

# Important Links

**Online Gamers Anonymous**

[www.olganon.org](http://www.olganon.org)

**Illinois Institute for Addiction Recovery**

[www.addictionrecov.org](http://www.addictionrecov.org)

**Prevention First**

[www.preventionfirst.net](http://www.preventionfirst.net)

**The Alcoholism and Drug Abuse Council of  
Ocean (ADACO)** [www.adaco.org](http://www.adaco.org)

**Struggling Teens**

[www.strugglingteens.com](http://www.strugglingteens.com)

**NCADD**

**National Council on  
Alcoholism and Drug Dependence**

[www.ncadd-middlesex.org](http://www.ncadd-middlesex.org)

**Disclaimer:** The information or resources that are provided by this are intended for guidance and suggestions. No claim is made that these resource resources are appropriate for any specific child or family. It is our hope that families will find the information listed helpful in addressing the child/teen use of video and computer games. Others will not. If needed, parents are encouraged to discuss their medical concerns with the pediatrician or mental health professional.



[yourbrainongames.com](http://yourbrainongames.com)

CHILDREN/TEEN  
VIDEO GAME ADDICTION



**JOHN NAJAR, M.A.**



2552 Summit Road  
Manasquan, NJ 08736

732-528-5886

[john@yourbrainongames.com](mailto:john@yourbrainongames.com)

# Your Brain on Games



**Children/Teen  
Video Game Addiction**

**New book to be published  
soon!**

**John Najjar, M.A.  
Educational  
Consultant**



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## Game usage



- 95% of homes have electronic media
- 42% of children play at least one hour per day
- 22% of children play at least two plus hours per day
- 15% admit to spending too much time playing games
- 10% recognize this interferes with homework

# KIDS, TEENS AND VIDEO-COMPUTER GAMES

The impact of computer and video games on children has been devastating. Unfortunately many of our students have become addicted to these games. The desire to play these games has ignited the switch for Impulse Control Disorders. Educational psychologists are hired by the manufactures of these games to create a "Mind Control" atmosphere that can impede and or devastate a child's development. They include the following:

- **Children/Teens have a constant preoccupation with game use.**
- **Children/Teens may become overweight.**
- **Game use creates a need for instant gratification.**
- **There is a fantasy violence component that is created against women, children and the less fortunate.**
- **Virtual reality becomes reality.**
- **Constant use may create sleep deprivation.**

## Virtual Worlds

Technology is expanding in application.

We are moving from the use of the cell phone, computers, video games and text messaging to hand held media devices.

These devices however can have a positive and/or negative affect in schools, home and in the workplace. We must keep in mind that they must be used in moderation.

The next phase of Technology involves the virtual world where three-dimensional environments are blended with social networking (ie facebook, twitter, youtube and mspace).

The downside of the virtual world is that young people are accessing this virtual world which can deal with violence and self injury and other types of negative behavior. We must be cautious of this type of content.

## Parental Controls

- Know game ratings
- Set firm schedule
- Use in home's "public" place
- Use timers/monitors
- Create bedtime routines
- Offer non-violent alternatives
- Rent rather than buy games