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**Contemporary Research Findings on the
Impact of Gaming on Young People**

thebluehandgroup.com

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WHAT ARE VIDEO GAMES?

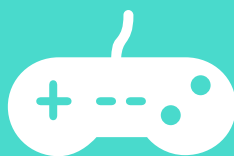


Games appear in many formats. From playing card games, board games, and even sports. However, there is one concept of gaming that may seem difficult to understand at first but is actually quite simple. Video games are able to bring life to all sorts of genres in a virtual setting.

Despite the genre of games, there usually is a common understanding of their purpose. This may be, for the purpose of entertainment, or to even experience a challenge. However, there is more to gaming than what is generally thought to be by the broader population.

For many youths, gaming can contribute to many aspects of their life. Such as developing friendships, building on developmental skills, or to even exploring their creative side.

Through the advancement of technology, the notion of games has also further progressed into more accessible avenues for youths in today's society. Mobile phones, gaming consoles, and computers are a few of the many popular platforms, youths use to enjoy and experience gaming.



ABSTRACT

This information booklet focuses on the positive effects that video games can have on the mental and physical health of youth. For many children and teenagers, gaming can form a significant part of their childhood. Parents may provide their children with either a gaming console or phone, with the intention of keeping them entertained or safe. Many of these children and parents might be unaware of the positive effects gaming can have when moderation and balance of a healthy lifestyle is not taken into consideration.

It is important to be mindful that gaming has been linked to various types of addictions, negative impacts on health, and life, and can even become an avenue for bullying. There is also a stigma around gaming, where people typically focused on baseless fears/misinformation and on the negative impacts of gaming. Nevertheless, gaming can also contribute to a wide range of positive outcomes for a child's development. Contemporary research highlights that video games can provide a way for children to communicate, enhance problem-solving, and critical thinking as well as promote creativeness.

This booklet will explore the idea of video games and discuss about the positive and negative effects of gaming on youth. This includes, **understanding gaming, mental health benefits and problems, physical health, online bullying, and gambling.** Furthermore, **methods of keeping a healthy moderation of gaming and available resources/services about mental health and gaming** will be provided. The purpose of this booklet is to engage youth and parents into understanding the world of gaming and promote better relationships between parent and child.



INTRODUCTION TO GAMING

Video games were and sometimes are still viewed as solely tools for the entertainment of children. Video games have a much larger audience. Research in Australia shows, **68 percent** of the population have played interactive games.

Furthermore, **23 percent** of the population were aged 50 years and over. Therefore there is no age limit for having an interest in video games. For many youths, it is a form of relaxation, a way to inspire creativity, a sense of challenge, or even a method to socialize and develop friendships. Video games can also be used as a means to cope with life stressors.

It is important to understand, that not all video games are the same. Each game may provide a unique experience or outcome. Additionally, people can have different responses and experiences playing the same game. Therefore, it can benefit parents to understand the very idea of a video game, and the key differences/terms used in gaming, in order to become closer with their children.

Video games are a digital form of entertainment. They can be story-driven like a movie. However, what distinguishes video games from a movie, is their interactivity. Players are in control of the progress and outcome of the story. This is but one of many types of gaming.

As not all games have the same goal or genre. Some games may simply encourage the engagement of the player by allowing them to interact with unique systems and environments. They can be played alone, or cooperatively with other people.

This can be within the physical vicinity of another person or digitally via an internet connection. Although the genre of video games is ever-expanding, there are a few common styles of gaming, parents can become familiar with. These include: **Sandbox, Real-time strategy (RTS), Shooters, Massively Multiplayer Online (MMO), Role-playing, Sports/Simulation and Puzzles and Party games.**



The most popular **Sandbox game**, which may already be known by many, is Minecraft. Sandbox games allow for freedom and are nonlinear in terms of goal accomplishment, as opposed to story-driven games. The elements of a Sandbox game encourage experimenting and creativity.

Real-time strategy (RTS) involves the managing of elements in a game, such as a map, resources, and characters used to compete against other players. A typical feature of an RTS is they usually have a top-down view. Well-known examples of an RTS may include games such as Age of Empires and Warcraft.

Shooters, otherwise known as First Person Shooter (FPS) or Third Person Shooter (TPS), are games consisting of simulations revolving around combat. This allows the player to utilise a firearm, and or other weapons, to defeat enemies or other players. There are many variations of this genre. However, there are a few popular games such as Call of Duty and Fortnite which are considered to be Shooters.

Massively Multiplayer Online (MMO) games are simulations of worlds/environments where the player can create their own identity through an avatar. These characters are personalised by the players' choices and contribute to the world by engaging with the story and other player avatars. MMOs typically consist of virtual communities, rules, and languages. An example of an MMO may include Final Fantasy 14.

Role-Playing games (RPG) involve controlling a character which the player can “level up” as they progress through a game. RPGs generally form as a sub-genre of other games as many elements are used in combination of other genres to develop a game. For example, MMORPG is an MMO with characteristics of RPGs. An example of an RPG is Dungeon and Dragons.

Sports/Simulation games replicate realistic events and environments through a virtual setting. These games allow players to control a team or player from a sport to compete against an Artificial Intelligence (AI) or another player. Common sport games include FIFA (Football) and NBA 2k (Basketball).



Puzzles and Party games encourage the player to use problem solving and critical thinking to progress through a game. Some party games utilise puzzle aspects to compete and challenge other players. Party games consist of playing with other people in an effort to contribute to a single goal or to compete against another. Examples of puzzle and party games may include Tetris and Super Mario Party.

VIRTUAL REALITY

Virtual reality (VRgaming) is a form of gaming that allows the player to gain deeper immersion within a game. The technology allows the player to have a first-person perspective as if the player is actually part of the game. VR has become accessible on many gaming platforms such as PC and gaming consoles. VR games require the use of specific accessories which can be purchased separately, consisting of VR headsets, motion detectors, and controllers. These accessories allow the game to recognise the player's movements and interactions as they move outside the game. These products can generally be expensive, more so than many gaming consoles.



All of these genres potentially can form an identity for a game, as video games allow for flexibility and creativeness to flourish in terms of storytelling or playability. Video games are a form of digital interactive entertainment, which can be accessed through either a mobile device/tablet, computer, or gaming console.

Some video games can often be seen as interactive movies which do not require a level of skill from a player. Whereas some games may require technical skills, such as coordination, problem-solving, communication, and memory. Some of which allow for many to further develop skills in these particular areas.



PLAYING IN GAMES

Research has shown playing allows children to experiment with social experiences and simulate alternative emotional consequences. This can help children apply what they have learned in terms of problem-solving and feeling outside the context of playing.

Simulated artificial environments allow people to replicate real-life scenarios which may arise. Through video games, players can develop their own resolutions for these real-life conflicts.

Playing can also contribute to emotional mastery. For instance, children can use play as an avenue to work out scenarios they may be experiencing. By pretending and working out stories, children can resolve real-world issues.

Social competence is another area researchers have found playing can influence. A study found that play fighting contributed to chemical growth factors which are linked to the social parts of the brain. Furthermore, there is also an understanding of several emotional themes which can be identified in playing.

This includes dominance, nurturance, anxiety, and growth. These same emotional themes can also be found in video games which further illustrate how they can contribute to significant growth in emotional, cognitive, and social competency.



COGNITIVE DEVELOPMENT

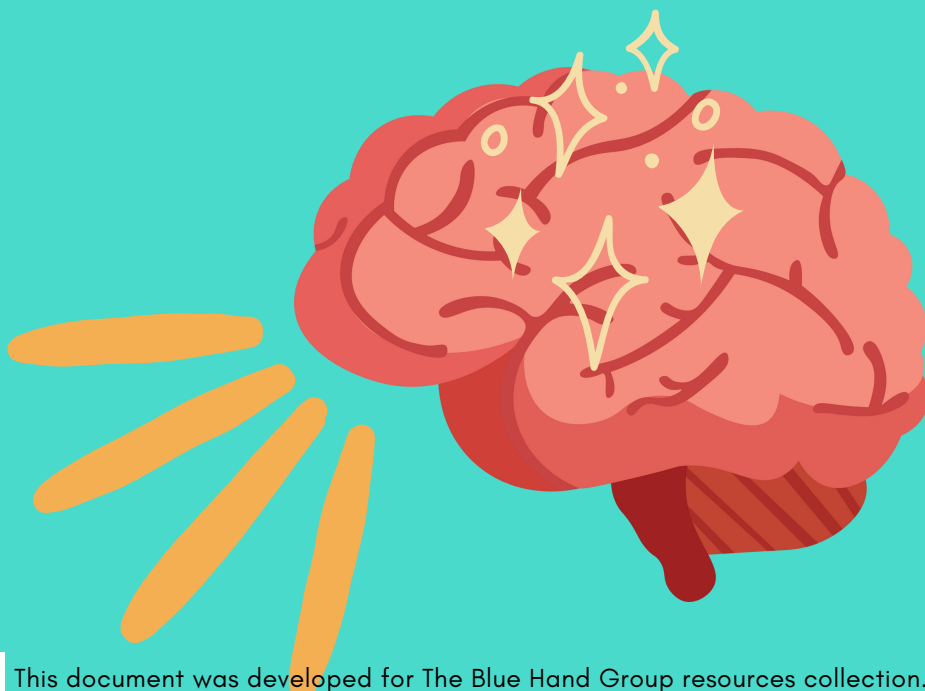
Playing video games can have significant positive effects on youth when it comes to developing cognitive skills. This is mainly linked to games which often require accuracy and attention to detail.

Namely Shooters (FPS, TPS) are the format of games which help encourage these skills. Although these games are shown to be typically violent, research has revealed individuals playing shooters had an increase in reflex and accuracy.

Furthermore, people who were experienced players, in shooter games displayed higher signs of spatial resolution and awareness in comparison to individuals who were not experienced in shooter games.

These effects of such games have also been shown to last for extended periods of time and are comparable to training and development provided by secondary and tertiary education courses used to develop these same skills used in cognition.

Video games can also contribute to better resource allocation, neural processing, and efficiency. Studies have demonstrated, that individuals who did play shooters tend to filter non-relevant information out more effectively and are able to allocate their attention to prioritised tasks.



PROBLEM SOLVING & CREATIVITY

Problem-solving is present in many styles and formats in video games. As this is one of the key components that form a game. This may include puzzles implemented within a game, or simply determining the best route and course of action when traversing a map found in a game.

This is mainly encouraged when game developers intentionally leave out details on solving certain parts of a game by not providing instructions. Through these systems, many youths today are able to develop vital problem-solving skills, through forms of trial and error. Allowing for experimentation, gathering of data as well as planning and reflection to develop. Research has shown youths who played strategic games demonstrated improvements in problem-solving, which also correlated to better outcomes in academic grades.

Creativity is another aspect which can be influenced through video gaming. This aspect of cognition is not limited to a particular form of game. A study was conducted involving 500 students around the ages of 12, which revealed



playing video games had a positive link to creativeness. This is often linked to games in which players create their own narrative, character, and world.

These premises are often available in many sandbox games such as Minecraft or games which contain RPG elements. Games that promote creativeness often leave out details about instructions. This can be further seen in a study, involving two groups of players who were assigned to play Minecraft.

One group was not provided with instructions, whereas the other was. Results showed creativity scores were much higher in those who played without instructions as opposed to those with instructions. However, these results are not directly dependent on the game's systems and mechanics, as the player involved can also influence their own level of creativeness.



STRESS RELIEF & EMOTIONAL AWARENESS

For many people, video games may be a source of stress relief. Research shows video games allow for the development of emotional awareness as well as coping skills. This can be achieved through various methods. Multiplayer games which allow for communication and teamwork among other players and friends can be effective, as this allows for social support. Some games also accommodate emotional awareness through a reward system. This is encouraged through making decisions under stressful situations and managing emotions.



Not all games focus on stress relief. Games that are catered towards casual play or cooperative games are the few many styles that allow for enjoyable experiences. These games tend to have achievable goals or challenges for the everyday audience and allow for time to let the player have a break.

Cooperative games allow players to enjoy a game with a group of individuals. This can foster empowerment and comfort, by helping one another by problem-solving or other tasks in a game.

There are also games that are specifically designed to manage stress. This can include themes of meditation and mindfulness. However, these forms of games tend to be a niche or rare among the popularity of other games.

Nevertheless, in all essence, any game that provides enjoyment for youths can be a form of stress relief, regardless of the genre of the game. Every individual is unique and may have their own taste in terms of what they enjoy that determines their overall level of stress relief.



AGGRESSION & ISOLATION

There is a popular belief that video games can have negative effects on children. This may be due to its portrayal in media or misunderstanding about the idea of video games. Two examples of video game-based stigmas include that violent games contribute to aggressive behaviours and that video games cause social isolation.

However, contemporary research findings suggest that video games do not contribute to aggression or factors of isolating behaviour. This initial fear reaction from the media and community leaders was sparked by studies published in the early 2000s that found playing violent video games can result in an increased agitated temperament.

These studies revealed, that violent video games created an environment for learning and practicing aggressive solutions to conflict situations. This was determined on the basis of measuring the changes in temperament within college students before and after playing video games. However, the data collected was self-reported by the students, meaning there was still little evidence that solidified the link between violent games and the actual enacting of violent behaviours.

Contemporary researchers are working to provide solid evidence-based answers to whether games do cause an increase in the rates of real-world violence conducted by players. One study involved measuring the effects of gaming on participants over a period of 2 months. This included 3 control groups playing either a violent game, non-violent and or no game at all.

The participants engaged in playing on a daily basis. After 2 months it was found there were no significant changes found when compared to the control groups. This study included questionnaires, behavioural measurements, sexist attitudes, and emotional competency tests. This meant, there was no concluding evidence found that violent games caused aggression.



Isolation is also another stigma found in the area of video games. People may think those that stay at home playing games may withdraw or miss out on social situations needed for development. However, studies show games do not hinder social development as they provide an alternate avenue to communicate.

Anti-social behaviour is generally a stereotype formed for individuals who do play video games. Though with the introduction of online gaming and the internet, interaction with other communities and people has become more accessible and even pivotal to the gaming experience.

One example is the alternative virtual spaces provided for people to engage in activities, similar to outside day-to-day events. When parents see their child playing a game, they may think that their child is isolated because they are playing alone in a room. Where in fact they may be discussing things that matter to them with another person over the internet.

Research shows video games create the opposite effect of isolation. Some people reported online gaming as an important social and interpersonal part of their development. Multi-player video games allow people to find and form friendships which can increase positive moods.

Studies have found that video games enable social interactions. It is not uncommon for people to not hold the value of online friends as equal to those in "real-life".

It is incorrect that friends in real life can provide better social and emotional support or even favors. Research shows that online friendships can contribute just as much to an individual as any other friendship developed in the "real-world". Furthermore, online friends can reduce perceptions of loneliness from anywhere in the world. As such digital friendships should be considered as a new aspect of social development and interactivity.



DEPRESSION & ANXIETY

There is a significant correlation between video games and mental illness. However, this does not mean video games essentially cause depression or anxiety. Video games can be a form of coping mechanism among many people, especially young people who have the time to invest. When unhappy feelings or symptoms of depression occur, video games may be used as a method to suppress these negative emotions.

Due to constant suppression, some young people may end up in a cycle if they do not face these negative feelings and instead remain unhappy. It is important to distinguish between whether or not a gamer is unhappy or is in fact experiencing signs of depression.

As gamers can be used to coping with either. If you are a guardian of a child and you think they are struggling with depression take notes of potential signs are seek correctly registered and trained mental health support/advice.

Anxiety can also occur when playing video games. Youths may be preoccupied with games and not focus on the tasks they need to do. Therefore, anxiety can occur when the individual is worried about the consequences in the future. Video games may not cause anxiety, but they do promote anxiety as they create a distraction from important tasks in life.



RISKS TO HEALTH



As the saying goes, “too much of a good thing” can become harmful. This notion can affect many youths if moderation is not considered. The addicting nature of video games can begin to impact other parts of one’s lifestyle, from education or physical and mental health.

Beginning from a basic standpoint, gaming for an extended period can cause harm to the physical body. This can include stress injuries in the hands from repetitive activities, which use particular muscles and tendons.

Disregarding these injuries can cause weakness and permanent injury if they are not addressed. An example may include Carpel tunnel syndrome, which occurs when there is inflammation in the nerve found in the wrist.

This results in pain and numbness. Furthermore, individuals staying at home for long periods without any physical form of activity can lead to unhealthy habits and obesity.

Unhealthy food habits can also contribute to this, as there is an increase in food intake when individuals play video games, regardless of whether there is an appetite or not. This may be due to mental stress which causes impairment in determining whether someone is well satiated. As a result, the impairment may lead to increased food intake.

Other aspects of physical harm can include eye strain. Sitting in front of a screen for a long time can create eyestrain which can contribute to headaches or even loss in concentration.

Addiction can also occur for many people playing video games, not just the young. Signs of addiction may indicate a prevalence of internet gaming disorder. These may include symptoms of withdrawals, loss of interest in other activities, impact on social lifestyle, relationships and decreases in physical health. Addiction can also impact sleep, which can lead to sleep deprivation or insomnia. This can further affect education and performance in academic areas.



SEIZURES & GAMES

Most games nowadays provide warnings and details about the risk of playing particular video games. From violence, gore, drug/alcohol use, etc. But another detail that has become prominent lately is the warning of games potentially causing seizures.

This can occur if there is too much sensory information and stimuli that may affect individuals prone to seizures/epilepsy. Some games may utilise certain styles of lighting which can influence seizures. Although the causation of epileptic symptoms may be unique to each individual, there can be a commonality in terms of effects in photosensitivity and stimulation.

Virtual Reality or VR gaming can also be a source of seizures. Furthermore, it may also create disorientation and effects in damaging vision when disregarding safe use. VR can also increase the risk of physical harm if users are not aware of their surroundings when engaging in a game. Falling over or accidentally hitting furniture are some of the most common injuries that can occur from playing VR, as the players' senses are adapted to the virtual world.

Games with augmented reality can influence the player in terms of creating distractions and reducing awareness. An example of this is the popular mobile game called Pokemon Go. Many individuals playing these games can often be too focused on their phones, which can increase the likelihood of injury if they are not focused on where they are traveling.



CYBER BULLYING & FRAUD

Whilst gaming has evolved to much more accessible avenues such as the internet, it has also allowed for many hostile opportunities to follow through. Cyberbullying is a prominent issue that can arise in the field of online gaming. Many multiplayer games which encourage teamwork and competition against other players may present these negative aspects. Research shows, **6 out of 10** young Australians engage in online gaming and **50 percent** of those have played with individuals they have never met in person.

The anonymity aspect of online gaming can be abused as a means to be hostile. Although some children may retaliate, studies reveal only **1 in 5 youths** retaliated when bullied whilst playing an online game. Furthermore, **17 percent of young gamers** experienced online bullying, which correlates to **approximately 200, 000 young Australians**. Bullying can take many forms, such as typing inappropriate or rude remarks in a chat box within a game. Or even through verbal communication which some games offer in terms of interacting in a team.

Other risks can include, individuals creating alter egos on an online platform to harass and gang up on players. This can make it difficult to hold the individuals involved in the act of bullying accountable due to their anonymity.

Manipulating players and attempting to get victims to provide personal information is also another significant issue that can arise. This is known as "Doxing", which compromises the players' information and possibly the player's parent's information as well.



Gaming forums are also areas in which cyberbullying can occur. Forums used to obtain and learn about particular games or connect with communities can also be abused by cybercriminals. Groups or individuals may send messages on a forum about a website that may generally not be perceived to be harmful. However, these websites can be host to many viruses, phishing, or fraudulent activities used to obtain personal information from unsuspecting victims. These messages and harmful links are not unique to forums but can be found in multiplayer online games which utilise a chat function.

WHAT CAN YOU DO WHEN CYBERBULLYING OCCURS?

People who experience cyberbullying, or know someone is bullying a team member, can ask the player to stop harassing them. If they do not comply, players have the option to block any form of interaction with the bully, whether in-game or on social media platforms. Games offer the option to report players for player misconduct, which often results in in-game moderators analysing the actions of the player and determining a result.

This could include the player being banned from the game or periodically suspended. It is also important to take some time away from the game and gain support from a parent, guardian, friend or mental health practitioner.

HOW CAN YOU PROTECT YOUR CHILDREN FROM CYBERBULLYING & FRAUD?

Adults can either choose to observe the individual while they are playing in order to become familiar with the area of gaming and how it functions. Gaining awareness about online communities, forums, and social media along with the security risks that are involved is crucial.

Another key step is helping them to understand their rights to privacy, safety, and security. Including ensuring they have a strong password and refrain from providing any personal information when asked by another player. Another idea parents can implement is, establishing boundaries and rules for children when playing online.



GAMBLING

Over the past few years, many game developers have implemented micro-transactions within their games. This can be for either additional gaming content or resources which can be used in a game. At first, it may seem harmless, but it can develop into what is known as gambling behaviour.

This can develop when people are spending money on virtual goods without careful consideration. A study was taken, known as the New South Wales Youth Gambling Study 2020, which detailed 40 percent of Australian youths played video games that contained different forms of gambling. A common example of a micro-transaction is loot boxes. These simulate prizes with a random virtual product inside.

Many people may purchase loot boxes to obtain a particular item they desire, however the random chance of obtaining the product in a loot box encourages gambling behaviour.

As people can purchase more loot boxes to obtain it. Prizes may include a costume for a character they use in a game or another form of resource. Loot boxes are not the only method of increasing revenue as many games implement casino-style games.



SIGNS OF GAMBLING BEHAVIOUR IN CHILDREN

- Lack of previously stable funds eg pocket money
- Regularly ask to borrow more from friends or family
- Decrease in grades at school
- Denial about gambling or gambling in secrecy
- Changes in mood, and lifestyle when gambling avenues are not available
- Has a strong interest in gambling/positive outlook

Gambling behaviour can also develop if the child has a history of living with or engaging consistently in an unhealthy or unstable environment. For instance, if they grow up in a gambling household or is experiencing depression or stress-related issues. Gambling can create a sense of distraction from stressful or unpleasant feelings and situations. A common culprit in encouraging gambling practices is the media.

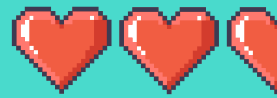
Advertising and media coverage can portray the notion of gambling to be fun and relatively risk-free. Guardians can also be a major contributor if they have previously gambled with their children.

To discourage gambling behaviour in children, adults can become aware of their preferred avenues of gambling in games or via social media. They can also monitor what their child is watching and playing. Use tools such as parental control, which is available on many digital devices such as televisions, pc, and phones.

This can also help monitor and create restrictions on what children can see online. Furthermore, using software that disables, or blocks advertisements can help reduce exposure to gambling. Discussing the risks of gambling and creating ground rules together can also provide a healthy way to reduce and understand gambling behaviour.



HEALTHY GAMING PRACTICES



Playing video games without moderation and consideration of oneself can have negative implications. This includes addiction, muscle strain, and unhealthy eating habits. Therefore, in order to reduce the likelihood of this occurring, youths can learn to understand how to develop a healthy relationship between gaming and personal life.

EXERCISE & WARMING UP

Like any activity, warming up can assist with getting the tools ready in gaming to function properly, by reducing the risk of injury or strain. Hands, fingers, forearms, and eyes are primarily the muscles used in gaming. Therefore, stretching and using appropriate exercise techniques that focus on these muscles can be beneficial.

Although these are the primary muscles that are constantly used, other parts of the body may also be affected whilst gaming. Many people may be sitting in a certain position for extended periods of time.

This can cause strain on the back and shoulders. Therefore, it is essential to accommodate ergonomic seating behaviour.

TAKING BREAKS & MODERATION

Sitting in one position while gaming can be strenuous. Especially considering there is little movement occurring between the other parts of the body. Taking appropriate breaks and moving can help provide some rest to active muscles. Using techniques that help move the neck or even taking a walk can be healthy.



CHANGING EATING HABITS & HYDRATION

When gaming, people can be solely focused on what is occurring on screen which may influence the way they eat or drink. Therefore, it is important to hydrate when possible. Consider drinking during breaks. It is not necessary to just drink water, however it is the most accessible, healthy & cost-effective option.

Eating habits can also be influenced while gaming. Some people may consume more or eat less, depending on how occupied they are. However, for many gamers consuming unhealthy snacks may develop negative eating habits, which can consequently effect their health. Therefore, eating alternative snacks which are more nutritious in value, such as dried fruits or nuts, can help gamers who love to snack while playing.



ADDICTED



Although the strategies mentioned may help reduce negative impacts on the health of a gamer, they may not be as effective for individuals who are already experiencing addictive tendencies. In order to alleviate addictive symptoms, people can invest in alternative interests or hobbies. This allows people to engage in different types of activities and experiences, which can stimulate the same motivation and feelings provided by video games. This can help gamers to overcome the desire to indulge in the addictive aspects of video games.

Reducing the number of hours spent gaming can also be another method to help with addiction. Youths can seek other methods in which they can place their time before gaming. This could be either doing a chore around the house, learning new skills, or even doing self-care activities such as walking. Developing or maintaining a consistent daily routine by incorporating a chore/task can help reduce the number of hours spent gaming. The time spent on a task can be gradually increased, to further decrease time in gaming.

Reflection is another strategy people can implement in daily life while gaming. Gaming has been shown to promote analytical thinking amongst young gamers. However, there is little reflective practice being developed during that time. Self-reflection can help people to process thoughts and emotions. This can include, writing about times of fulfillment and going into detail as much as possible. Another method of reflection can include, writing about what is perceived to be unhealthy in the world.

The purpose of this exercise is to help promote mindfulness skills and a deeper understanding of their values and themselves. Another detail gamers may find, is the first 5 listed ideas may be things they already know. However, the last 5 ideas may be new ideas they were not aware about previously.



SUPPORT SERVICES

Being concerned about children's health and the influence of gaming is natural. Therefore, there are many avenues in which parents can seek support for their child, if they believe they are being impacted by video game addiction or other aspects of mental health.

Youths may also be worried about asking their parents for help, therefore reaching out to mental health support services can be beneficial, as they can be accommodating and understand the situation of many children. Many mental health services have become more accessible through online support, phone contact or even in person.

If you or anyone you know needs support, please contact these services below.

Beyond Blue	beyondblue.org.au/	1300 22 4636
Kids Helpline	kidshelpline.com.au/	1800 55 1800
Head Space	headspace.org.au/	(03) 9027 0100
Lifeline	lifeline.org.au/	13 11 14



CONCLUSION

To conclude, video gaming is widely prevalent among many youths in Australia and around the world. With the advancement of technology and increases in accessibility, more and more people now are able to experience gaming in many different shapes or forms. Although video gaming is typically seen as form for entertainment for children by parents, studies show it is fairly popular among various ages.

Video gaming has been found to positively and negatively contribute to many aspects of young peoples' development. Including opportunities, social, cognitive, and emotional development. However, there can be negative consequences in gaming if moderation or awareness about the risks of online gaming are not considered.

Therefore, guardians and gamers need to learn and apply methods of reducing negative outcomes. Instead the gamer community and their guardians should promote and develop a healthy practice of gaming and also seek support as needed.



If you would like to contribute or suggest free resources that can help those in need contact thebluehand.aus@gmail.com



QR CODE RESOURCES

Some mobiles require a free app in order for you to successfully scan it. Try scanning it with your rear-facing camera. If no link appears over the QR code on your screen, try downloading the app.

Samsung / Android / iPhone Users:

Download the free “QR & Barcode Reader” app on Google Play/App Store. Open the app, select “Scan” and match the QR Code into the framed box (aka scanner). Select “Open Website”, it will then take you directly to the video link, which you can click to watch.

Once you click the link you will be directed to the relevant content.



10 Scientific Studies That PROVE Gaming Is Beneficial
10mins



How Video Game Skills Can Get You Ahead in Life
11mins



5 Stretches At Your Desk (Without Getting Up)
6mins



Stretches & Exercises for Gamers
5mins



Video Game Addiction Explained
8mins

If these QR codes or resources are no longer functioning please let us know so we can update them. Thank you.



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