

Video Games Unplugged: What Parents Need to Know

HiTOPS Educator

Designed for: Parents and guardians

*“He spends **hours** playing video games.”*
“I’m worried about all that violence in those games.”
“Shouldn’t she be doing something more productive?”

Many young people and adults play video games as a way to relax. The popularity of this leisure activity continues to grow as advances in digital graphics and other technologies flourish. For some people, gaming is not only a pleasure but an obsession. The content of video games ranges from mild and harmless to excessively violent and laden with sexual content. Many parents worry about the impact that playing these games has on their children.

This workshop is designed to help parents/guardians learn about the effects, both positive and negative, of video-game playing on children and teens. Research about how video games affect attitudes towards women, violence and intellectual development will be discussed. In addition, strategies for talking with adolescents about video game content and for balancing game playing with other pursuits will be highlighted.

Our goals are to help parents and guardians:

- Learn the newest research on how video games affect social, emotional, intellectual and physical development
- Develop strategies for helping children balance game-playing with other activities
- Learn techniques for using video game content to help children distinguish between fantasy and reality
- Learn how to impart your family values about gender, violence, and competition

Average length of program: 90 minutes

Recommended number of participants: 20-100