

Take a Swing at Drug Abuse Miniature Golf Tournament

Saturday May 2, 2015

Rain date: May 3.

Tee Times - 11:00, 11:30, 12:00, 12:30, 1:00, 1:30

Paradise Stream Family Campground - Loysville

Build a team of family, friends, neighbors or coworkers!

18 holes of mini-golf

Free tee shirt

Entrance Fee: \$25- additional pledges encouraged

Registration and sponsor packets available at perryhumanservices.org

For more information, call PHS at 582-8703



PARENT/FAMILY SUPPORT GROUP

For those affected by their child's or family member's drug/alcohol use

Here's what people are saying...

"It's the best thing you can do for yourself."

"I learned I was not alone. It was not just me."

"The group gives me emotional support."



When: 2nd Monday of each month from 7:00—8:30 p.m

Location: PERRY HUMAN SERVICES Mulhollem Office Center, New Bloomfield

www.perryhumanservices.org for more information

AN OUNCE OF PREVENTION

A Newsletter by Perry Human Services

SPRING 2015

Mention games to me and I will say Monopoly, checkers, Uno or other various board or card games. Ask kids today what games they play and most will mention a variety of video games, most of which I am clueless about. I played Pac Man somewhat back in the day, but really wasn't very good at it. Recently, my granddaughter showed me how to play Candy Crush. I played a few rounds, thought it was fun, but was soon bored and gave back her iPad. I'd rather read a good book.

This newsletter is about gaming. There are so many video games out there today and parents really need to become educated about them. Do you know what your kids are playing? Do you know how long your kids are playing them? Hopefully this newsletter will help you to be better informed about gaming.

Glenys DiLisio

A GLIMPSE at GAMING

We are surrounded by video games everywhere we turn these days. It has grown way beyond the original Atari in 1972. Games can be played on a computer, tablet, cellphone, and Facebook. We have become a technology dependent society. Gaming has become big business with companies spending millions to showcase Game of War, Clash of Clans and Heroes Charge during the Super Bowl. This newsletter offers a glimpse into the world of gaming. All games fit into one of the nine basic categories or types. Only a few have been chosen to showcase the depth of the world of gaming. Some of these games are highly controversial and may evoke strong feelings for many. They contain violent or other mature content and some have been associated with persons who have committed horrific crimes. There are many games that do not contain mature or violent content. Games can be positive or negative depending on the frequency and intensity in which a person plays. Please use this information and do your own research then draw your conclusions.

"Video games are here to stay, and kids will be playing them. What are parents, educators, and youth workers going to do about it?"

How can Children be protected?"

- R. Abanes. What Every Parent Needs to Know About Video Games



TYPES OF GAMES AVAILABLE

- Role Playing Games (RPG) Massive Multiplayer Online Role Playing Game (MMORPG)
- Real Time Strategy (RTS) Adventure Action Adventure
- Shooters Sports Platform God Games

MMORPG (Massive Multiplayer Online Role Playing Game) Ex. World of Warcraft (WOW)

- ❖ Requires a monthly subscription in addition to purchasing the game software.
- ❖ Play online at the same time with others from anywhere in the world.
- ❖ Form guilds, teams or corporations and talk with others playing in the same game.
- ❖ Requires a significant time and financial commitment. As a part of a guild others rely on your presence. The game continues whether you are playing or not.

ACTION ADVENTURE Ex. Prince of Persia Series and Grand Theft Auto (GTA)

- ❖ Sends you on a quest or journey.
- ❖ Contains an element of mystery and problem solving.
- ❖ Must overcome obstacles in order to advance.

GTA developed by Rockstar is rated M for Mature gamers 17 and older. Some believe it should be rated as Adult only and others believe the game should not even exist. “Gang counselors, for instance, are troubled about the various crimes that are glamorized in games like Grand Theft Auto. They feel that ‘the game not only celebrates the gang lifestyle at a time when gang membership is rising nationwide, but makes a mockery of a tragedy that is all too real.’ ” (Abane. What Every Parent Needs to Know About Video Games. p. 75). But the game makes money so it continues to exist, so much money in fact that GTA V raked in over \$800 million on the first day of sales and reached a billion by day three.

SHOOTERS Ex. Halo, Call of Duty (COD), Doom, Max Payne, The Punisher

- ❖ Shoot to kill the NPC (non-playing character) and other characters being controlled by other players.
- ❖ There are two main types of Shooter games
 - First Person Shooter (FPS), such as Halo, Call of Duty (COD) and Doom are the most popular of shooting games because the view on screen is as if you were holding the gun.
 - Third Person Shooter vantage point like that used in Max Payne and The Punisher is looking above and over the shoulder of the character.

The Columbine shooters were fans of the game Doom. They made a video of themselves with guns explaining how their plan was just like the game. Not all games are bad and most certainly not everyone who plays a shooter game goes out to shoot people. Some people are at greater risk because of their temperament and the presence of mental health disorders.

GAME RATINGS

The Entertainment Software Association (ESA) formed The Entertainment Software Ratings Board (ESRB) in 1994 to view and rate games according to the content and the appropriate age of a child to play each game. Each year the ESRB has more than 1000 games to review and rate. Currently the ESRB uses a six level rating system shown to the right.

AO Adult Only	18 +	Prolonged scenes of intense Violence, Nudity Graphic sexual content
M Mature	17+	Intense violence, Blood, Gore, Strong language Sexual content
T Teen	13+	Violence, Minimal blood Suggestive themes, Crude humor Infrequent strong language
E 10+ Everyone	10+	Cartoon violence, Fantasy Mild violence and language
E Everyone	6+	Minimal cartoon fantasy Mild violence
EC Early Childhood	3+	No material parents would find inappropriate

POSITIVES OF GAMING

- ❖ Teach problem solving skills, perseverance, pattern recognition, memory, quick thinking, hand eye coordination, and build confidence. ~ Stress relief method and a mental break from life’s demands.
- ❖ Requires attention and keeps the brain busy and away from unwanted, troubling thoughts.
- ❖ Video therapy is also being explored as an option for children with ADD. It has been found to aid children in focusing and maintaining that focus for longer periods of time than normal.
- ❖ Games have been found to help kids tolerate pain and adapt to surroundings. “Recent studies suggest that patients who must endure painful medical procedures or chronic pain can find physical relief through playing.” (Abanes. What Every Parent Needs to Know About Video Games. p. 100). When playing video games dopamine and endorphins are increased providing pleasure and a rush of adrenaline.

CONCERNING BEHAVIORS A psychological addiction may occur with the reinforcement of playing and excelling at the game. This reward feeling is stronger in men than women which makes it no surprise that young men are the most at risk population for gaming addiction. Being shy or socially awkward as well as the presence of other mental health issues such as depression and social phobias can contribute to possible gaming addiction. Those with poor family relationships and thrill seekers who are easily bored are also at a higher risk for developing a gaming addiction. A decline in personal hygiene, skipping meals or sleep to play, as well as being preoccupied or obsessed with a game could indicate a gaming problem. Other indications that gaming is taking too much of your child’s time is a neglect of friends and other activities they used to enjoy and missing school work or school itself.

WHAT YOU CAN DO

- Know the games and content of the games in your home
- Set firm time limits for gaming
- Spend time watching or learning the games your child plays
- Keep an open dialog about the games and their content with your child
- Encourage involvement in school and community activities
- Help your child develop age appropriate social and coping skills
- If you think that your child is gaming excessively or is addicted please seek therapy

Suggested reading: What Every Parent Needs to Know about Video Games - Richard Abanes
 Video Games and Your Kids – Hilarie Cash
www.grandtheftchildhood.com