

Healthy Gaming

Video gaming is the most popular form of entertainment for both children and adults alike.

Almost 40% of the world's population plays video games – that's a whopping 3 billion people!

In the USA, 91% of under 18's play video games.

30% of UK gamers admit to missing a meal or skipping a shower to continue playing a game.

Gaming is the top interest of boys, and second most popular choice for girls out of a list of 30+ interests.

What is healthy gaming?

Healthy gaming is when people play video games as one of many activities in their life.

They spend time with their family, go to work or school, spend time with real-life friends as well as online friends, and enjoy other interests besides gaming.

When gaming is positive, it is a regular part of life. People make time to play games, but they still manage to get to school, complete their homework, do household jobs and lots of other things! When gaming is positive, it is played in moderation.

Positive effects of gaming

- Improved problem-solving skills and logic
- Greater multi-tasking ability
- Better attention to detail
- Connect with other people – feel included
- It can reduce worries and anxieties and make you feel more relaxed

What is unhealthy gaming?

Gaming can become unhealthy when it starts to become a greater priority, cutting into time doing other activities.

Negative effects of gaming

- Losing interest in sports, clubs and other activities.
- Lack motivation for anything but gaming
- Be moody or irritable
- Develop poor sleeping and eating habits
- Have physical aches and pains like back aches and headaches
- Have arguments with other family members about how long they are spending gaming

Design a poster to inform someone about the positive and negative effects of gaming.

What advice could you give them to encourage them to play games healthily?