



Video time ! 'Videogame addiction and kids' (2'18)

Elements to collect & remember:

https://www.youtube.com/watch?v=BdfagA_VYFQ

- Young Americans spend 10 000 hours playing videogames before the age of 21.
American Academy of Pediatrics:
 - 92 % of the 5-18 years old play videogames
 - 10 % of them are **addicts**
- How serious is this among children. What are the consequences?
 - Gaming addiction can lead to **depression**, **social phobia**, poor **grades** (= **grades (US) = marks (GB)**), childhood obesity and **dementia** (= **mental disorders, insanity, madness**).
- Even at such a young age?
 - As young as 10 years old, they're seeing signs of **dementia** if there is an excessive use of videogames.
 - 21 hours or more: the '**sweet spot**' (= **the balance**). Under 21 hours, no problem but above 21 hours is when the addiction really **kicks in** (= **starts, shows**).
 - 21 hours sounds like a lot but when you break that down 3 hours a day, maybe a lot longer on the weekends, you realise a lot of kids are playing 21 hours or more.
- **Warning signs / key indicators?**
 - Declining **school performance**, losing interest in hobbies (sports, going to **the mall** (= **shopping center**) with friends, reading), **lack of self-care**: **hygiene**, bathing, sleeping, eating, social **withdrawal** (= **removal, exit, retraction**), lying and hiding the amount of time you play.