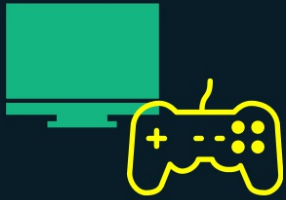


Video Games

Who is **Playing?**

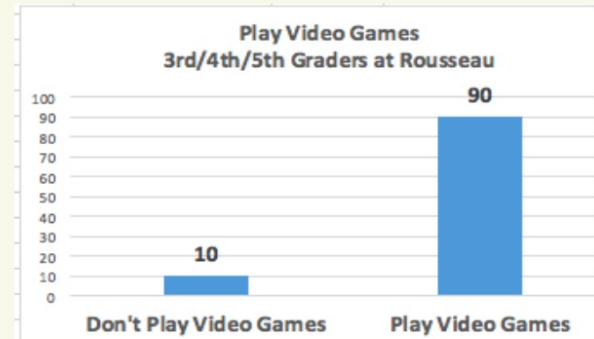
And How Much?



195 3rd/4th/5th grade Rousseau students completed the survey



90% play video games
[of the 10% (20 students) who reported that they don't play video games, 19 were female]



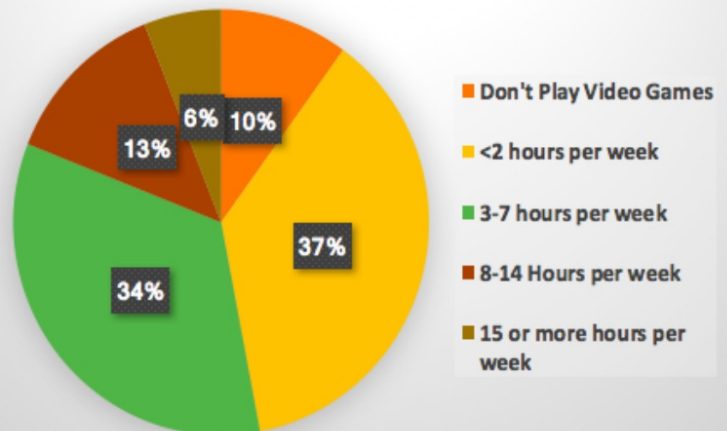
19% play video games 8 hours or more a week

play video games less than 2 hours a week **47%**

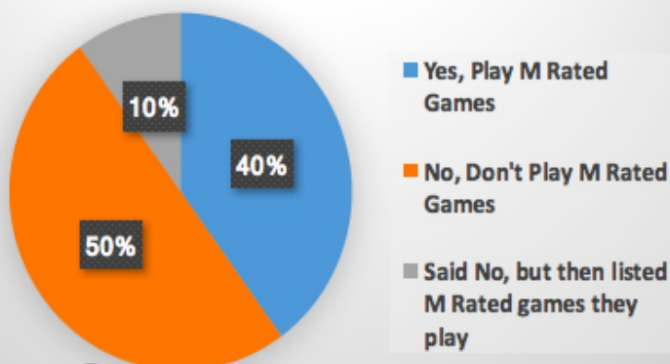


81 out of the 175 students who reported they play video games said they play with family and friends, but also online

Percentage of Students Playing Video Games



Play M Rated Video Games (Age 17 and Over)



50% of the students listed M rated video games that they play regularly

Should we be concerned?

- Children who repeatedly play violent video games are learning thought patterns that will stick with them and influence behaviors as they grow older, according to a new study by Iowa State University researchers. The effect is the same regardless of age, gender or culture.
- Some video games teach kids the wrong values. Violent behavior, vengeance and aggression are rewarded. Negotiating and other nonviolent solutions are often not options. Games can confuse reality and fantasy.



● What do the experts say?

Although playing video games can be a learning experience, give your child a variety of entertaining experiences. Be sure to make him read books, play sports, interact with other kids, and watch good TV. Everything should be taken in moderation. The American Academy of Pediatrics recommends that children not spend more than one to two hours per day in front of all electronic screens, including TV, DVDs, videos, video games (handheld, console, or computer), and computers (for non-academic use).

Limit your child's video game playing when you see him spending less time doing homework and that he is getting lower grades.

Limit your child's video game playing when you observe him having a sedentary lifestyle, and not engaging in sports and exercise. You can let him play video games that require physical action as there are a number of games that can be as physically intense for younger gamers as playing outside. But this shouldn't take replace his actual engaging in outdoor play and exercise.

Children who play more violent video games are more likely to have increased aggressive thoughts, feelings, and behaviors, and decreased prosocial helping, according to a scientific study (Anderson & Bushman, 2001).

When playing online, your child can pick up bad language and behavior from other people, and may make your child vulnerable to online dangers.

Academic achievement may be negatively related to over-all time spent playing video games. Studies have shown that the more time a child spends playing video games, the poorer is his performance in school. (Anderson & Dill, 2000; Gentile, Lynch & Walsh, 2004).

Also according to Dmitri A. Christakis of the Seattle Children's Research Institute, those who watch a lot of simulated violence, such as those in video games, can become immune to it, more inclined to act violently themselves, and are less likely to behave emphatically.

● What to look for in choosing a video game?

- Decide what is acceptable in your home and if you think violent games are not acceptable, explain to your child the reason why it might be bad for him/her.
- Check the Ratings of the game before you buy it or allow your child to play it. Check its rating which is indicated in the box. Note the title and cover picture. If they have themes of sex and/or violence, then these themes are in the game. If possible, be familiar with the game or read its reviews in the internet. Sometimes, the "bad" part of the game is hidden in the higher levels. Do not neglect supervising your kid as a parent.
- Consider your child's maturity level to determine which games are suitable for him. Chronological age is not necessarily a measure of maturity.
- Pick games that require the player to come up with strategies, and make decisions in a game environment that is more complex than punching, stealing, and killing.
- Monitor video game play the same way you need to monitor television and other media. Computers and gaming systems should be in areas where parents can monitor them at all times.

