



# ILCAAAP

Illinois Church Action on Alcohol & Addiction Problems

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## Gaming Alert - January 27, 2023



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### **HOW VIDEO GAMES ARE RELATED TO GAMBLING**

When it comes to video games and gambling people keep trying their luck at the pastimes in hopes of winning something, so this could become addicting.

Another similarity between these two is that you can make progress in both. While playing a video game, the user may get experience points and access to more features. For example, as a player gets better at a game, they may go from being a beginner to a high roller. This not only makes the user feel good, but if they keep playing to see what else they can unlock, it could become quite addicting.

Chance is another thing that both types of entertainment have in common. Two examples are how enemies appear and where power-ups are placed. The results of casino gambling options, such as the roll of a dice or the pull of a lever on a slot machine, are based on random chance. This surprise element could appeal to players and lead to addiction.

Most people think of video plays as a form of entertainment, while many others think of gambling as entertainment. Most people think of playing video games as a passive way to have fun,

while gambling is often thought of as a more active way to have fun. This makes it clear that the two types of entertainment have different meanings and risks.

## **HOW TO PROTECT YOUR CHILD FROM GAMING DISORDER**

Gaming disorder or addiction to video games is when a person spends too much time playing, even though they hurt their life. It can be hard to tell if a child is addicted to video plays, but there are some signs to look out for. For example, the child may lose interest in school or other activities, act out when they are not gaming, or have trouble sleeping.

Some ways to do this would be to make them take breaks and limit the amount of time they can spend playing video games. You can't say enough about how important it is to get kids involved in activities outside of school, like sports, hobbies, and hanging out with friends and family.

Be aware of changes in the child's behavior, like anger or less interest in their other responsibilities. You might want to talk to your child about how they play games and give them support and advice if you notice any changes that worry you.

The effects of gaming disorder on a child's mental and physical health are serious, so it's important to teach your child about these risks. [READ](#)

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