

HAVE YOU SEEN THE SIGNS?

Mobile, Online & Video Gaming Facts

Mobile, online and video gaming in moderation can be fun, healthy, educational and entertaining.

Excessive and progressive gaming can lead to erratic and unstable behavior that impairs personal relationships, schoolwork, extracurricular activities, health and well-being.

The World Health Organization (WHO) recognizes gaming disorder as a mental health condition.

New research indicates that mobile, online and/or video gaming may contribute to a rise in young adult gambling.

And the 2018 Arizona Youth Survey cites gambling (especially among 8th graders) as having significant impact on delinquent behaviors.

Know the signs and be prepared to act!

Child's Play or Playing with Fire?

These behaviors may be indicators of excessive and progressive gaming:

- Isolation from family and friends; withdrawal from social activities
- Increased time devoted to mobile, online and/or video games (i.e. Endless, Minecraft, Lego, Fortnite, Candy Crush)
- Secrecy and/or lying about the duration, frequency and/or cost of gaming activity
- Delinquency, lateness, missed classes, or a significant drop in school grades
- Increased irritability, hostility, or defensiveness when questioned about gaming
- Inability or unwillingness to stop playing regardless of disciplinary action

Build a Game Plan

Accountability Communication Teamwork

Early action is the key to preventing moderate gaming from becoming excessive, and excessive gaming from becoming progressive. Prohibition and restriction doesn't work with kids. Think positively, not punitively.

Invite kids to schedule their gaming activity in balance with their schoolwork, chores, social activities, hobbies and other interests. Give them the responsibility for staying on schedule.

Allow kids to build a trusted "team" (i.e. parents, siblings, grandparents, mentors, teachers, friends) to support them to achieve a goal of gaming in moderation. Encourage them to be accountable to their team and to ask for help if needed.

FOR MORE INFORMATION, PLEASE CALL **1-800-777-7207**