



Video Games

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Pros

- Mechanical skills
 - Driving
- Problem-solving
 - How to approach
- Empathy
- Creativity
- Relaxing
- Street smarts



Addiction

- Prioritization
- Obsession
- Compulsive playing
- Poor time management
- Exclusion of important life events and social interaction



Why play video games?

- It's fun
- Escape from reality
- Social contact
- Cultural

Fulfillment

- Seeking Novelty
- Competence
- Autonomy
- Relatedness
- Why are teens addicted?

Seeking Novelty

- Relief from monotony
- Uniformity, homogeneity
- A way to be different

Competence

- Gives one confidence
- Reassurance
- Affirmation

Autonomy

- Freedom, independence
- Much more control in a game
- American values

Relatedness

- Easy connections in video games
- Comparative vs genuine relationships
- Social isolation

Time Management

- Independence in managing schedule
- Have dedicated free time
 - Have time for yourself
- More small, specific tasks vs large, cumbersome ones
- Distribution of workload

Healthy Interactions

- Facilitate communication
- Slow process that takes a leap to begin with
- Be vulnerable and not defensive
- Be open to other people's words, life's not a competition
- Make it about them

Summary

- Affirmation
- Free time
 - Try new things, learn to manage time
- Have healthy interactions
 - Friends and family

Thanks for Listening!

Now is the time to ask questions.

After listening to our presentation, we hope you can make good relationships with your children and solve your problems!