

PR/YPSGIP/0818

# Young People & Social Gaming

Introduction Session For Parents



# Aims & Objectives



- To educate, inform and help parents deal with problem social gaming.

- To identify signs of problem social gaming.

- To identify the consequences of problem social gaming.

- To signpost ways to receive advice and guidance.

# Escaping Video Game Addiction



# What should we ask ourselves?



○ When did you buy your child their first mobile 'phone? iPad? Laptop? Computer? Playstation? X-Box?

○ Do you know completely how this works?

○ Who pays for any games? You? Son or daughter? Other? Don't understand?

○ How much do you think you spend per month on your son's or daughter's gaming?

# Time & Money



○ How much time do you think your daughter or son spends on gaming per month?

○ How much do you think you spend per month on your mobile 'phone?

○ How much time do you spend on your 'phone per month?

○ How does it compare with other children?

# Pros & Cons



Are there skills your daughter or son gains from social gaming?

Is there knowledge gained from social gaming?

What do you think of social gaming? Scale of 1 - 5.

Is social gaming good for your son's/daughter's health?

# The Wider Picture



- What could your daughter or son be doing instead?
- What is your child's favourite game? Does it have in-app purchases? Can she/he spend money on it? How much?
- Investigate a game you don't know and find out about the positive and negative aspects of it? What have you discovered?
- Mental Health Issues - What are they?

# Social Gaming - Signs of Addiction



- Preoccupation with gaming to the point where he or she is agitated when away from it.
- Downplaying the amount of time that he or she is spending playing games.
- Gaming addicts are often unable to limit the amount of time they spend playing games.
- Avoiding spending time with family members and friends because this will take away from gaming time.
- Neglecting personal hygiene, again because this could reduce the amount of time available for game play.
- Becoming defensive when questioned about the amount of time spent playing games. Extreme fatigue because of not getting enough sleep due to too many hours spent playing games.
- Headaches or migraines due to eye strain or intense concentration on a game.
- Carpal tunnel syndrome from excessive use of a controller or mouse.
- [www.addictionhelper.com/gaming](http://www.addictionhelper.com/gaming)



# Consequences of a Gaming Addiction



- Gaming addiction can have serious consequences, both physically and mentally. Those with an addiction to gaming may develop a number of physical health issues, which could include:
- Family issues
- Unable to concentrate
- Trouble sleeping/Irregular sleep patterns
- Friendship issues
- Poor personal hygiene and appearance
- Poor school grades

# Open Discussion



- Question & Answer Session

# What we will do at our school



- Safeguarding
- Be Fair
- Be Non-judgemental
- Offer Balanced Advice
- Be Open To Opinions
- Learn as well as Educate!

# Families Project



- If you want to take part in our families project we have a range of innovative and engaging activities for you to complete.
- Take a copy of our families project booklet
- You can compare with other families or keep this to yourself
- Let's meet again and see what has changed!

# If you are concerned...

Talk to your child

Talk to the teaching staff

Childnet [www.childnet.com](http://www.childnet.com)

UK Safer Internet Centre [www.saferinternet.org.uk](http://www.saferinternet.org.uk)

[www.addictionhelper.com/gaming/](http://www.addictionhelper.com/gaming/)