

HOME LEARNING

Year 10 - PSHE - Home Learning 12

This week we are continuing to think about video game habits. Please read the following information and answer the questions below:



Earlier this year, the World Health Organisation officially listed 'gaming disorder' as an illness. It is defined as a pattern of behaviour where gaming becomes a priority over all other activities and that a person continues to play games despite any consequences it may have on a person's health.

Spending a few hours in front of a game or enjoying games normally isn't a sign of the condition. Symptoms of the disorder include avoiding leaving the house, neglecting dietary and sanitary needs as well as having a negative impact on family/social lives over a period of 12 months.

The NHS have begun offering services to help young people affected by the disorder, including video chat support sessions after a doctor's referral.

1) Do you think gaming disorder is a serious illness that young people may need help with?

Now read Louisa and Jacobs opinions on 'gaming disorder'

Louisa

"Gaming disorder is a serious problem that is growing as the shape of gaming changes. Many games are online-only or rely heavily on multiplayer, meaning that simply putting a controller down and stopping becomes difficult. Many aspects of these games are addictive by design to keep a person playing and those seriously affected need help."

Jacob

"Gaming disorder simply sounds like poor parenting to me – you sit your child in front of a game to keep them quiet and wonder why they're unhappy when you ask them to stop. Simply limit their screen time and put restrictions on devices so they can't be played at certain times. If they complain, take their devices away."

2) What do you think? Who do you agree with? Why?

Please read the case study on Heather



Heather loves playing games and until recently, she has also enjoyed going out with friends, shopping and being involved with after-school clubs. However, a recent update to a game she often plays has seen her playing it for longer and longer hours every day. As soon as she arrives home from school, she is online and playing the game. Sometimes, she forgets to eat meals that her parents provide for her and she often loses track of time – sometimes not sleeping until the early hours of the morning. She is also avoiding going outside because of her gaming, she is no longer attending after-school clubs and is often late to school. She knows she's probably playing the game too much but she finds it hard to put down and do anything else.

- 3) What advice would you give to Heather in this situation?

Personal Response

Do you think that gaming addiction is becoming a serious issue? What can be done to stop it? Is it the responsibility of parents to stop young people from becoming addicted or should game designers and publishers take responsibility to help those who become addicted?

- 4) Write your opinion on whether gaming addiction is becoming a serious issue, you can use the questions above to help form your response if you wish.



All work completed will be awarded with Sleuth Points 😊

Please email completed work to Ihunt@bower-grove.kent.sch.uk

