



PARENT SEMINARS

Learn about the impact video games have on your child and how to best manage gaming in the family home.

92% of young people are playing video games, yet we don't fully understand the impact they have.

In this engaging seminar we focus on practical strategies that can be used to keep video games fun, safe and healthy.

We'll discuss:

- why video games are so captivating (dopamine, brain development, rewards schedules);
- whether playing violent video games leads to increased aggression in real life;
- how video games fit in today's youth culture (compared to when we were young);
- opportunities and benefits associated with gaming;

- cyber-safety tips that will keep kids safe from harm whilst playing video games;
- Gaming disorder, now a recognised mental health disorder.

Our parent seminar focuses on relevant advice for parents and answering the questions every parent has: "How long should I let my child play? How do I know which games are good for my child? When should I allow my children to play video games?"

Parents will be able to distinguish between problematic gaming and normal, adolescent behavior and walk away with new strategies to keep gaming safe and balanced for their children.

Where possible we also provide parents in need with information on how and where to seek local support.

Location: Primary Care Connect
399 Wyndham Street VIC 3632
Time: 7pm - 8:45 pm
Date: 14 August 2019, Wednesday

To book: <https://www.trybooking.com/book/event?eid=513327&>
Enquires about the session: jtrötter@primarycareconnect.com.au
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