

# Unplugged

A workshop to help parents learn how to identify problematic gaming and develop practical strategies to support healthier gaming and Internet use

Workshop for parents

UCWB and Psychology SA in partnership with GameQuitters and CGI Clinic, presents **Unplugged**, a workshop to help parents understand problematic gaming and identify when a child or young person is at risk and learn proven strategies to help manage healthier online use.

## Have you noticed the following behaviours in your child?

- Anger about not being able to play.
- Withdrawal from family.
- Nightmares.
- Neglecting schoolwork and other duties.
- Loss of interest in real-world activities or interests.
- Secrecy around gaming.
- Spending too much time with online friends to the detriment of real friendships.
- Spending long hours gaming

## The valuable workshops cover:

- The mental and physical health implications of high levels of gaming.
- Why gamers play (emotional needs and the brain).
- How to identify signs of problematic gaming.
- How to communicate effectively about gaming and technology.
- Practical tips and proven strategies to combat problem gaming (common mistakes to avoid).
- Current Internet and gaming trends, latest scientific research.
- The other dangers of gaming eg: micro-transactions, loot boxes, in-app purchases.
- How to manage associated problems (eg: school refusal).



<b>Where</b>	Hackham Community Centre 72 Collins Parade, Hackham
<b>When</b>	Wednesday 13 November
<b>Time</b>	9.30am to 11:30am
<b>Cost:</b>	Free
<b>Booking:</b>	Via trybooking. <a href="https://www.trybooking.com/BFPLA">https://www.trybooking.com/BFPLA</a> or search Unplugged Hackham.

Free crèche available.

