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USING TECHNOLOGY TO INCREASE LEARNING WORKSHOP

WORKSHOP TITLE Using Technology (Video Games) to Increase Learning

WORKSHOP DATE TBD

WORKSHOP FACILITATOR(S) Farrah and TBD

WORKSHOP TIME TBD

TARGET POPULATION: Parents (Fathers)

OBJECTIVES: *What knowledge, skills, values and/or experiences will change for the target population as a result of this workshop?*

- Parents will understand how to effectively use Video Games to increase children's learning
- Parents will be able to identify developmentally appropriate Video Games to increase children's learning

1. **QUESTIONS:** *briefly state and number the questions that will be addressed during your workshop.*

- Explain how to effectively use video games to increase learning?
- How to identify developmentally appropriate Video Games that will assist your child excel in learning?

2. **REFERENCES:** *for each question, provide at least one source of information that provides direct answers to it. Examples of data sources include articles and videos. Details of each reference should be provided so that another person can locate it without assistance.*

- **Explain how to effectively use video games to increase learning?**

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**

<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>

<https://www.idtech.com/blog/best-video-games-for-kids> (Best Video Games)

- **How to identify developmentally appropriate Video Games that will assist your child excel in learning?**

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 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](#)).

Research is still emerging in this field, and more studies need to be completed before we know the long-term effects of video games on the health of youth.

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 your 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.

<https://cmch.tv/parents/video-games/>

<https://www.consumerreports.org/gaming/how-to-play-video-games-with-your-kids/> (How to Play video games with your kids)

3. **KEY WORDS, TERMS AND PHRASES:** *list and define the key words and terms related to your workshop.*

- Encourage Age and developmentally appropriate video games that increase basic problem-solving, math, cooperation and organization skills
- Promote Safe and Healthy Video Game Use by Minimize video game use risks (See Healthy Use Tips above)

4. **SUPPLIES/RESOURCES & SPECIAL INSTRUCTIONS/LOGISTICS:** *list any supplies, materials, templates or special conditions/set-up required to implement this lesson.*

- Workshop will be delivered and incorporated into regular Fatherhood Curriculum and begin on Wednesday because it is the best day to introduce this new family literacy workshop.
- Need Smartboard/Blackboard to execute Mix and Match exercise and to view videos
- Need Poster Board so participants can execute Mix and Match

5. **EXPLORATORY EXERCISES/TIME:** *for each of the previously identified questions, explain the activity that will be done that will allow the workshop participants to use a reference to find its answers (i.e. paired reading; round-robin reading; Powerpoint mini-lecture).*

- **Roundtable Discussion (Circle)**

- How to effectively use video games to increase learning?

- **Parents will explore the benefits, risks and healthy use of video**

games to ensure effective use

- How to identify developmentally appropriate Video Games that will assist your child excel in learning?
 - **Parents will explore the benefits, risks and healthy use of video games to identify games that will assist in learning**

6. **EXPRESSION EXERCISES/TIME:** *for each of the previously identified questions, explain the activity that will be done that will allow the workshop participants to creatively share or express what they learned from the reference (i.e. collage, role-play, talk show skit).*

- **Roundtable Discussion (Circle) and Role Play Scenarios**

- How to effectively use video games to increase learning?
 - **Parents will express the benefits, risks and healthy use of video games to ensure effective use**
- How to identify developmentally appropriate Video Games that will assist your child excel in learning?
 - **Parents will express the benefits, risks and healthy use of video games to identify games that will assist in learning**

7. **REVIEW:** *ask participants to summarize what they learned from this workshop. They should restate 1. the questions explored; 2. the answers found; 3. the references used; and 4. the activities done.*

8. **REFLECTION:** *ask participants to give their feedback about this workshop. They should state how they feel after completing this workshop; what they liked about it; what they didn't like about it; and offer suggestions for improvement.*

9. **EVALUATION:** *ask participants to complete and return the evaluation form that will be provided.*