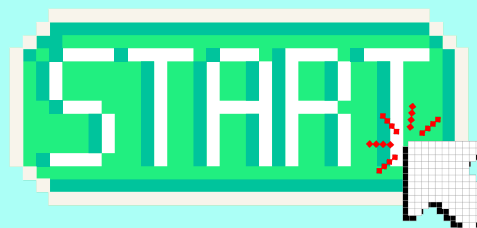


ROL GAME: REFLECTING ON GAMING





GOAL OF THE GAME

This role-playing game is all about diving into the dynamics and challenges that come with gaming and how it affects our daily lives. It's designed to help develop skills like empathy, communication, and critical thinking.



INSTRUCTIONS

- Every participant will assume a role in the given scenario.
- Take a look at the situation on the card and get ready to see it through your character's eyes.
- Act and react just like the character would in real life.
- The facilitator will lead the activity, making sure everyone gets a chance to share their thoughts.
- We'll create a respectful and constructive atmosphere.



DURATION

- Each scenario will last about 10 to 15 minutes.
- At the end, we'll have a group chat to think about the interactions and what we've learned.

THE MARATHON WEEKEND

You've put in over 10 hours gaming this weekend, and your family is starting to worry that you haven't set aside any time for them.



PLAYER

"What would you say to explain how you spent your time in the game?"



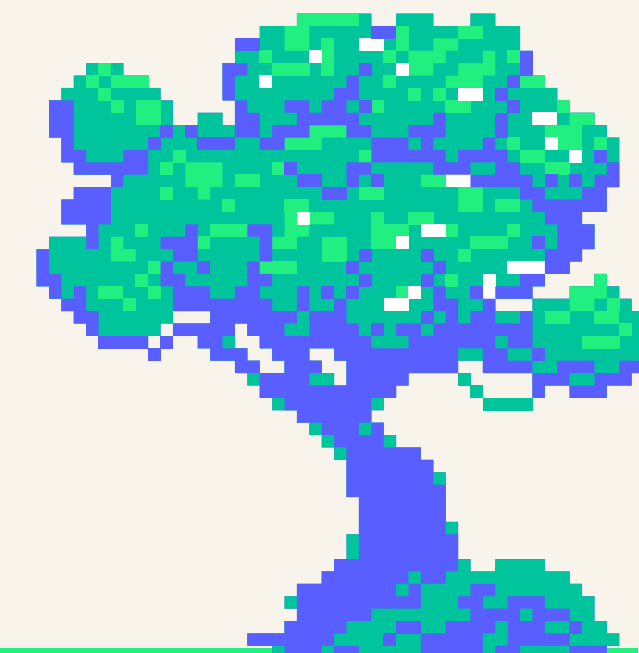
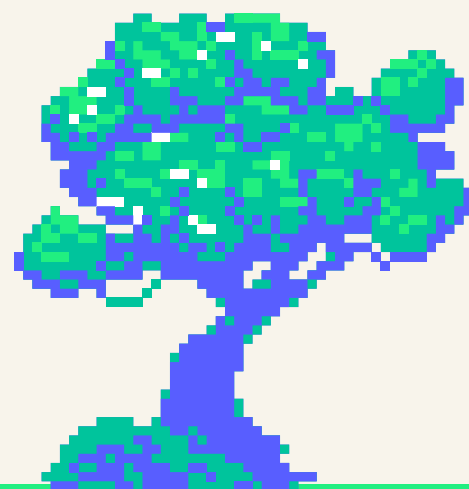
PARENT

"How would you handle the concern without causing any conflict?"



LITTLE BROTHER

"How would you express that you want to spend more time together?"



GRADES IN RED

Your grades have really taken a hit because you're spending way more time gaming than hitting the books.



STUDENT

"What are your current priorities, and how would you explain them?"



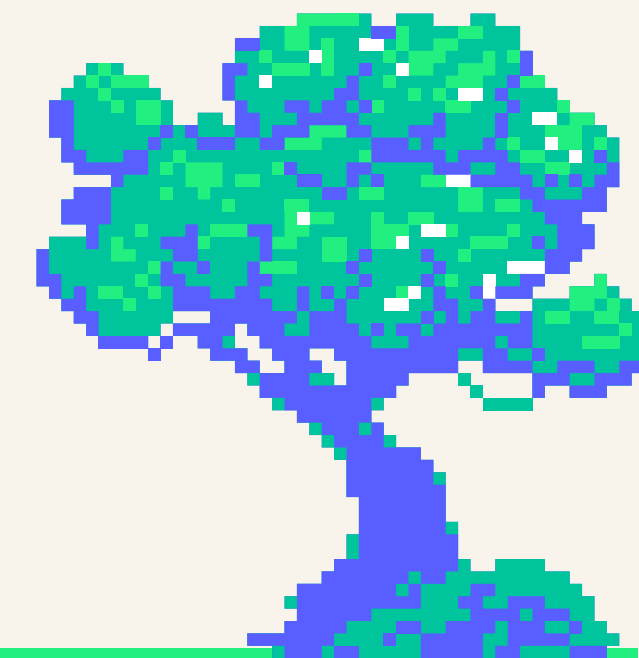
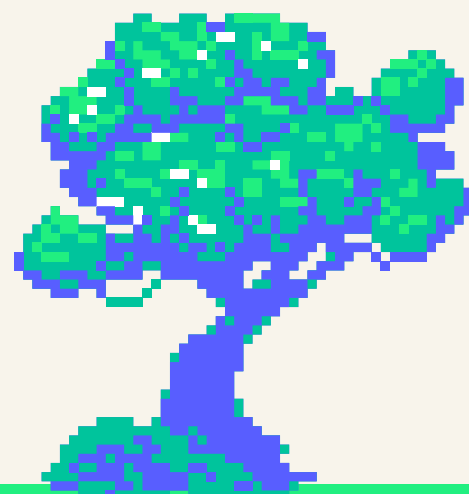
TEACHER

"What tips do you have for managing time effectively?"



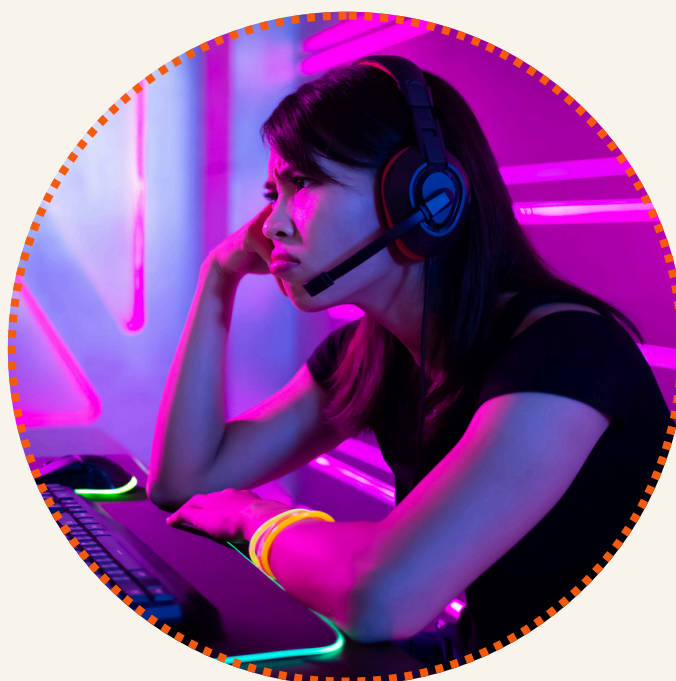
CLOSEST FRIEND

"What kind of support can you provide?"



THE LAST GAME

It's late at night, and you need to wake up early, but you choose to play "just one more game." The next day, you're completely wiped out.



PLAYER

"How do you explain staying awake?"



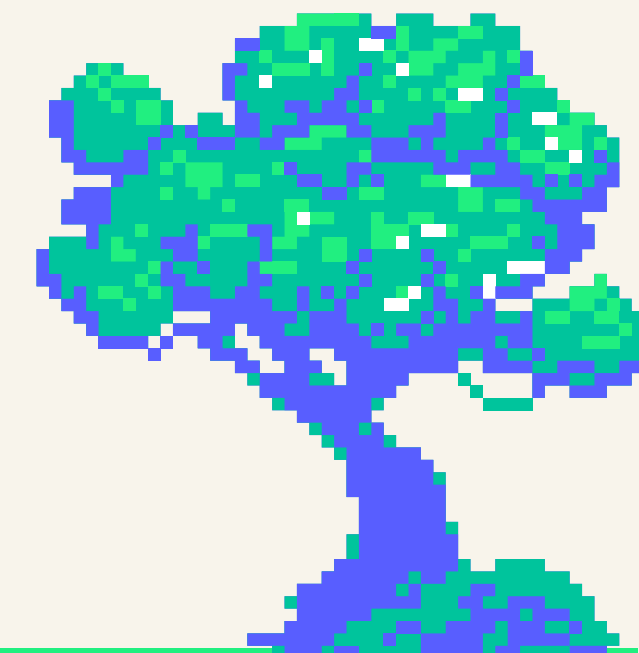
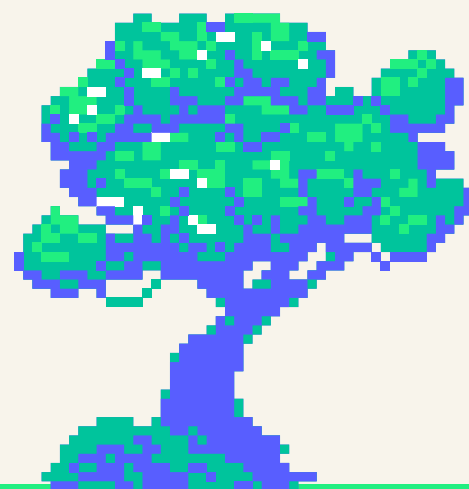
CLASSMATE

"What would you tell him about not paying attention the next day?"



SPORTS COACH

"How would you emphasize the significance of rest?"



THE UNKEPT PROMISE

You had told your family you'd have dinner together without any electronic devices, but then you got caught up in an intense online game and didn't log out in time.



PLAYER

"How do you justify your choice to keep playing instead of going to the dinner?"



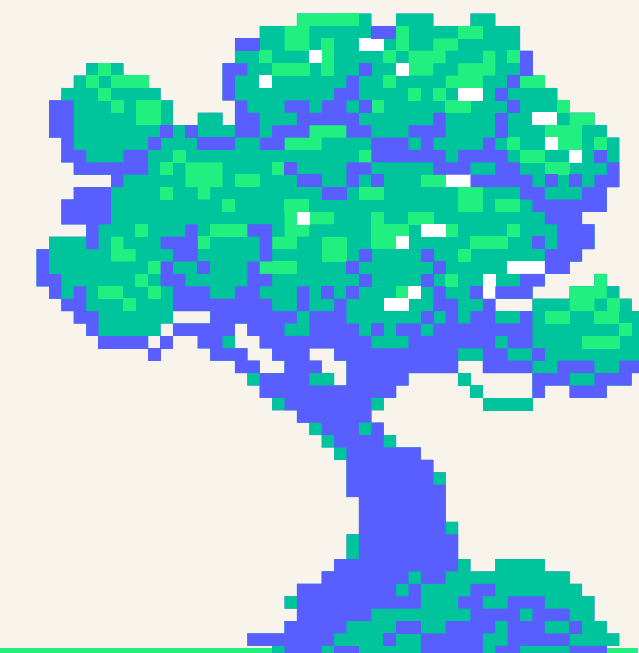
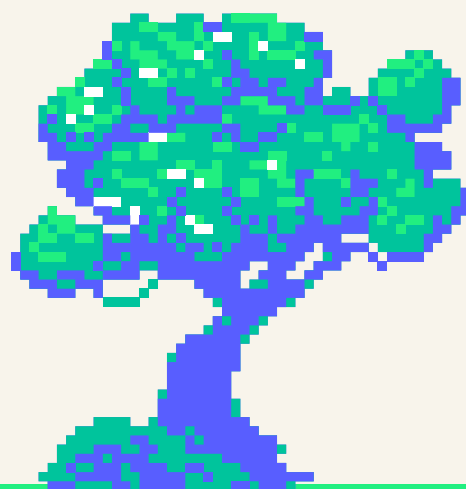
PROGENITOR

"How would you express your frustration while also highlighting how important family commitment is?"



SISTER

"Encourage your brother or sister to get more involved in family activities."



THE UNBEATABLE RUN

You've been playing all day since you're on a winning streak, and you think stopping now might ruin your luck. But your friends are eager for you to join them at the park.



PLAYER

"How do you explain your choice to keep playing instead of spending time with your friends?"



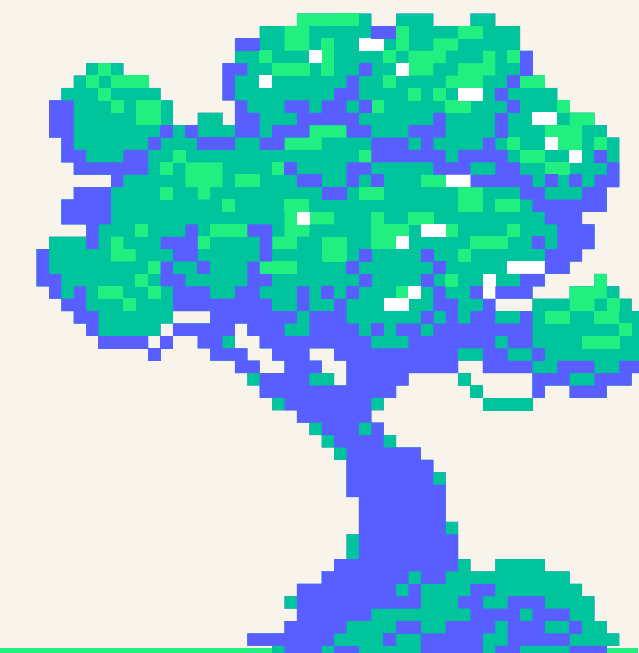
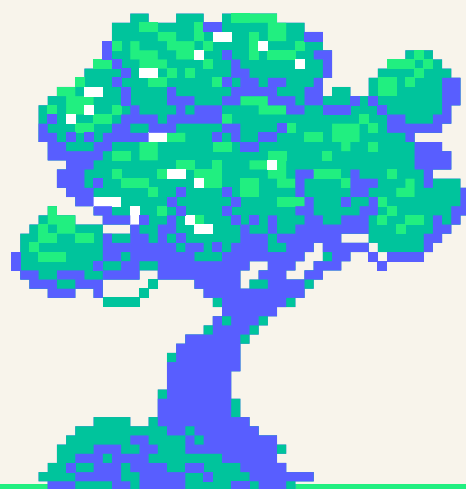
FRIEND

"How would you persuade the player to get involved in the outdoor activity?"



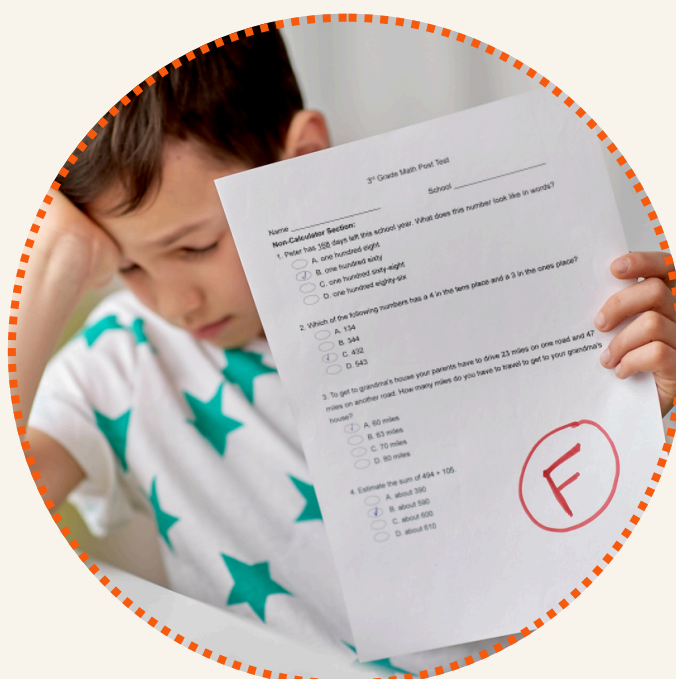
MEDIATOR

"What would you say about finding a balance between enjoying digital activities and spending time outside?"



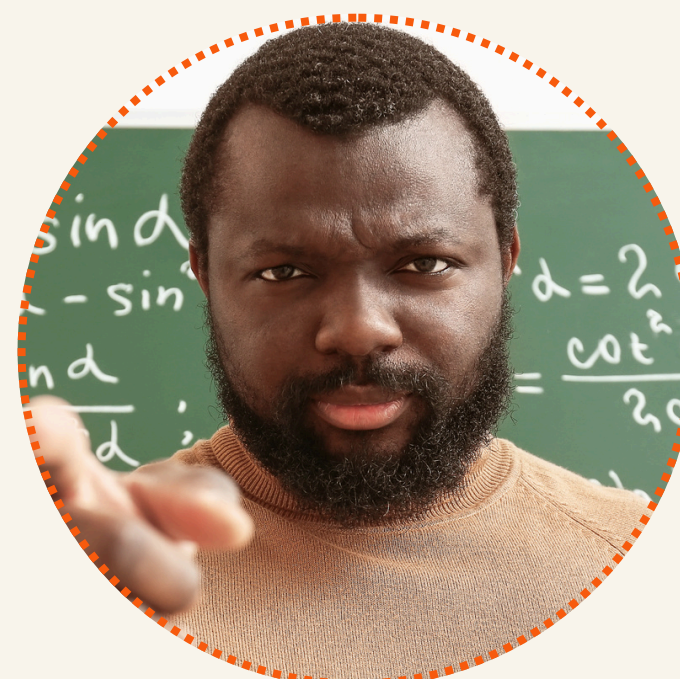
A BAD SCORE

You didn't pass an important exam because you were too busy playing games instead of hitting the books. Your teachers and parents are really concerned.



PLAYER

“How do you respond to your parents’ and teachers’ worries about how much you game?”



TEACHER

“How would you talk to the student to help him get better at organizing and improving his schoolwork?”



DEDICATED FRIEND

“What tips or support would you give to help the player manage their study time more effectively?”



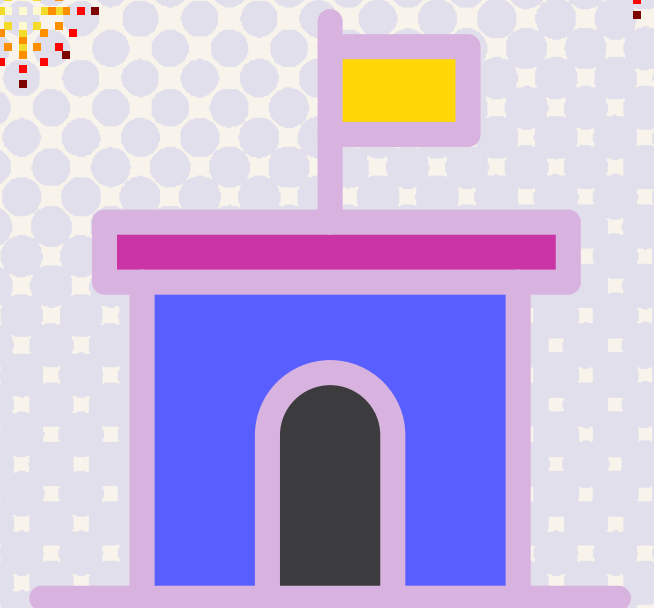
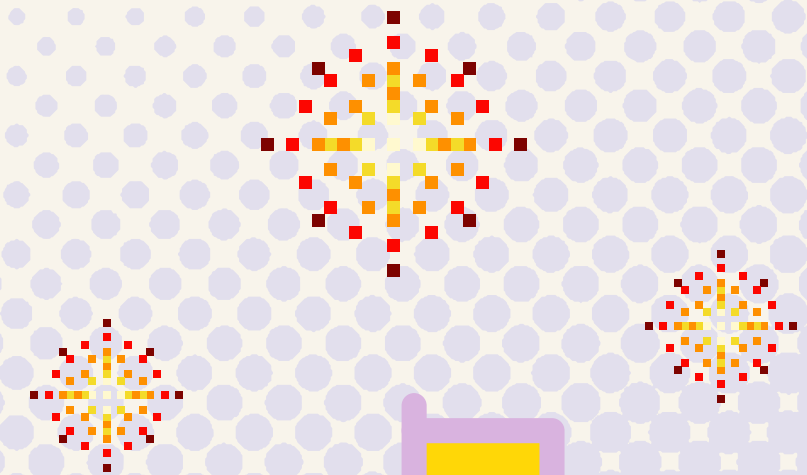
WHAT EMOTIONS CAME UP DURING THE GAME?

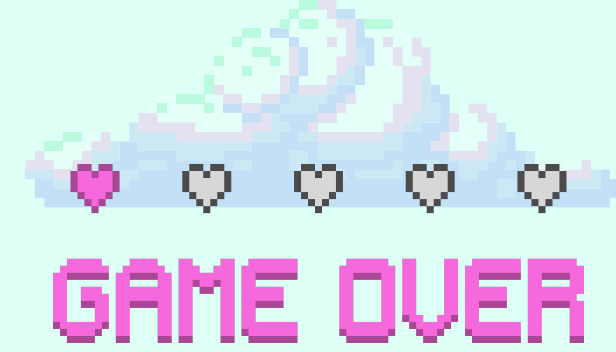


HAS IT SHIFTED HOW YOU VIEW GAMING OR THE INDIVIDUALS DEALING WITH THESE CHALLENGES?



WHAT HAVE YOU DISCOVERED ABOUT FINDING A BALANCE BETWEEN GAMING AND OTHER PARTS OF LIFE?





THANKS A TON!

**IF YOU'RE CURIOUS TO LEARN MORE, CHECK OUT:
WWW.GAMINGDISORDERS.EU**

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