

Cyberwellness Newsletter #1

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What is gaming addiction?

Gaming addiction happens when someone spends so much time playing video games that it interferes with their daily activities. For instance, they might neglect homework, skip outdoor play, or avoid spending time with family and friends because gaming becomes their main focus. It can also cause them to feel upset or stressed when they're unable to play.



Signs of Gaming Addiction

1. Preoccupied with Gaming
 - Constantly thinking about gaming, even when not playing
2. Inability to Stop
 - Unable to stop, even with repeated attempts
3. Loss of interest in other activities
 - Not wanting to engage in hobbies or social interactions
4. Withdrawal Symptoms
 - Feeling restless, irritable or anxious especially when unable to play online games



Effects of Gaming Addiction

- ✗ Physical Health Issues
- ✗ Mental Health Challenges
- ✗ School Performance Decline
- ✗ Relationship Strain

Effects of Gaming Addiction

- ✗ Physical Health Issues
 - Poor posture
 - Eye strain
 - Sleep disturbance
- ✗ Mental Health Challenges
 - Increased anxiety
 - Feelings of Isolation
- ✗ Performance Decline
 - Neglecting daily responsibilities
 - School work
 - Hobbies
- ✗ Relationship Strain
 - Increasing conflicts with friends and/or families



Tips for Parents to Tackle Gaming Addiction



1. Encouraging balanced routines that combines school work, physical activity and screen time
2. Monitor gaming content and ensure choices that are age-appropriate
3. Set time limits of about 1-2 hours a day and stick to it. Use a timer if needed.
4. Keeping screens in shared spaces like the living rooms so that gaming habits are better monitored

News Article



Young and Troubled: More teens in Singapore getting hooked on digital devices and seeking help

Other CW Resources



Scan the QR code to find out more about signs of gaming addiction and tips to help your child