

The Dark Truth About Gaming Addiction.

A lot of children love playing video games. But did you know there is a dark side to their favourite hobby?

My name is Ben and along with me is my partner Shun, we are researching the topic of gaming addictions for our Grade 4-5 exhibition. We are writing this article to inform you of the dangers of letting your child have a gaming addiction.

We conducted a survey with HIS students, and we interviewed Dr. Nakamura, a specialist in addiction, to find out about the gaming habits of young people. Some of the things we found out were shocking.

For example, did you know that 63.9 % of students in HIS who responded to our survey play video games and 28.4% play video games daily. Imagine what else you could do in that time!

Being a gaming addict is a big problem that could have a big impact on your children's life, such as that it could lead to insomnia (sleep disorders), depression, hypertension, diabetes, eye strain, migraines, wrist, neck, elbow pain, risk of getting spectacles, suicide, obesity and other serious problems.

Here are a few symptoms you should take note of :

- Playing in secret or lying about how long he or she has been playing
- Sacrificing time or school in order to play
- Anxiety or depression
- Avoiding contact from friends and family
- Becoming irritated if unable to play
- Lacking enough hours of sleep
- Losing interest in other activities and hobbies
- Increasingly ignoring personal hygiene and social life
- Dry eyes, headaches, back and neck aches, and a significant loss or gain in weight.

If you notice that your child has shown these signs, don't be afraid to take it seriously and balance their gaming time, get them to pick up a sport or take part in more events.

My personal thinking is that gaming is good but excessive gaming could interfere in your child's lifestyle by impacting their health in a negative way if not balanced. My final answer is that you should moderate your child's gaming in

a fair and balanced time, it shouldn't be too short, but it shouldn't be too long.

-Benjamin Ngo

