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USING TECHNOLOGY TO INCREASE LEARNING TIP SHEET

1. TOPIC, CHALLENGE OR QUESTION TO BE ADDRESSED

- **How to use Technology to increase Learning**

2. KEY WORDS/GLOSSARY (with definitions)
Healthy Video Game Usage:
- Encourages Age and developmentally appropriate video games that increase basic problem-solving, math, cooperation and organization skills
- Promotes Safe and Healthy Video Game Use by Minimize video game use risks

3. RELEVANT FACT/RESEARCH/STATISTICS (within current year)
Benefits of Using Video Games
As parents, we focus more attention on the potential dangers than on the potential benefits of electronic video games, but these games are a normal part of modern childhood. If you know what to look for, video games can be a powerful tool to help children develop certain life skills. They can help parents choose appropriate leisure-time games, help educators seek ways to supplement classroom teaching, and help game developers create games that teach.

- **Video Games Teach Problem-Solving Skills and Creativity**
- **Video Games Inspire Interest in History and Culture**
- **Video Games Help Kids Make Friends**
- **Video Games Encourage Exercise**
- **Video Games Let Kids Share the Joy of Competition**
- **Video Games Give Kids a Chance to Lead**
- **Video Games Provide an Opportunity to Teach**
- **Video Games Bring Parents and Kids Together**

Benefits, Risks and Healthy Use of Using Video Games
Risks:
Scientific research has shown time and again that children learn from what they see on a screen. If they see violence being rewarded, they are going to learn that being aggressive is a good way to get what they want, and this belief can have long term effects on children's behavior. The negative effects of video game playing include:

- **Cyberbullying and sexual harassment:** Many online games allow the player to interact with others via text or voice chat, and your child may be exposed to threats, offensive language, or other

objectionable content–they may even engage in bullying others. Female gamers are often targets of sexual harassment.

- **Aggression:** Children can learn that violence is an appropriate way to solve conflicts, and evidence shows that playing violent video games has the potential to increase aggression in some youth.
- **Desensitization:** As children are continually exposed to violence in video games, they can become desensitized to it over time.
- **Anxiety:** Some children may develop anxiety as a result of playing video games.
- **Sleep:** Video gaming before bed can contribute to a variety of sleep problems, including poor quality sleep and not enough sleep.
- **Obesity:** Video game playing can contribute to increased calorie consumption.

Benefits:
As with the negative effects of video games, the same principle applies: scientific research has shown time and again that children learn from what they see on a screen. It is important to think about the content of games as well as the experience of playing them. Some of the benefits of video games include:

- **Physical activity**: Exergames that are also a form of exercise (such as Dance Revolution or Wii Fit) can encourage kids to move around while playing a video game, combating the typical sedentary aspects of video game play.
- **Prosocial skills:** Video games that encourage the player to be helpful, cooperative, and altruistic, may positively affect a child's real-life helping behavior.
- **Cognitive skills:** Video gaming has the potential to improve brain functions like visual processing and information filtering, and many teens believe that playing certain games help their problem-solving skills.
- **Critical thinking skills:** Video games designed with a specific purpose have the potential to educate children (such as games designed to teach healthy eating habits).

4. **REFERENCES**
- **https://cmch.tv/parents/video-games/**
- **https://www.parents.com/kids/development/benefits-of-video-games/**
- **https://www.forbes.com/sites/forbestechcouncil/2018/10/09/how-video-games-help-students-level-up-stem-learning/#4f96926e1a78**

5. **TIPS/STRATEGIES/SUGGESTIONS/RECOMMENDATIONS**

Healthy Use Tips - Safe use tips include:
- **Set up boundaries**
  It is easy to become involved in a game and play for hours at a time, but children benefit from a variety of activities. Agree on a certain amount of time to play games and suggest other activities they might enjoy.
- **Do Your Homework.**
  Remember, the content of what your kids play is just as important as the amount of time they spend playing. When your children ask you for a new game, do you homework before you agree to purchase it. Learn the game's ESRB rating, read reviews, and even play the game first before you allow your kids to play. If the game isn't appropriate for their age or doesn't match your value system, find an alternative game.

- **Keep video game systems out of your children's bedrooms**
  By keeping the video games in a family area, you can see how, and how often, they are being used. You can also more easily keep track of time limits. Studies have shown that children with electronic media in their bedrooms are more likely to be overweight and have sleep problems.
- **Review and monitor interactive and online features**
  Many games are multiplayer in nature, and will allow your child to chat or share content with other players who are often strangers. Be sure to set-up these accounts with your kids and let them know that you have their passwords should they ever need help. Discuss the importance of maintaining anonymity and privacy in these online environments with your teens, and consider disabling the features entirely for younger children.
- **Make it a social event**
  Video games are fun and challenging for adults too. Parents can spend time with their youth by having a family gaming night (just make sure that the games are appropriate for everyone involved).
- **Discuss in-game purchases ahead of time**
  Help your child or teen understand that in-game purchases are costly, and set limits on whether they can or cannot make these types of purchases. Parents can also consider restricting or disabling these features.

6. **RESOURCES**
   - **Best Video Games**
     - **https://www.idtech.com/blog/best-video-games-for-kids**
   - **How to Play Video Games with your Kids**
     - **https://www.consumerreports.org/gaming/how-to-play-video-games-with-your-kids/**