

# Addictive Games and I'ts affect on our children





**Using Technology as  
a Babysitting Tool**

# Madden



Madden  
obsession  
include taking  
sick days for the  
new Madden  
release, waiting  
in line for more  
than an hour to  
buy the game,  
and having an  
imposed “time  
limit” on your  
gaming time



# Dota 2

I end up playing until I win or it's 4 a.m. in the morning

Builds up enough adrenaline to force people into cardiac arrest.





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**BREAKING NEWS:**  
Former Liberal



**Revealed: The**  
master butcher who



**It's a scandal how**  
little is spent on



**England rugby star**  
Danny Cipriani is

## Head teachers to report parents to police and social services if they let their children play Grand Theft Auto or Call of Duty

- Letter sent to parents warning about children playing computer games
- It says 18+ games can expose children to too much violence and sex
- Nantwich Education Partnership said allowing children to play these games, such as Call of Duty, is 'neglectful' and puts them at risk
- It warns that teachers will contact police or social services if they are made aware children have been exposed to these violent video games

By CLAIRE CARTER FOR MAILONLINE

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# Candy Crush



# Mind Craft





# Ever Quest





# The Sims



# World of Warcraft





# No 1 Most Addictive Call of Duty



# 20% - 5-6 pupils per class

According to a study of 1,178 children in the us:

Almost 9 percent of child gamers are pathologically or clinically “addicted” to playing video games.

Video game addiction – signs symptoms – rehabilitation,

Signs and symptoms. the major signs and symptoms of video game addiction are similar to those of drug and alcohol addiction. the first sign of addiction is that the.



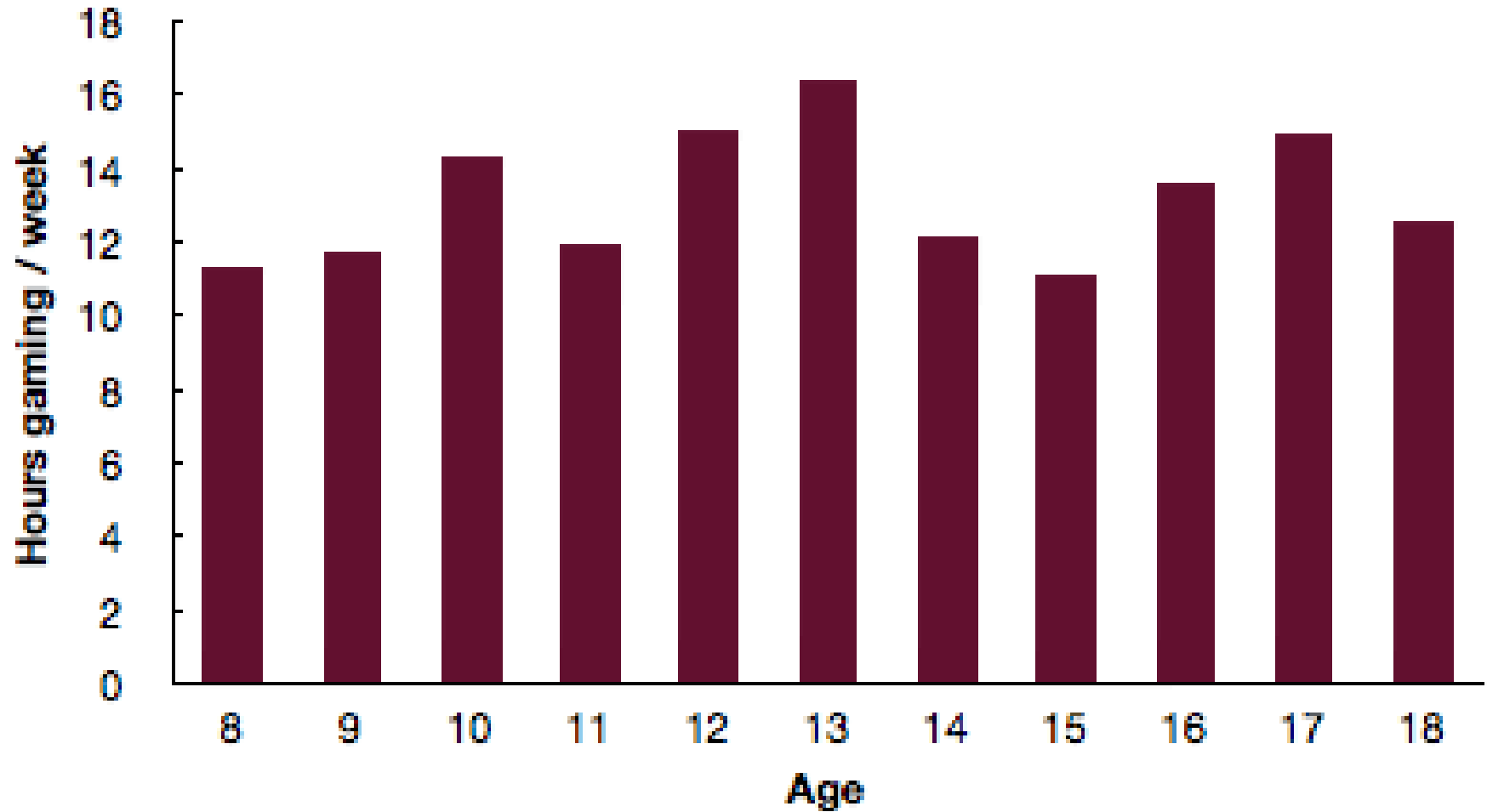
Don't you think you've been playing videogames a little too much, Michael? Listen son, we noticed you don't play with your cars anymore... and your room's been a mess lately... Your personal hygiene isn't what it used to be, and to be honest, we're worried about you, Mikey. C'mon, you've been playing that damn game for 5 hours now without a break!

Uh, Mom, you're in the way...



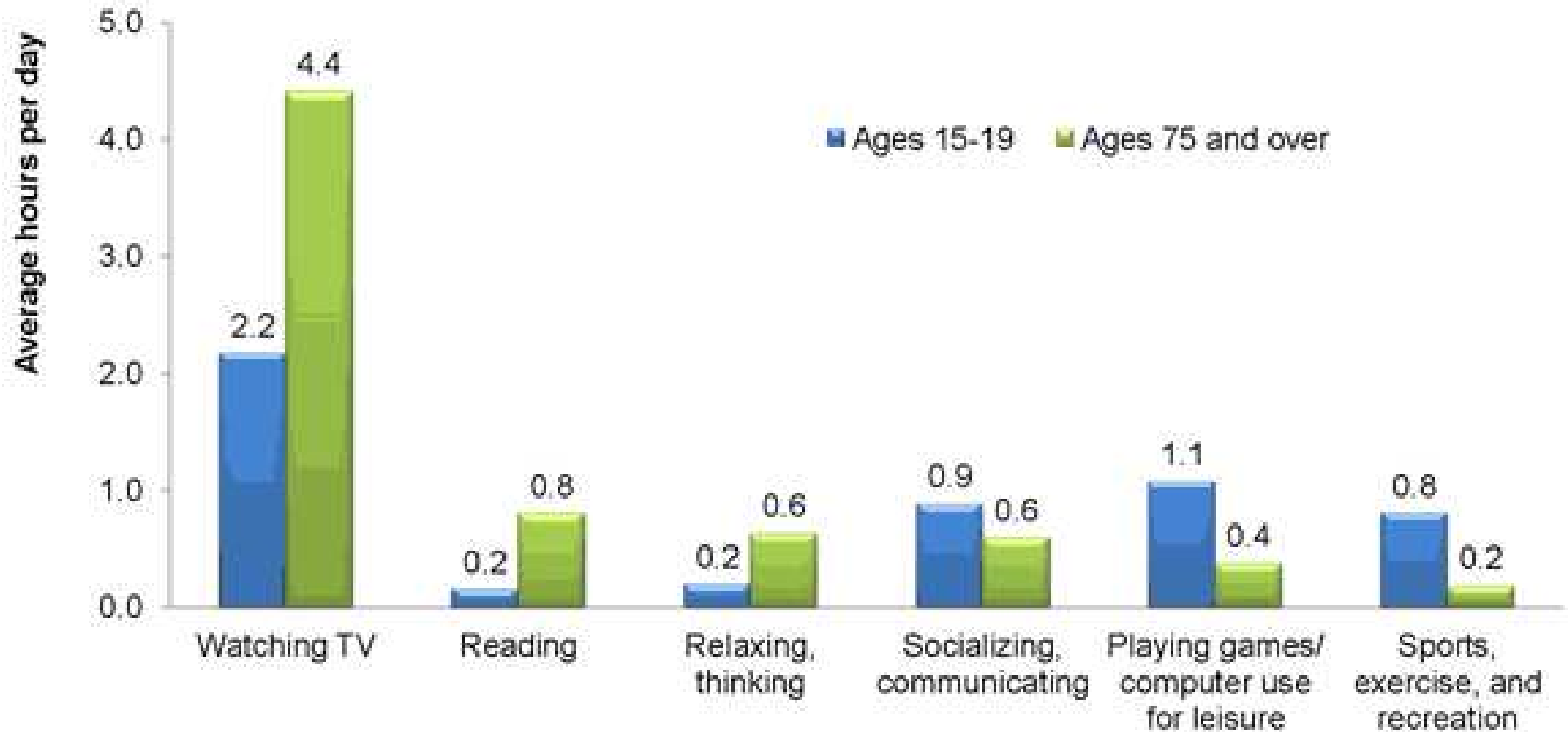
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# Hours Gaming / Week





# Average hours spent per day in leisure and sports activities, by youngest and oldest populations



NOTE: Data include all days of the week and are annual averages for 2011.

# When gaming becomes an addiction

## Symptoms of addiction

Source: Online Gamers Anonymous

### Cravings

- The urge to go back to gaming and try to control the time played.
- Feeling as though a return to gaming will make you feel better.

### Obsession

- A disruption in sleep patterns.
- Fantasies and dreams about the game.
- Excessive amounts of time spent sleeping.

### Social effects

- Anger and verbal abuse, sometimes extreme.
- Excessive crying.
- Lack of motivation and direction.
- Difficulty facing obligations, procrastination.
- Boredom/inability to find an activity of interest.

### Physical symptoms

- Nausea.
- Physical illness - colds, allergies.
- Restless, unfulfilling, taunting dreams.

### Psychological symptoms

- Anxiety.
- Feelings of emptiness.
- Depression.
- Relief.
- Thinking about the game for extended periods of time.
- Uncontrollable feelings or rampant mood swings.
- Fear.
- Irritability or restlessness.
- Sadness.
- Loneliness.

**8.5%** of American youth gamers (ages 8-18) is **“clinically addicted”** to playing video games

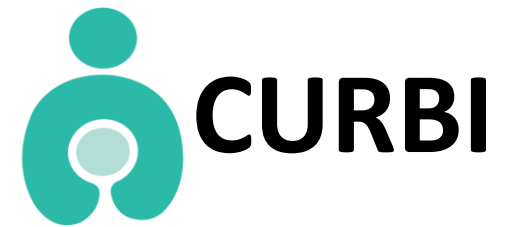
# Prevention is better than cure...

1. Computer games should only be allowed after children have taken care of other responsibilities.
2. Control their time playing. “Time control apps available on phones and tablets.
3. Define what is your child's primary form of entertainment.
4. Parents must have the selection and final approval of games selected.
5. Access to computer games should be viewed as an earned privilege.
6. Avoid in-app purchases using “ipad Restrictions”
7. Ipad Guided access / Content Filtering on Play Store on Android: Lock.Kiosk ([Connect Rogers.com](http://ConnectRogers.com))



6. ESRB rating is not enough to judge the potential game purchase threat to your family.  
([http://www.esrb.org/ratings/ratings\\_guide.jsp](http://www.esrb.org/ratings/ratings_guide.jsp))
7. Dedicate one computer for homework only and one for gaming.
8. Keep computers and consoles out of a child's bedroom. Public rooms only so you can keep an eye.
9. What parent control settings do you know about... modern game consoles.
10. Ban MMO or MMORGP (Massively Multiplayer Online Role Playing Games)
11. Lan Games and Wi-Fi at your home

**Net Nanny**<sup>®</sup> is the #1-rated parental controls software that protects your family from pornography, online predators, cyberbullying, and much more, keeping your family safe online.



**iPad – Free Build in iOS Parental Controls  
(Restrictions)**

<http://content.mobicip.com/content/how-setup->

# iPad / iPhone Restrictions





**BEST OVERALL  
PARENTAL-  
CONTROL APP**



**PhoneSheriff**

**BEST  
MULTIDEVICE  
MONITOR**



**Qustodio**

**BEST VALUE**



**Net Nanny**



**My Mobile Watchdog**

**Ultimately, parents (and no one else) have to take responsibility for making sure that children practice healthy computer gaming and online habits.**

## **Legally Liable**

Teens and children addicted to computer game cannot be expected to identify this problem themselves and set reasonable limits without the help of parents. Although excessive video gaming can be difficult to stop, with the right approach computer game addiction is treatable.