

Internet Gaming

Topics: Warning signs and responsible gaming tips

Key messages: Internet gaming should be done in moderation. If one continues to engage in the act of “gaming” and/or video games despite the warning signs listed, help may be required.

Slide	Info	Time
Slide 1	What: Good morning/afternoon, my name is _____ and this is a briefing on warning signs and tips when playing video games or “gaming”	
Slide 2	What is Internet Gaming? <ul style="list-style-type: none">• 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.	
Slide 3	Forms of Internet Gaming Common Internet gaming platforms include: <ul style="list-style-type: none">• Home computer and/or laptop• Home and/or handled console (i.e. Play Station 4, Xbox One, Nintendo Wii etc.)• Mobile Phone	
Slide 4	Warning signs that “gaming” is becoming a problem or concern <ul style="list-style-type: none">• 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	

Slide 5	Responsible Internet Gaming Tips <ul style="list-style-type: none">• Outline priorities a head of time (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	
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Resources

Addiction Prevention and Treatment
902-721-8600

Military Family Resource Centre
www.halifaxmfr.ca

CF Member Assistance Program (CFMAP)
1-800-268-7708
www.forces.gc.ca/assistance

Health Promotion Services
902-722-4956