

GAMBLING AWARENESS
FOR YOUNG PEOPLE



IS MY TEEN GAMING TOO MUCH?

There are many benefits to gaming. Not only is it a fun and engaging pastime but it can also relieve stress, provide social connection and build cognitive skills.

But like any technology, too much gaming can have negative consequences.

HOW MUCH GAMING IS OK?

There is no 'magic number' where the level of gaming moves from acceptable to excessive. What's right for your child depends on the type of games they play, how they feel when they're playing (and not playing) and the balance of gaming with other activities.

Your child is likely to be gaming too much if it negatively impacts other areas of their life.

SIGNS YOUR TEEN IS GAMING TOO MUCH?

Too much gaming can cause changes to your teen's behaviour.

Remember, there can be many reasons for changes to their behaviour so it's important to have an open conversation with them to find out what might be impacting them.

IS MY TEEN GAMING TOO MUCH?

Signs to look out for that your teen is gaming too much include:

EMOTIONAL SIGNS



Feeling upset, irritable or restless if they are unable to play.



Lack of interest in other activities they used to enjoy.



Lying about how much time they spend playing.



Inability to quit playing or play less, even if they want to.



Needing to play more and more to feel good.



Having problems at school.

PHYSICAL SIGNS



Sleeplessness and fatigue.



Hand and wrist injuries, eye strain or back pain.



Poor personal hygiene, for example, not showering regularly.



Skipping meals, eating quickly or gaming while having a meal.

SOCIAL SIGNS



Spending less physical time with friends doing other activities.



Isolating themselves at home to spend more time gaming.



Missing school, work or other important commitments.



Having conflicts with family or friends.