

How to spot the signs of GAMING ADDICTION

It isn't always easy to spot when a child or young person has developed a gaming addiction. The signs can often appear to be 'typical teenage behaviour'. However, there are some noticeable signs and behaviour changes listed below that you might encounter.



RESTLESSNESS

Unable to rest or relax as a result of their addiction



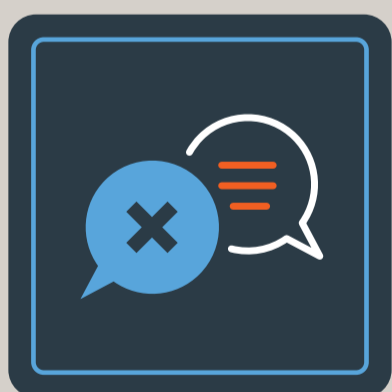
ATTACHMENT

Obsessed with the phone or console they play the game on



IRRITABILITY

Quick to lose their temper or snap at others



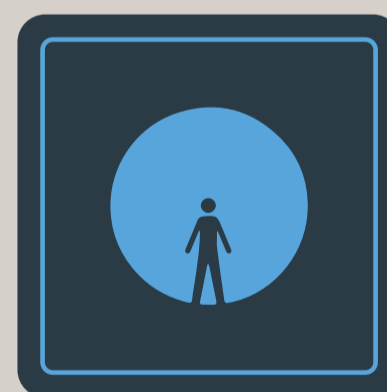
LYING

Not admitting the truth about how long they play for



PREOCCUPATION

Not focused on anything other than the game



ISOLATION

Distancing themselves from social circles and family

For more information on gaming addiction visit:

www.virtual-college.co.uk/resources/2020/07/what-is-gaming-addiction