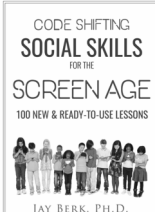


ELECTRONIC, ON-LINE AND VIDEO GAME OVER-CONSUMPTION WITH POSSIBLE ADDICTION


TREATMENT AND INTERVENTIONS FOR CLINICIANS AND EDUCATORS



BY JAY BERK PH.D. JAY BERK PH.D. AND ASSOCIATES
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PLEASE ANSWER THESE QUESTIONS WHILE YOU WAIT FOR US TO START

1. NUMBER ONE VIDEO GAME LAST YEAR?
2. AMOUNT IN GROSS SALES OF THAT GAME?
3. WHAT IS A "LOOT BOX" ?
4. WHAT IS A "MICRO-TRANSACTION" ?
5. ELECTRONICS ARE BAD FOR KIDS?
6. WHAT IS "DIGITAL CITIZENSHIP" ?
7. WHAT IS A VPN?
8. DEFINE DIGITAL FOOTPRINT?
9. ON-LINE FRIENDS ARE FRIENDS?
10. GAMBLING IS NOT ALLOWED IN KID'S VIDEO GAMES
11. THERE ARE BRAIN CHANGES IN "GAMERS" T/F ?
12. PARENTS REPORT WHAT ISSUES MOST?
13. WHAT IS CODE SWITCHING?
14. WHY DOES THE ONLINE PERSONA OFTEN NOT MATCH THE TERRESTRIAL PERSONA?



ELECTRONIC AND VIDEO GAME ADDICTION
BY JAY BERK PH.D.



OH HAVE TIMES CHANGED



**DOUGLAS A. GENTILE, PH.D.,
 EXAMINED VIDEO GAME USAGE
 RATES OF 3,034 CHILDREN AND
 TEENAGERS. VIDEO GAME
 ADDICTION STATISTICS FROM THIS
 STUDY REVEALED THE FOLLOWING**

- The average length of time spent playing video games was ---- hours per week
- An estimated ----percent of American households play video games
- An estimated ----- percent of the 3,034 participants in the study showed signs of video game addiction
- Four percent of percent of study participants were categorized as extreme users who played video games --- hours per week on average

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 ADDICTION STATISTICS FROM THIS
 STUDY REVEALED THE FOLLOWING**

- The average length of time spent playing video games was 20 hours per week
- An estimated 72 percent of American households play video games
- An estimated nine percent of the 3,034 participants in the study showed signs of video game addiction
- Four percent of percent of study participants were categorized as extreme users who played video games 50 hours per week on average

WHICH IS IT?

- ADDICTION
- OVER-CONSUMPTION
- "NORMAL"



TIME ON GAMES BY WHO

- 0-1 NONE
- 1-2 LIMITED
- 2-4 1 TO 2 HOURS



WHAT BEHAVIOR/CHEMISTRY CHANGES IN GAMERS?



**ELECTRONIC AND VIDEO GAME
ADDICTION
BY JAY BERK PH.D.**

**25 YEARS OF PRACTICE AND AUTHOR
OF:**



- WHY IS THE SKY BLUE?
- FACEBOOK DEPRESSION SYNDROME
- ON-LINE LIFE IS BETTER

RATE THE IMPACT

**SURVEY SAYS: NUMBER ONE PLACE KIDS
SPEND TIME ON-LINE?**

STATISTICS SAY

- -----of teens play video games
- ----- if you take only boys

- of boys play games with others in person on a daily or near-daily basis
- of boys play games with others online almost every day

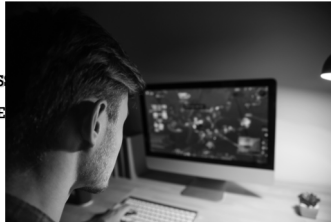
STATISTICS SAY

- 72% of teens play video games
- 84% if you take only boys

- 16% of boys play games with others in person on a daily or near-daily basis
- 34% play games with others online almost every day

IMMERSION AS ESCAPE

- ALTERED REALITY
- BETTER REALITY
- ESCAPE TRAUMA
- ESCAPE SOCIAL IS
- IT BEATS REAL LIFE



DELAYED MATURATION

- DO NOT HAVE TYPICAL EXPERIENCES
- SAFETY IN VIRTUAL
- CONTROL



AVOIDANCE

- FEELS GOOD
- QUICK FIX
- LONGER AND LONGER
- IT WORKS.....KIND OF?



TYPES OF GAMERSYEP

- FPS.....DOMINANCE, WINNING
- RPG.....SOCIAL ACCEPTANCE



SCREEN FOR MENTAL HEALTH ISSUES

- HOW DID THEY GET THERE
- TREATING UNDERLYING ISSUES



SET LIMITS AS THESE KIDS FIND EACH OTHER

- CUTTING
- DEPRESSED
- GAMER
- HIGH INTEREST



WHAT IS THE IMPACT

- SOCIAL SKILL LOSS
- LANGUAGE LOSS
- ATTENTION LOSS
- GROSS MOTOR SKILLS
- SLEEP ISSUES AND MORE



HOW ARE SKILLS GETTING IMPACTED

- LACK OF OPPORTUNITY
- PREFERENCE TO ELECTRONICS
- DON'T KNOW HOW TO PLAY GAMES
- PREFER TO PLAY BY SELF
- COMMUNICATION IS NOT FACE TO FACE
- PLANS IN GROUP CHAT
- YOU "HAVE TO HAVE" A PHONE OR GAMES
- EARLIER ON ELECTRONICS
- GET A PHONE EARLIER
- KIDS DON'T RUN/PLAY GAMES IN NEIGHBORHOOD



DOES GAMING CHANGE BRAIN CHEMISTRY

• YOU BE THE JUDGE.....

IS THERE A DIAGNOSIS OF GAMING ADDICTION?



WORLD HEALTH ORGANIZATION



HEALTH

- VISION ISSUES
- NECK AND BACK

CASE EXAMPLES OF SUCCESS WHAT WORKS

- GAMER THAT MADE IT
- UN-PLUGGED FROM INAPPROPRIATE CONTENT
- DAY TO DAY CASES

MONITOR USE

APPS (CIRCLE), HISTORY, HOUSE RULES



NEW RESEARCH



"PAY TO PLAY"


- ELECTRONIC MANAGEMENT SYSTEM
- A UNIQUE WAY TO USE COLLABERATIVE PROBLEM SOLVING

INTERNET CHALLENGES


TEACHING TO CLIENTS



SOUNDS THEN AND NOW



VIDEO GAMES



INAPPROPRIATE CONTENT

2. Read carefully before proceeding.



Bright Side's Post 457

**TREATING/INTERUPTING
INAPPROPRIATE CONTENT
ADDICTION**

- STORIES WRITTEN
- GAME HACKS
- MEET UPS
- SEXTING
- FETISH
- CASES

**WHAT AGE CAN KIDS USE A
MOUSE**



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**KIDS ARE 10 STEPS AHEAD OF
PARENTS ON TECHNOLOGY**





SNAPCHAT IS USED 30 MILLION TIMES PER DAY

- TEENAGER
- PROGRAMED TO BE ADDICTIVE
- CAN BE FOR BULLYING
- CAN YOU GO INTO A PHONE?

BEST GIFT EVER/ DIVERSIFY GIFTS

MUSEUM PASS
TICKETS TO SOMEWHERE
BOOK: CROSS SECTIONS



18. "When your grandparents misunderstand what you want for Christmas."



Bright Side's Article 200 4

80% OF TEENS HAVE SEEN SOMEONE BULLIED ONLINE

- SEE SOMETHING/SAY SOMETHING
- 5/5/90
- SCREENSOT
- TEXT TIPLINE



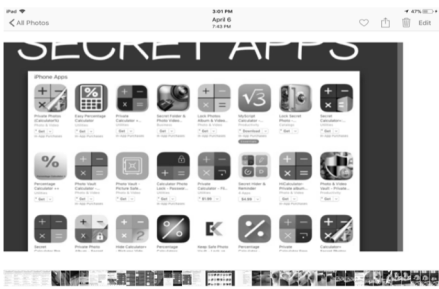
**20% OF TEENS HAVE SENT,
RECEIVED OR SEEN NUDE PHOTOS
OF PEERS**

- BOUNDARIES
- LATER ON
- LEGALITIES





**DO YOU ?
TEENS KNOW HOW TO HIDE
ONLINE ACTIVITY**



SECRET APPS....LOOK LIKE CALCULATOR

ALSO :

- ERASE HISTORY
- FAKE ACCOUNT
- BURNER PHONE
- USE FRIEND'S PHONE

ADDICTION VS. SUB-CLINICAL



BASIC FUNDAMENTAL AND VITAL CONCEPTS

- YOU CANNOT TOTALLY ELIMINATE ELECTRONICS
- ALCOHOL ADDICTION VS. FOOD ADDICTION
- CONCEPT OF AA VS. LIMITED USE
- STOP FOR A PERIOD OF TIME
- HOW LONG
- WHAT ABOUT SCHOOL LAPTOP
- CIRCLE
- USE CONTRACT
- PARENTS TO MONITOR



IT IS GETTING A BALANCE: WITH CLIENT MANAGING IT!



WHAT DO WE DO: INNOCULATE

- STRESS A BALANCE
- LIMIT EARLY ON
- EXPOSE TO ACTIVITIES
- SOCIAL SUCCESSES
- SHORTCUTS TO SUCCCESS
 - GAMER
 - YOUTUBER
 - PLAN B

TEACH CODE SWITCHING

- WHAT IS IT
- WHEN DO WE USE IT
- READ LANDSCAPE
- WHO HAS DIFFICULTY
- RESULTS

ADDITIONAL SIGNS OF AN ISSUE

- EXTREME ISSUES WHEN NEEDING TO STOP
- NO BALANCE IN ACTIVITY
- ALL MY FRIENDS ARE CYBER
- UP AT NIGHT
- SCHOOL GRADES ISSUES
- FINDING "LIKE" PEERS
- RAGE QUITTING
- STEALING TO PAY "MODS"
- INAPPROPRIATE MATERIALS



MAYO CLINIC




SLEEP ISSUES INCLUDE

- OVER USE AT BEDTIME
- HARDER TO FALL ASLEEP
- UP IN MIDDLE OF NIGHT
- BLUE LIGHT
- WAKE UP TO ANSWER TEXTS




SLEEP ISSUE SOLUTIONS

- TURN OFF BLUE LIGHT
- COLLECT AT BEDTIME
- HAVE RULES
- HAVE THEM TELL FRIENDS THEIR RULES




NEED TO DO ACTIVITIES

- LOSS OF HOBBIES
- LOSS OF ACTIVITIES
- NO EXERCISE
- LOSS OF "SPRINGBOARD"
- INTRODUCE ACTIVITY
- SENSE OF ACCOMPLISHMENT



NEED TO DO ACTIVITIES

- MARCHING BAND
- DRAMA CLUB
- SPORTS
- VOLUNTEER
- RELIGIOUS GROUPS
- MANDATORY EXERCISE
- FAMILY MODEL




HOBBIES?



CHILDREN PLAY? TEACH MISSING SKILLS



PRIMARY ELEMENTS OF THE PROBLEM ALONG WITH STRATEGIES

- PRE-DISPOSITION TO SOCIAL ISSUES (AND THEY MAY BE SOCIAL ON LINE)
- POSSIBLE ACCOMPANYING MENTAL HEALTH ISSUES (DEPRESSION/ANXIETY)
- ESCAPE
- THERE IS A CHALLENGE
- MEASUREABLE PROGRESS

RAGE ISSUES/WHAT IS RULE/FRONT END LOAD



HAVE A BALANCE AND PAY TO PLAY



SET LIMITS

- ON TYPE OF GAMES
- ON GAME TIMES
- CHALLENGES
- THREATS



FIND THE RIGHT GROUPS

- BAND
- SCOUTS
- DRAMA
- SPRINGBOARD IS VITAL



LIVING WITH A TERRORIST

- CANNOT GIVE IN
- CONSISTENCY OF ADULT
- POLICE?
- JUVENILE COURT
- TAKE ITEMS OUT OF HOUSE
- SHELTER CARE
- FLIP PHONE



PROMOTE SOCIAL SKILLS

- WHAT SOCIAL SKILL GROUP?
- NOT JUST LEARN BUT USE
- PUSH IN MODEL



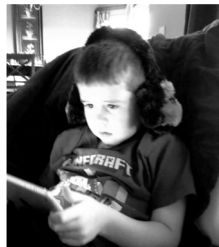
**HOW ELECTRONICS CAN
ACTUALLY HELP SOCIALIZATION**

- BOYS AND GAMES
- PHONE NUMBERS
- GROUP CHAT
- TEXTING
- SHY

**PARENT STRUGGLES/EDUCATION
WHAT EVERY PARENT NEEDS TO
KNOW**

WATCH "GAMER TALK"

- GAMER APPS
- X BOX LIVE
- TRASH TALK
- WHO ARE THEY TALKING TO?
- WHAT NOT TO SAY



CHECK HISTORY



HAVE PASSWORDS

- STRUGGLE
- BE A 'FRIEND'



KNOW ABOUT TECHNOLOGY

- READ
- GET CONSULT
- GET APPS TO CONTROL
- SHUT OF ROUTER



SCHOOLS, PARENTS, THERAPISTS NEED TO PRE-TEACH

- WHAT IS A FRIEND
- WHAT NOT TO SAY ONLINE
- ALL IS NOT AS IT SEEMS
- TEXTING RULES
- ESCAPE CODE



SCHOOLS NEED TO TEACH : DIGITAL CITIZENSHIP

- DIGITAL FOOTPRINT
- JOBS IN FUTURE
- CRIME INVESTIGATION
- TENDENCY TO BE MEAN
- LACK OF CONTEXT
- WHO AM I REALLY TALKING TO
- HELATHY CONSUMTION ...
- WHAT IS TOO MUCH
- TRUSTED INFO/WEBSITES



OOPS.....

- BEING IN BACKGROUND
- SEXTING
- FORWARDING A PHOTO OR TEXT
- A "JOKE" (PICTURE ON BUS)



ADDITIONAL TIPS...





SENSE OF ACCOMPLISHMENT

- NEED OTHER ACCOMPLISHMENTS
- SAD BUT TRUE; THIS IS THEIR BEST



FUTURE IS DIFFERENT/ YOU NEED TO BE DIFFERENT

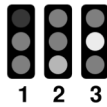
WHAT ARE THEY ESCAPING FROM

- BULLY
- FAILURE
- LEARNING ISSUE
- PAIN
- FAMILY ISSUES
- POOR SOCIAL MEDIA CHOICE



**SCHOOL PHONE ZONES
HOW CAN SCHOOLS MANAGE?**

**ZONES, RELEASE, POLICY,
EDUCATION**



PARENTS PUT AWAY DEVICES



GIFTS HAVE CHANGED

1. "She asked for Frozen gifts this Christmas."



Bright Side's Article 200 4

12. "You want Apple Watch, son? Say no more."



Bright Side's Article 200 4 See More
