

Gaming, Internet overuse, online safety

DRAFT

BC Ministry of Education, erase website:

<https://www2.gov.bc.ca/gov/content/erase/online-safety#digitally-responsible-youth>

UBC free online **Learning for Life** Resources

<http://digem.med.ubc.ca/projects/ubclearningforlife>

Teens and Tech: Distinguishing Addiction from Habit - Anya Kamenetz

<https://www.kqed.org/mindshift/50510/teens-and-tech-distinguishing-addiction-from-habit>

For Parents

RAISING DIGITALLY RESPONSIBLE YOUTH A Parent's Guide

<https://www2.gov.bc.ca/assets/gov/erase/documents/raising-digitally-responsible-youth.pdf>

Parenting Tweens and Teens in the Digital World – Protect Kids Online, Canadian Centre for Child Protection

https://protectkidsonline.ca/app/en/info_parenting_in_the_digital_world

Informational Videos for Parents and Caregivers

<https://www2.gov.bc.ca/gov/content/erase/online-safety#digitally-responsible-youth>

Safer Schools Together/MOE/BC School Superintendents Association

Caring for Kids Canadian Pediatric Society

<https://www.caringforkids.cps.ca/handouts/screen-time-and-digital-media>

Protect Kids Online - Canadian Centre for Child Protection

<https://protectkidsonline.ca/app/en/>

Common Sense Media

<https://www.common sense media.org>

Screen Smart www.screensmart.ca

'Screen Smart' is a broad based community education initiative in Revelstoke, BC helping families better understand how screen media - TV, computers and the Internet, - may influence their lives, and suggest ways that parents and children can best manage media at home and at school. To learn about 'Screen Smart' visit www.screensmart.ca.

For Students

Tools & Reminders For Students Center for Humane Technology <http://humanetech.com/wp-content/uploads/2019/11/For-Students-2019-11-05.pdf>

Coined in the media as “sexting”, *self/peer exploitation* is generally defined as youth creating, sending or sharing sexual images and/or videos with peers via the Internet and/or electronic devices. The [Need Help Now](#) website provides youth with information about how to manage *self/peer exploitation* incidents.

Need Help Now Site re sexting - Canadian Centre for Child Protection ion
<https://needhelpnow.ca/>

For Teachers

Kelty Resource Internet Overuse and Video Gaming

https://dev8.keltymentalhealth.ca/sites/default/files/documents/internet_overuse_and_video_gaming.pdf

Screen Smart Elementary Schools is a Canadian, school-based program designed for children in grades K-7.
www.screensmartschool.ca

Screen Smart Kids www.screensmartkids.org

The Screen Smart Kids website is designed to be a resource for educators and families on the topic of understanding screen time in today's electronic media saturated world.

Untangling the Web McCreary Society report on cybersafety

https://mcs.bc.ca/ahs_reports

Young Canadians in a Wired World <http://mediasmarts.ca/ycww/life-online>

Representing Ourselves Online

Lesson Plan

Talking to Kids about Gender Stereotypes - Tip Sheet

Tip Sheet

Miscast and Seldom Seen - Lesson

Lesson Plan

Choosing Good Video Games - Tip Sheet

Tip Sheet

Where to get help

Andre Serzisko Counselling Service

1063 Chesterfield Rd, Victoria, BC V8Z 2T9

(250) 213-2353

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1-778-999-3888

Mindful Digitally - <https://mindfuldigitality.wordpress.com/about-2/>

Benjamin is a registered clinical counsellor (RCC), speaker, author and mental health advocate in Vancouver, BC. He serves as Principal Consultant at Mindful Digitality, a counselling practice that treats people struggling with the problematic use of screen technologies

Problem Gambling and Video Gaming

https://www.heretohelp.bc.ca/sites/default/files/visions-problem-gambling-and-video-gaming_vol14.pdf

(also possibly worth checking out but not known or recommended:

<http://www.techaddiction.ca/> and <https://gamequitters.com/>)

Additional Reading, Resources, Web sites

Canadian Press. (2018). Video game addiction a disorder? WHO says, yes. CBCnews.ca. April

4. www.cbc.ca/news/health/video-game-addiction-1.4604883.

World Health Organization. (2018). Gaming disorder. Online Q&A. www.who.int/features/qa/gaming-disorder/en.

From "Problem Gambling and Video Gaming" issue of Visions Journal, 2018, 14 (2), p. 5

Canadian Paediatric Society; *Digital Health Task Force. Screen time and young children: Promoting health and development in a digital world*. Paediatr Child Health 2017;22(8):461-8

<https://www.cps.ca/en/documents/position/digital-media>

Brisson-Boivin K. *The Digital Well-Being of Canadian Families*. Ottawa, Ont.: MediaSmarts: 2018:

<http://mediasmarts.ca/research-policy>

<https://mediasmarts.ca/sites/mediasmarts/files/publication-report/full/digital-canadian-families.pdf>

Lenhart, A., Smith, A., Anderson, M., Duggan, M., Perrin, A., *Teens, Technology and Friendships*. Pew Research Center, August, 2015. <http://www.pewinternet.org/2015/08/06/teens-technology-and-friendships/>

Steeves V. *Young Canadians in a Wired World*, Phase III: Life Online. Ottawa, Ont.: MediaSmarts, 2014:

<http://mediasmarts.ca/ycww>

The Common Sense Census: Media Use by Tweens and Teens The purpose of this study is to offer a comprehensive picture of the use of media by young people in the U.S.,

https://www.common sense media.org/sites/default/files/uploads/research/census_researchreport.pdf

Status of Mind: Social media and young people's mental health <https://www.scie-socialcareonline.org.uk/statusofmind-social-media-and-young-peoples-mental-health-and-wellbeing/r/a110f00000NeITGAA3>

