



health promotion

Internet Gaming

What is Internet Gaming?

- Electronic games that are played using machines and personal computers/devices through the internet.
- The term “gaming” originated as a synonym for “gambling”, even though most electronic games today do not involve gambling in the traditional sense.

Forms of Internet Gaming

Common internet gaming platforms include:

- Home computer and/or laptop
- Home and/or handheld console (i.e. Play station 4, Xbox One, Nintendo Wii etc.)
- Mobile phone and tablet

Warning signs that “gaming” is becoming a problem or concern

- Decreased interest in other activities
- Visibly agitated or anxious when not gaming
- Losing track of time
- Sleep difficulties
- Headaches
- Poor eating habits
- Decreased performance (e.g. work, academic) and/or neglecting duties
- Replacing social time with video games

Responsible Internet Gaming Tips

- Outline priorities a head of time (e.g. work or other responsibilities before gaming)
- Pay attention to how much time you spend gaming
- Plan designated times for gaming
- Limit the number of hours that you are exposed to and play video games
- Engage in offline activities (sports) and social activities with family and friends

Resources

- Addiction Prevention and Treatment
902 -721-8600
- Military Family Resource Centre
www.halifaxmfrfc.ca
- CF Member Assistance Program (CFMAP)
1-800-268-7708 www.forces.gc.ca/assistance
- Health Promotion Services
902- 722-4956