

Your child and gaming



Tips for parents of gamers

1. Find out more about the risks and benefits of gaming www.rasa.org.au/takecontrol
2. Ask your child or teen about gaming and why they play
3. Connect with your young person by showing interest in gaming or even learning to play
4. Share your observations and concerns about gaming when you are both calm
5. Listen respectfully to what they say about their gaming experience
6. Negotiate a way forward addressing both their wishes and your concerns.

If you're worried about your child or teen's gaming habits, you might find this useful.

Gaming is a common pastime for many young people. But sometimes gamers can develop harmful habits:

- spending more and more time gaming
- giving up other interests or hobbies
- interacting less with family and friends
- decreasing investment in school.

Gaming also has gambling-like features that can cause harm.

Need some support?

If you'd like to talk about these challenges, we offer a free, confidential and tailored counselling service for your family.

Find out more or make an appointment:

Call us on 1800 934 196

Email gamblinghelp@rasa.org.au

Visit <https://gamblinghelpsa.org.au>



Relationships Australia
SOUTH AUSTRALIA

Funded through
the Gamblers
Rehabilitation Fund



aha|sa
Australian Hotels Association (SA)

SKYCITY
ENTERTAINMENT
GROUP



Government of South Australia
Department of Human Services

Relationships Australia South Australia
Gambling Help Service