

Unhealthy Internet Gaming Behaviours

While playing internet games can be a safe and healthy activity for children and young people, internet use and gaming can become a problem.

Is a child or young person you are supporting displaying any of the following:

- 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.
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- In 2013, the University of Adelaide surveyed 1200 South Australian high school students and found 11% had Pathological Technology Use.
 - 10% of Australian teenagers are using the internet for more than nine hours per day.
 - The Australian Health Department's National Mental Health survey 2015, estimated that 78,000 Australian teenagers are suffering from addictive problems associated with their internet/gaming use.
 - Internet Gaming Disorder is recognised by the World Health Organisation as a mental health condition and carries the additional risk of children being exposed to online predators, cyberbullying and financial risks.

UCWB

For over 160 years, we have been helping people with a range of support services and earned a reputation for being friendly, respectful and reliable.

Our customers are at the heart of what we do and their individual wellbeing always comes first.

We understand that trust is earned when actions meet words, so our dedicated team build authentic relationships based on compassion and respect towards every individual and their circumstance.

With no two people's needs ever the same, we're committed to listening, understanding and responding with a tailored one-on-one approach, so our customers and their families are met with a reliable, friendly face and the personalised care they deserve.

As a non-profit, we operate two social enterprises, Torrensville Community Childcare Centre and Psychology SA/CEDAS where any profit we make is invested back into the services we provide.

Psychology SA/CEDAS

Psychology SA and CEDAS combine to create a warm, professional practice dedicated to delivering evidence-based treatment and help achieve the best outcomes possible. Our team of highly experienced psychologists provide a range of services for adults and children that include assessment, diagnosis and therapy. We are a registered NDIS provider with speciality in working with children and adults with developmental disabilities and offer complementary speech therapist services. We listen to our customers to understand their needs and work with them to provide the supports and services to help them to achieve their goals.

Child and Family Services



A workshop for professionals

Unplugged

A workshop to help professionals supporting children, young people and parents experiencing problematic gaming behaviour to develop practical strategies to support healthier gaming and internet use.

Funded through the Gamblers Rehabilitation Fund



ahalsa
Australian Hotels Association SA

SKY CITY
ENTERTAINMENT
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Government of South Australia
Department of Human Services

GAMBLING HELPLINE
1800 858 858
24/7 • FREE • CONFIDENTIAL



**GAME
QUITTERS**

cedas
children's early developmental assessment service

Psychology SA

UCWB | UnitingCare
Wesley Bowder

Unplugged Workshops

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

The valuable workshops cover:

- Definitions of internet and gaming addiction.
- How to identify signs of problematic gaming.
- The mental and physical health implications of high levels of gaming.
- Why gamers play (emotional needs and the brain).
- How to communicate effectively with their children 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).

Workshop

Where	Aboriginal Family Support Services 21 Washington Street, Port Lincoln
When	Monday 4 November
Time	1pm to 4pm
Cost	\$99

RSVP

Phone	(08) 8245 7100
Email	unplugged@ucwb.org.au
Online	https://www.trybooking.com/BFWJQ



The Unplugged workshop has been co-developed with:

Dr Huu Kim Le

Based in Adelaide, Dr Le is a child and adolescent psychiatrist who was awarded a NSW Institute of Psychiatry Training Fellowship in Child and Adolescent Psychiatry in 2015. Dr Le has conducted an investigation at the Institute of Mental Health in Singapore on Internet Gaming Disorder and founded CGI Clinic, a website to increase community awareness on internet gaming. CGI Clinic website: cgiclinic.com.

Cam Adair

Canadian Cam Adair was addicted to video games for over 10 years as a way to escape from intense bullying, anxiety and depression. In 2014, he founded the online group, GameQuitters, which now supports over 50,000 members in 94 countries each month. He has been named one of Canada's leaders in mental health. GameQuitters website: gamequitters.com.

Unplugged workshop presenters:

Haidee Baker

Haidee Baker is a registered psychologist and a registered teacher with 10 years of experience working, as a teacher, deputy principal, counsellor and school psychologist in Australia and Canada. Now based at Psychology SA, Haidee delivers a range of assessment and evidence-based therapeutic services to a wide range children, adolescents and adults.

Tina Binder

Senior Practitioner, Child and Family Services program at UCWB. Tina is a qualified social worker providing leadership in the delivery of high quality and evidence based services to families, children and young people. Tina has dedicated the past five years assisting children and young people with their mental health, engagement in education and family mediation.