


How to use the Gaming Addiction Ramification Tool Kit (Parents)


DEAR PARENTS



+ **IT'S YOUR CALL** +

GAMING ADDICTION DISORDER
CAN TAKE YOUR CHILD AWAY

SPEND MORE TIME WITH YOUR CHILD




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Unboxing the toolkit in just simple 3 step process



1. Spend more time with your child
2. Track device usage and content
3. Introduce your child to other fun stuff

Spend more time with your child

As parents and caregivers, we can make choices to ensure time spent with our children is high-quality. Here are nine tips for busy families:

1. Have a daily “connect” time with your child.
2. Create a special ritual for you and your child—something that can be done every day.
3. Tell your child you love her every day. And tell her how important she is to you and how she makes you feel.
4. Reinforce positive behavior.
5. Make and eat meals with your children whenever possible. If time is limited, look for simple meals that require very little preparation, or grab a healthy snack such as an apple and sit for a few minutes and chat with your child.
6. Schedule time for doing an activity of your child’s choosing. Be sure to follow through and complete the activity without any distractions.
7. Play with your child, even if it’s during bath time or outside before you drop her off at preschool. Every little bit of time makes a positive impact!
8. Laugh and be silly with your child.
9. Turn off technology when you spend time with your child. Try not to text, answer calls, scroll through social media, or watch television.

Meaningful connections are about quality of time, not quantity of time. Keep it simple and connect with your child in ways that make sense for your lifestyle and relationship. Each connection has a lasting impact and provides the support and reassurance that your child needs.

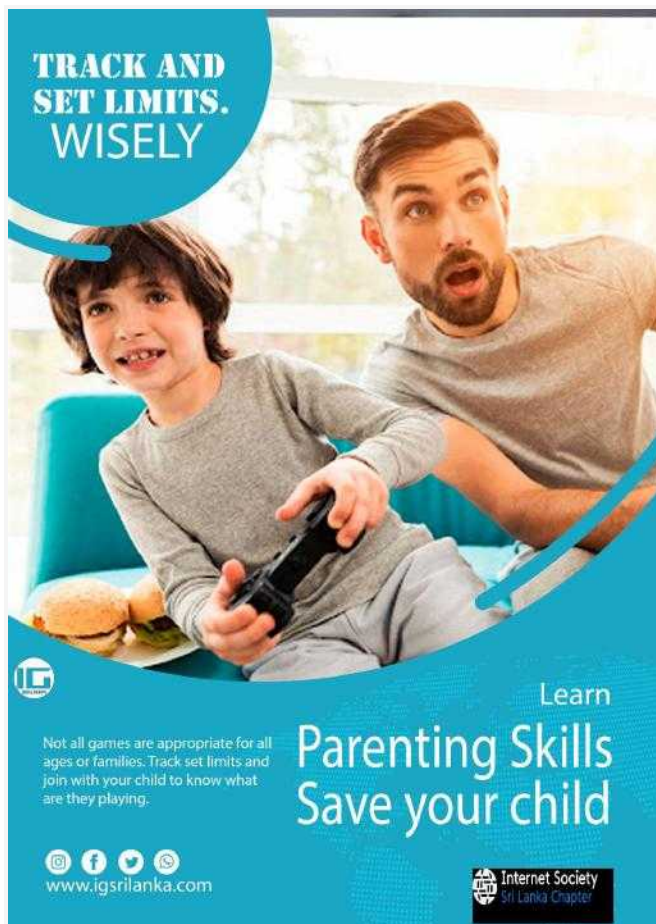


Track device usage and content

How much time are you spending glued to your phone each day? Google and Apple both have tools to help you manage your screen time on their devices. You can use these features to see how much time you're really spending on your mobile device and which applications you use most often.

Apple's "Screen Time" feature on its iPhones can be found under "Settings." It breaks down in simple charts how long you spent on your phone that day or over the past week, and tells you which types of apps sucked up most of your time.

Google has built a native "Digital Wellbeing" app into its Pixel phones which provides similar data. It also includes an option to set limitations on usage. For other Android devices, there are a number of apps in the the Google Play store that users can download to monitor their mobile device usage.



TRACK AND SET LIMITS. WISELY

Learn
Parenting Skills
Save your child

Not all games are appropriate for all ages or families. Track set limits and join with your child to know what are they playing.

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Introduce your child to other fun stuff

Outdoor play is not only fun – it's good exercise too. Here are ideas for getting outside with your child:

- Make time to go to the park together – walk or ride a bike there, if you can.
- Give your child the chance to practise skills and get better at things like climbing and catching a ball.
- Lie on the grass and look for shapes or animals in the clouds.
- On a dark, clear night, go outside and look at the stars.





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GAMING ADDICTION

PAARENTAL TIPS

Special Attention
During
COVID PANDEMIC



PREVENT CHILD FROM ADDICTING TO GAMES



SPEND MORE TIME WITH YOUR CHILD



TRACK DEVICE USAGE TIME AND CONETET



INTRODUCE YOUR CHILD TO OTHER FUN THINGS

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GAMING ADDICTION

PAARENTAL TIPS

SYMPTOMS OF VIDEO GAME ADDICTION

#1



PREOCCUPATION

WHEN A GAMER FINDS THAT THEY HAVE A HARD TIME FOCUSING ON EXTERNAL EVENTS IN LIFE AND ARE PREOCCUPIED PREDOMINANTLY BY VIDEO GAMES, IT CAN BE A CRITICAL ADDICTION SYMPTOM. THE GAMER WILL LIKELY HAVE CONSTANT THOUGHTS ABOUT VIDEO GAMES THAT ARE INVASIVE IN THEIR DAY TO DAY LIFE.



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#2



WITHDRAWAL SYMPTOMS

IF A PERSON SEEMS WITHDRAWN BECAUSE OF A DIRECT CORRELATION TO VIDEO GAMES, ADDICTION CAN BE EMINENT. WHEN NOT BEHIND A SCREEN WITH A CONTROLLER IN HAND, ADDICTED GAMERS CAN SEEM INCREDIBLY IRRITABLE AND STRESSED OUT.

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#3



TOLERANCE

LIKE WITH THE ABUSE AND ADDICTION OF SUBSTANCES AND ILLEGAL DRUGS, TOLERANCE WILL BE BUILT WITH EXCESSIVE VIDEO GAME USE. THIS CAN BE SEEN IN THE AMOUNT OF IMMERSION AND SENSORY STIMULATION NEEDED TO FEEL SATISFIED WITH A GAME, AS WELL AS THE DURATION OF TIME SPENT PLAYING.



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LACK OF CONTROL

WHEN A GAMER LOSES THE ABILITY TO CONTROL THEIR PLAYING HABITS, THIS CAN BE A SIGN OF INTRODUCTORY ADDICTION TO VIDEO GAMES. THIS SYMPTOM CAN BE ESPECIALLY EVIDENT WHEN A PERSON HAS ATTEMPTED TO STOP REPEATEDLY WITHOUT SUCCESSFULLY DOING SO.

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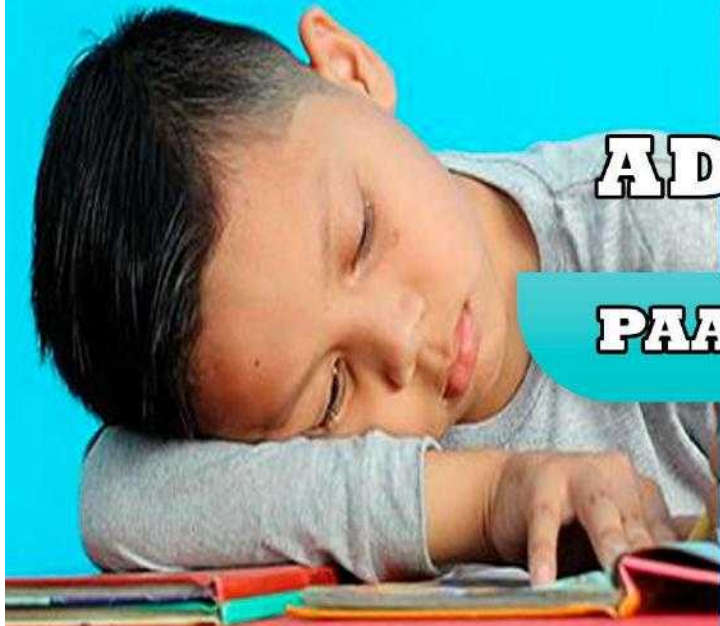


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LOSS OF INTEREST

MANY VIDEO GAME ADDICTS LOSE INTEREST IN EXTERNAL PASTIMES SUCH AS HOBBIES AND SPORTS. WHEN A GAMER'S LACK OF INTEREST IN THE REAL WORLD IS DIRECTLY INHIBITING THEIR ABILITY TO EXERCISE AND EAT HEALTHILY, THIS CAN BE EXTREMELY DESTRUCTIVE TO THEIR HEALTH AND WELL-BEING.



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NEGATIVE IMPACT

IF A PERSON FEELS THE NEGATIVE IMPACT OF THEIR GAMING ON THEIR SOCIAL LIFE AND RELATIONSHIPS, IT IS GENERALLY DUE TO RECLUSIVE BEHAVIOUR FUELED BY ADDICTION AND CAN BE EXTREMELY HARMFUL TO YOUNGER GENERATION PLAYERS IN THEIR DEVELOPMENTAL STAGES.

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DECEPTION

TO HIDE AND JUSTIFY THEIR ADDICTION, MANY GAMERS WILL GO OUT OF THEIR WAY TO DENY THEIR PROBLEM TO THEIR FRIENDS, FAMILY, AND EVEN THEMSELVES BY CONCEALING THEIR GAMING HABITS AND FALSIFYING THEIR PROBLEMATIC NATURE.

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ESCAPISM

ONE OF THE KEY REASONS PEOPLE END UP BECOMING ADDICTED TO VIDEO GAMES IS THE EASY ESCAPE ASSOCIATED WITH THEM. AS AN UNHEALTHY SOLUTION TO THEIR EXTERNAL PROBLEMS, PLAYERS THAT USE VIDEO GAMES AS MEANS OF ESCAPE ARE SETTING THEMSELVES ON A DWINDLING PATH.

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LOSS OF OPPORTUNITIES

THE ADDICTION AND ABUSE CREATED BY VIDEO GAMES LEAD TO MANY ENDING UP LOSING OPPORTUNITIES IN THEIR LIVES, SUCH AS JOBS, RELATIONSHIPS, AND EVEN MARRIAGES. THIS SYMPTOM'S DESTRUCTIVE NATURE BECOMES DANGEROUSLY INGRAINED WHEN THE GAMER CANNOT STOP PLAYING, EVEN AFTER LOSING IMPORTANT OPPORTUNITIES IN THEIR LIFE.

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