.
- Dubé, Catherine (2018-07-13). **Il est temps de décrocher !** *L'Actualité*. Repéré à <https://lactualite.com/societe/2018/07/13/il-est-temps-de-decrocher/>
- Université de Laval à Québec (2016). **L'utilisation des appareils mobiles en classe : aspects pédagogiques, enjeux et pistes d'intervention**. Repéré à https://www.enseigner.ulaval.ca/system/files/rapport_gtumac-avril_final_reduce.pdf