



YOUNG GAMBLERS EDUCATION TRUST (YGAM)

Parental Resources

Young Gamblers Education Trust, 71 – 75 Shelton Street, Covent Garden, London, WC2H 9JQ.

www.ygam.org | hello@ygam.org | 0203 837 4963 | Registered Company no: 09189998 | Registered Charity no. 1162425.

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Keep A Family Diary

Record how much time you spend on any form of social media and social gaming. Compare your own findings with other family activities. Can you draw any conclusions?

Day	Date	Activity/Activities	Time Spent On Each

Conclusions:

Positive Distractors

What can we do to spend less time gaming? Make a list or booklet which can be shared with other families including fun activities which do not include use of social gaming.

Day of the Week	Activity	Main Details
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Calculator

Try to compare social media and gaming time to other activities, lengths of time, costs e.g. How much time would you spend gaming over a lifetime?

Type of Social Media/Gaming	Time Spent	Money Spent

Conclusions

School Family Challenge

Decide to take action as a family with a focus on switching off phones and computers for a set amount of time and doing something else instead. Record your findings in a log book.

Day	What I Normally Do!	What I Did Instead!
Conclusions		

Family Discussion

Topics for discussion as follows:

What did people do before mobile phones?
Is some social gaming a good thing?
How long can I safely spend social gaming?

You can make notes for your discussion in the boxes below:

What did people do before mobile phones?

Is some social gaming a good thing?

How long can I safely spend social gaming?

Switch Off Challenge

What happens when we switch off the wifi? The television? The X-Box? How do we feel? Keep a record or blog about your family experience.

Try to write 50 - 100 words to record your feelings about this	How Do I Feel Today?
Day One	
Day Two	
Day Three	
Day Four	
Day Five	
Day Six	
Day Seven	

Our Agreement

Discuss as a family sensible limits on time and use of phones, iPads and other electronic devices. Fill in and sign a document around safe digital behaviours. What can all members of the family agree to do?

Family Contract

We have decided to do the following:

We are doing this because...

This agreement will last until...

We will review this agreement on...

Signature

Date

Signature

Date

Signature

Date

Signature

Date

Signature

Date

Feeling Better

Have you noticed any changes in how you feel when you are/are not gaming or similar activities? Keep a diary of 'emotions and health' over a week and share with your family.

Day	Activity (Gaming/Not Gaming)	How Do I Feel Emotionally?	How Is My Health

I Need...

Make up some 'I need...' labels which help family members understand how you feel about gaming and what they can do to support you.

I Need...

I Need...

I Need...

I Need...

I Need...

I Need...

Family Questions

Come up with some questions about something which you are unsure of about social gaming. Swap the questions with other family members and try to find some answers.

My question is...

My question is...

My question is...

My question is...

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