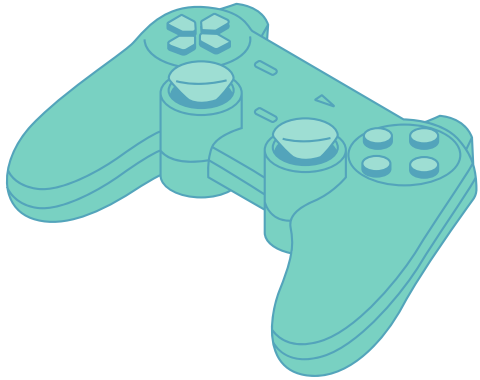


# Changing the way we game.

## Harmful gaming-gambling is not a standalone issue.



### Look behind the problem: Understanding the Why?

You may notice behaviours that are negatively affecting a child or young person's life.

By having a conversation that is non-judgemental, it will allow children and young people to feel they can open up and talk to you about 'why' they are gaming excessively. Are they avoiding something else?

The discussion you have may be a personal and confidential matter and will require you to follow the school's Wellbeing process.

As a professional who works with children and young people you may notice signs or behaviours that are of concern.

#### Hiding/avoiding negative or uncomfortable feelings or situations

Gaming to self-medicate  
Hiding/avoiding from e.g. poor grades; bullying; social; family.

#### Defensiveness

Denial regarding excessive gaming-gambling that may leave others neglected.

#### Misuse of money

Using parent/carers credit cards without asking

#### Loss of time/Loss of sleep

Extreme example when games are played throughout the night and it's only realised how much time has passed when the sun begins to rise, and this happens often.

#### Maladaptive coping strategies

Avoiding new situations/avoiding issues

#### Health Problems

Anxiety, Depression

#### Poor Diet

Missing meals; poor nutrition

#### A preference of solitude

Gaming behind closed doors

#### Mood Changes

Negative emotions

\*This list is not an extensive list and offers a few behavioural signs. This list should not be used to diagnosis. Seek support from service professionals.

### Supporting Material – Prompting conversation when harmful signs have been identified

Build a relationship to break down the barriers first.

Then you may try:

I'm noticing...

What's happening for you...

Tell me about....

What have you been up to?

What do you like to play?

What do you enjoy doing on weekends/after school?

Ask about the game, the characters.

How much sleep do you get, what time did you go to sleep last night?

How are things at home?

Do you play games after school?

What do you like to do to relax in your spare time?

I've noticed your falling behind in your homework, how can I help?

[gambleaware.nsw.gov.au](http://gambleaware.nsw.gov.au)

[headspace.org.au](http://headspace.org.au)

[kidshelpline.com.au](http://kidshelpline.com.au)

[unitingvictas.org.au](http://unitingvictas.org.au)

Recoded Prevention Program