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**GAMING**  
**DISORDERS**

# Student Gaming Awareness Day

Interactive theme-based Event



Escola Profissional de Cortegaça  
OVAR FORMA - Ensino e Formação Lda.

# Objectives

- Enhance understanding on gaming risks and benefits
- Empower you to make informed decisions about your gaming habits
- Build community awareness through engaging activities and expert insights

# Healthy Gaming Habits

Understanding and personal reflection

# Polling the Players



# The Bright side of gaming

- Fun, creative, social, and challenging.
- Encourages interaction through virtual communities where players collaborate on common tasks.
- Offers cognitive benefits like improved attention control and spatial reasoning.
- Has medical applications:
  - Helping people with degenerative diseases improve balance
  - Improving thinking skills in adolescents with ADHD.
  - Training surgeons on technically challenging procedures.
  - Builds skills such as teamwork and problem-solving.

## BENEFITS OF PLAYING VIDEO GAMES

CREATIVITY



SPEED OF  
RESPONSE



INTELLIGENCE



NO STRESS



# The other side of the same coin

## Physical Risks:

- **Eye Strain:** Continuous screen exposure without breaks can lead to digital eye strain, causing discomfort and potential vision issues over time.
- **Poor Posture:** Long hours spent gaming often result in slouching or awkward positions, leading to back, neck, and shoulder pain.
- **Sleep Disturbance:** The blue light emitted by screens, along with the stimulating nature of games, can disrupt sleep patterns and lead to poor sleep quality.

# The other side of the same coin

## Emotional Risks:

- **Increased Anxiety and Stress:** Excessive gaming can trigger emotional distress, especially when players feel overly invested in outcomes or experience online conflicts.
- **Irritability and Aggression:** Prolonged gaming can affect emotional regulation, increasing the likelihood of irritability, especially when losing or facing challenges in games.
- **Addiction and Dependency:** Over time, gaming may become a compulsive behavior, detracting from other life priorities and creating a cycle of dependency.

# The other side of the same coin

## Social Risks:

- **Isolation:** Spending excessive time in virtual worlds can reduce meaningful interactions in real-life relationships, causing feelings of loneliness and disconnection.
- **Hindered Communication Skills:** A lack of face-to-face interaction can impact the development of essential social and emotional skills.

## Internet Gaming Disorder Symptoms

**Withdrawal** – Abruptly ceasing Internet activity can cause the personal emotional or physical distress

**Tolerance** – Increased amounts of gaming needed for mood-modification effect

**Relapse** – The addict tends to fall back into the same behavior very easily, even after years of abstinence or control

**Salience** (preoccupation with the Internet) – Online gaming dominates life, overtakes thoughts, emotions, behavior, and when not playing, anticipating the next session

**Mood modification** – As a result of gaming, person feels euphoria, physiological arousal, or a feeling of calm



Source: "The Video Game Debate" by Mark Griffiths

# Be a pro-gamer in real life

- Stick to a schedule with limits.
- Take breaks and follow the 20-20-20 rule: every 20 minutes, look at something 20 feet (ca. 6 m) away for 20 seconds.
- Prioritize schoolwork, physical activity, and real-life relationships.
- Avoid gaming an hour before bed for better sleep.
- Keep gaming devices in communal spaces.
- Balance screen time with outdoor activities.

# GAMER'S *Checklist*



Take Regular Breaks



Stay Hydrated



Maintain Good Posture



Prioritize Responsibilities



Limit Screen Time



Engage in Physical Activity



Manage Emotions



Connect with Others



Sleep Well

# Q&A

# Addressing misconceptions

# Break Time!

# Group Exercise!

Gaming risks reflection

# Awareness Posters!



# Thank you!



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# Emotional Risks

**Identify and understand the potential risks of unhealthy gaming habits via reflecting on your daily activity and by brainstorming in groups.**

## Instructions:

- **Reflect on how gaming might affect your emotions or mental well-being**
- **Discuss and list emotional risks that can arise from unhealthy gaming habits.**
- **Share personal examples of how gaming has impacted your feelings or mood.**



# Guiding Questions

Have you ever felt stressed or anxious while gaming? Why?

How does losing in a game or online arguments make you feel?



# Guiding Questions

Do you ever find it hard to stop playing even when you know you should?

Have you noticed changes in your mood or energy levels after long gaming sessions?

# Physical Risks

**Identify and understand the potential risks of unhealthy gaming habits via reflecting on your daily activity and by brainstorming in groups.**

## Instructions:

- **Think about how gaming might affect the body when done for long hours without breaks.**
- **Discuss as a group and list examples of physical issues you might face.**
- **Provide personal examples, if any, of how gaming has affected your body or physical health.**



# Guiding Questions

What might happen to your body when you sit in the same position for too long?

Have you ever wondered how staring at a screen for hours affect your eyes?



# Guiding Questions

What other physical activities you have skipped because of gaming?

Did you ever felt tired or had trouble sleeping after gaming?

# Social Risks

**Identify and understand the potential risks of unhealthy gaming habits via reflecting on your daily activity and by brainstorming in groups.**

## Instructions:

- **Consider how gaming might affect your relationships with friends, family, or others.**
- **Discuss and list social risks that can result from unhealthy habits.**
- **Share personal examples of how gaming has impacted your social connections.**



# Guiding Questions

Have you ever chosen gaming over spending time with friends or family?

Does gaming make it harder for you to communicate with others in person?



# Guiding Questions

Have you felt isolated or left out because of gaming?

What happens to your friendships if gaming becomes your main focus?

# GAMER'S Checklist

 **Take Regular Breaks**

 **Stay Hydrated**

 **Maintain Good Posture**

 **Prioritize Responsibilities**

 **Limit Screen Time**

 **Engage in Physical Activity**

 **Manage Emotions**

 **Connect with Others**

 **Sleep Well**



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# GAMING DISORDERS

Evaluation Form

# Gaming Awareness Day for Students



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Thank you for taking the time to participate in this evaluation questionnaire for the Gaming Disorders project. Your feedback is crucial to ensure that the resources and activities we have developed effectively meet their intended goals.

The purpose of this evaluation is to gather a broad overview of the materials and activities available within the project. This is not a test of your knowledge on the topic of gaming disorders; instead, we are keen to understand your perspective on the usability and effectiveness of the resources. Specifically, we are looking for your evaluation of:

- The ease of use of the materials
- Whether their structure, length, and depth align with the objectives of the activity

Your honest opinions and suggestions will help us refine and improve the materials to better serve the needs of our target audiences. We truly value your input and appreciate your time!

**1. I am**

- Teacher  
 Student  
 Parent

**2. Country of Residence**

- Austria  
 Cyprus  
 Ireland  
 Germany  
 Portugal  
 Spain

**3. School**

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**SECTION 1: ACTIVITY**

**1.1. Did the activity cover the content that you were expecting?**

- Yes  
 No

**1.2. What further material were you expecting or would have liked included that were not covered?**

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**1.3. Rate your understanding of the activity structure.**

- 1 – Poor
- 2
- 3
- 4
- 5 – Excellent

**1.4. Was the activity arranged in a clear and logical way?**

- Yes
- No

**1.5. How relevant was the subject matter?**

- 1 – Poor
- 2
- 3
- 4
- 5 – Excellent

**1.6. How would you rate the amount of material covered?**

- 1 – Poor
- 2
- 3
- 4
- 5 – Excellent

**1.7. Rate the quality of the examples presented.**

- 1 – Poor
- 2
- 3
- 4
- 5 – Excellent

**1.8. What are the strengths and weaknesses of this activity? Please explain.**

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## SECTION 2: MATERIALS/RESOURCES

### 2.1. How consistent were the resources with the activity objectives?

- 1 – Poor
- 2
- 3
- 4
- 5 – Excellent

### 2.2. Did the material adequately explain the knowledge, skills and concepts it presented?

- 1 – Poor
- 2
- 3
- 4
- 5 – Excellent

### 2.3. Did any of the examples/activities/videos/quizzes help you gain a clearer understanding of the activity?

- Yes
- No

### 2.4. How would you rate the ease of navigation of the material presented?

- 1 – Poor
- 2
- 3
- 4
- 5 – Excellent

### 2.5. Rate the amount of multimedia (audio and video) used in the course.

- 1 – Poor
- 2
- 3
- 4
- 5 – Excellent

### 2.6. Rate the contribution of multimedia (audio and video) to the understanding of the activity.

- 1 – Poor
- 2
- 3
- 4
- 5 – Excellent



**2.7. Are there any comments you would like to make on ways to improve the activity material?**

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### SECTION 3: FEEDBACK AND IMPACT

**3.1. Which impact did this activity have on the way you perceive Gaming Disorders?**

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**3.2. Do you feel more empowered or better equipped to address gaming-related challenges at school and at home?**

- Yes  
 No

**3.3. Do you have suggestions for improving this training in future sessions?**

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### SECTION 4: FINAL REMARKS

**4.1. Rate the overall aesthetic of the activity content and materials**

- 1 - Poor  
 2  
 3  
 4  
 5 – Excellent

**4.2. Based on this experience, would you recommend the activity and associated material? Why or why not?**



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*Thank you for your feedback!*