



## Middle School Guidance Officer

### Three ways to avoid a gaming addiction



In June 2018, the World Health Organization recognised video game addiction as a mental health disorder. It described the addition to digital and video gaming as “a pattern of persistent or recurrent gaming behaviour” that becomes so extensive that it ‘takes precedence over other life interests.’ There are always ways to help avoid gaming addiction.

1. *Technology break.* Make sure there are hours in the day — or certain rooms in the house — where gadgets are a no-no for everybody. For instance, uphold a rule where no gadget is allowed inside the dining room, so that when having breakfast, lunch or dinner, everybody including the parents are offline.

2. *Be serious about family time.* To help get kids off the screen, spend quality time with them. Make family time non-negotiable — meaning even parents must be held down to it. Go out to the mall, to the park, sporting events, to the gym as a family. Show them how interesting the world is and it will make gaming less attractive to them.

3. *Check the game’s ratings.* Similar to movies, games also have ratings, which are unfortunately overlooked by many. The entertainment Software Rating Board evaluates games according to age. Check the ratings to see if the games you’re buying for kids are age-appropriate.

“Do not allow technology to control your life. Learn how to control technology,”

Article from Generation Next-Blog