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**GAMING  
DISORDERS**

CREATING SAFE SPACES

**Interactive Digital Board**



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- 1. What is it?**
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## What is it?

A digital screen in your school

 Bite-sized tips

 Videos, quotes, quizzes

 All about gaming balance & wellness

**Why do we need it?**

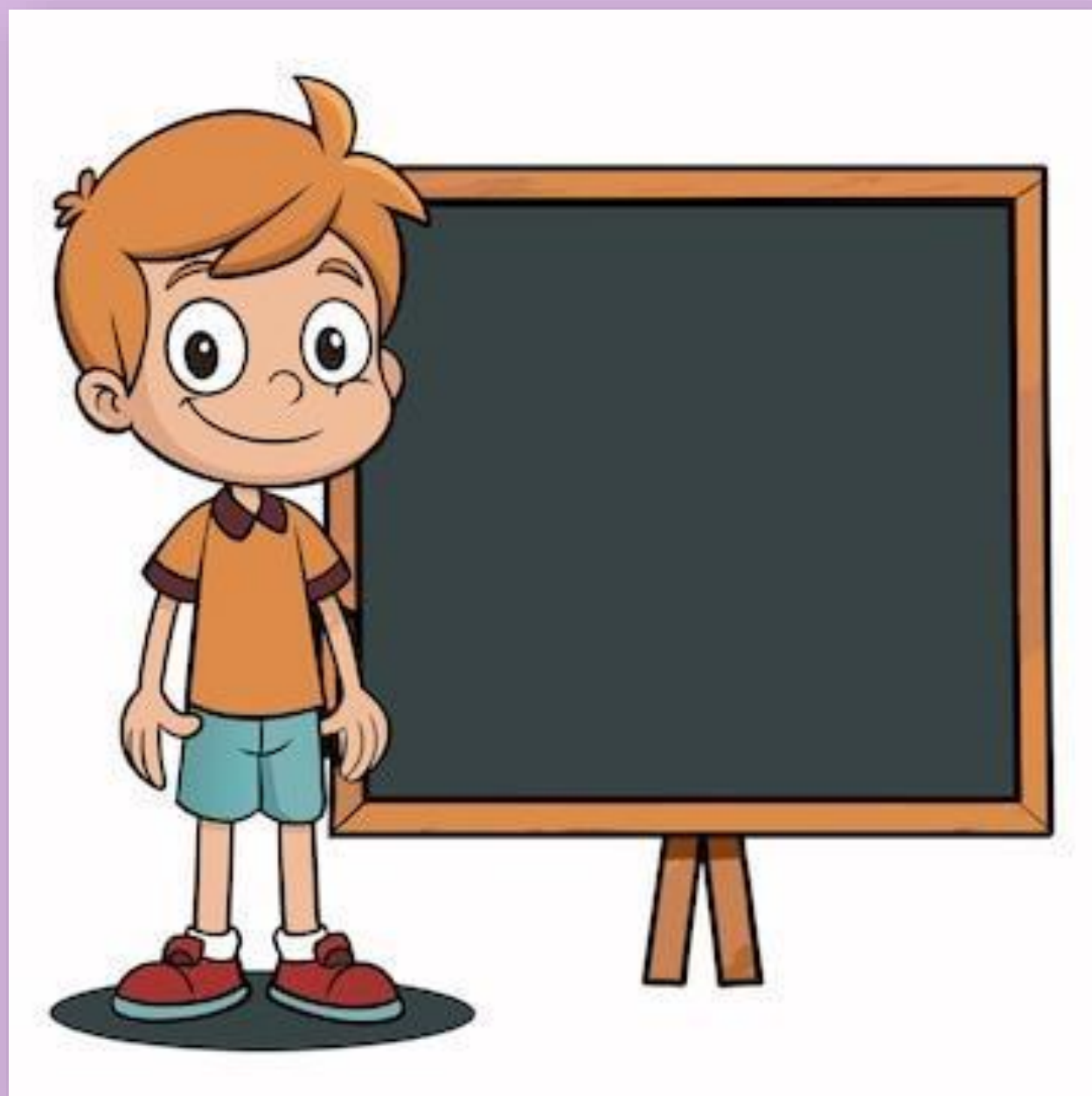
**This board helps YOU stay balanced.**

“I lose track of time gaming...”

“I feel stressed before exams.”

“I want healthy screen habits.”

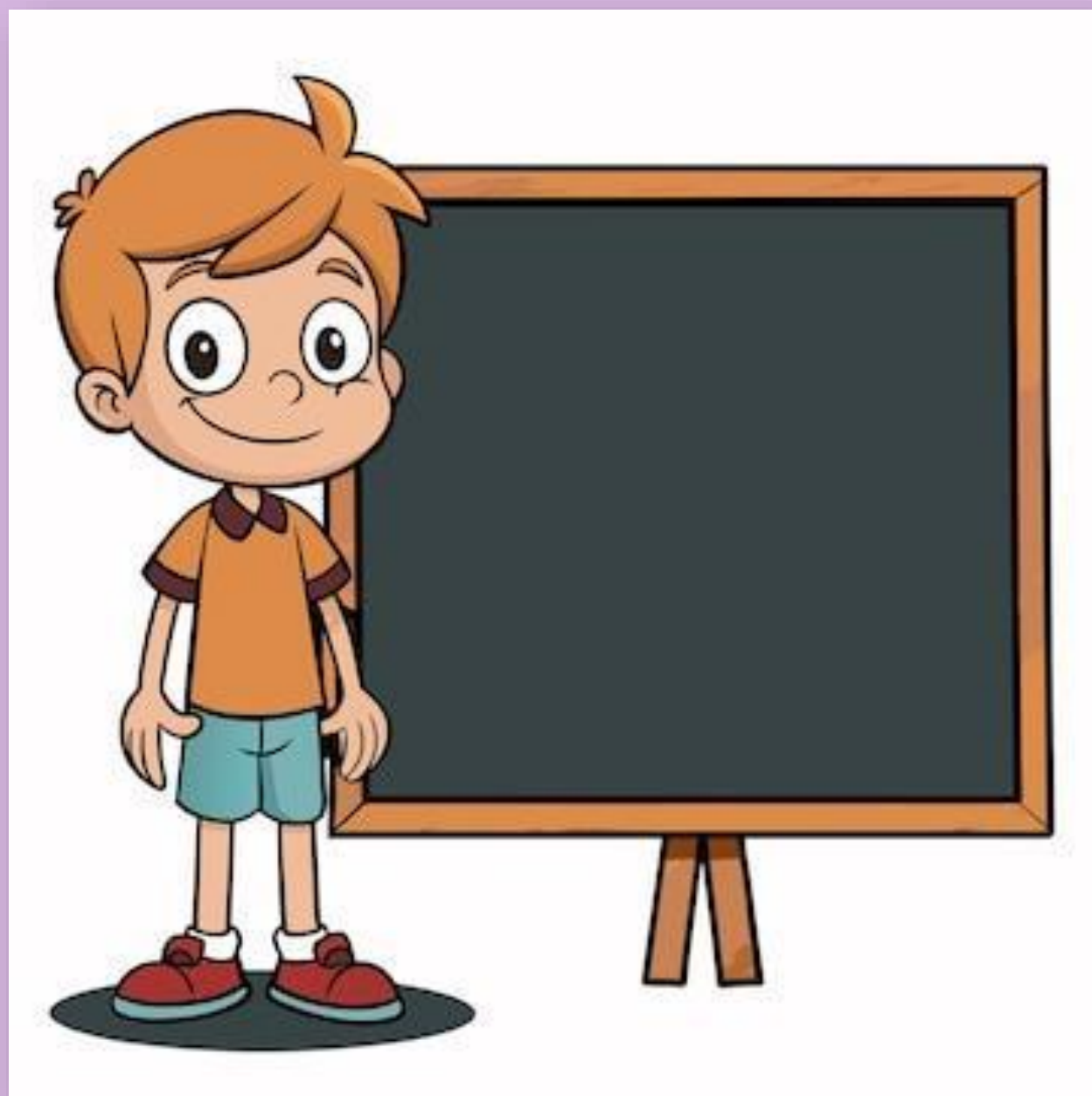
## How it works?



### 3 steps:

- Pick a topic 🎯
- Watch, read, or play 🎮
- Try the strategies in real life ✨

## Cool features



[https://www.freepik.com/premium-vector/cartoon-boy-standing-front-blackboard-with-picture-boy-standing-front-it\\_203602698.htm](https://www.freepik.com/premium-vector/cartoon-boy-standing-front-blackboard-with-picture-boy-standing-front-it_203602698.htm)

 Short  
Videos

 Wellness  
Tips

 Healthy  
Gaming  
Habits

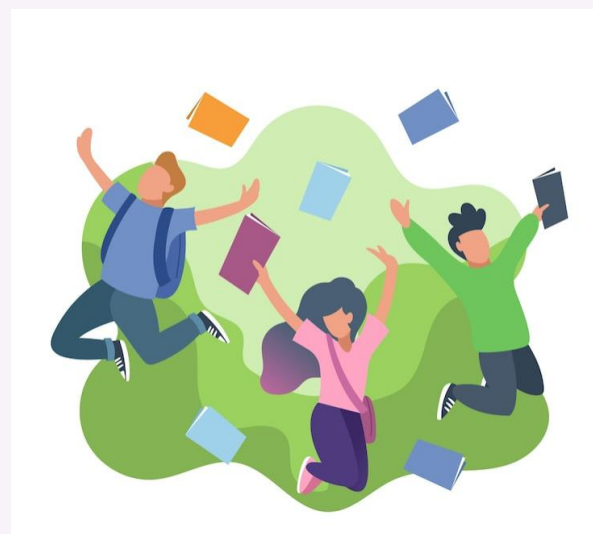
 Quick  
Polls

 Share  
Your Ideas

## How can you use it?



Before exams  
(calm tips)



After school  
(relaxation  
hacks)



Gaming sessions  
(balance  
reminders)



“Anytime you need a quick reset!”

# Your Space. Your Balance!

Check out  
the Board 

Share your  
ideas 

Stay  
balanced 

# Activity Evaluation

# Evaluation Form



# Thank you



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# Kahoot

## Gaming Boom

### 1. Which game is NOT an online multiplayer game?

- Fortnite
- Minecraft
- Among Us
- Tetris

### 2. Which platform is NOT a social network?

- TikTok
- Spotify
- WhatsApp
- Instagram

### 3. What is meant by a “Skin” in online games?

- A game currency
- A special attack
- A cosmetic change of the character
- A new game level

### 4. What is cyberbullying?

- Hacking games
- Jokes among friends
- Playing in online tournaments
- Bullying through digital media

### 5. What does “streaming” mean in the context of gaming?

- Watching games on TV
- Downloading games
- Live broadcasting while playing
- Buying games in a store



**6. From what age is TikTok officially allowed?**

- 16 years
- 10 years
- 13 years
- 14 years

**7. What should you do if you are insulted or bullied online?**

- Insult back
- Delete the app
- Take a screenshot and report it
- Ignore and stay silent

**8. What is a “Noob” in gaming?**

- A total pro
- A beginner who doesn't know much
- Someone who cheats
- A rare item

**9. What does “DM” mean on Instagram?**

- Donut Machine
- Thumb Messenger
- Direct Message
- Your Opinion

**10. What is a “Let’s Play”?**

- A fitness program
- A game you programmed yourself
- A video where someone plays and comments
- A dance tutorial

## Kahoot

### Who is the Mobile Master?

#### 1. What is Gaming Disorder?

- Gaming addiction
- Online gaming
- Playtime
- Understanding gaming

#### 2. Screen control: Under which menu can you find it on smartphones?

- Screen brightness
- Screen
- Screen time
- General menu

#### 3. What does “irritable” mean?

- Responsible
- Patient
- Angry
- Impatient

#### 4. What does “restless” mean?

- Happy
- Curious
- Stressed
- Uneasy

#### 5. What do you associate with the word “wellness”?

- Taking care of yourself
- Media
- Not being satisfied
- Eating healthy

**6. What does self-regulation mean when using your phone?**

- I use my phone whenever I want
- I stop when it becomes too much
- I have no rules
- I leave it on at night

**7. True or false: Too much screen time can disturb sleep.**

- True
- False

**8. Which strategies help control phone usage?**

- Always using it
- Leaving the phone on loud while studying
- Controlling screen time
- Deleting all apps

**9. When does gaming become problematic?**

- When it's fun
- When it's done daily
- When school, sleep, and social life suffer
- When you win

**10. What physical effects can excessive phone use have?**

- Muscle growth
- Headaches
- Better posture
- More energy

**11. Which of these is a popular online battle royal game?**

- Minecraft
- Fortnite
- The Sims
- FIFA

## 12. What do you mainly collect in Minecraft to build things?

- Coins
- Stones
- Resources
- Level points

## 13. Who developed the game “FIFA”?

- Ubisoft
- Rockstar Games
- Microsoft
- EA Sports

# Kahoot

## Virtual World

### 1. Which platform is currently the most used for gaming livestreams?

- TikTok Live
- Zoom
- Discord
- Twitch

### 2. What does the term “algorithm” mean in the context of social media?

- A security code for your profile
- A filter for comments
- A method for showing relevant content
- A new video editing tool

### 3. Which social media platforms are especially popular among teenagers in 2025 for short videos?

- Facebook
- Instagram
- TikTok
- X (Twitter)

### 4. What does “Digital Detox” mean?

- Switching to a new phone
- A new social media format
- Deleting all online accounts
- A conscious break from digital media

### 5. Why is it important to take breaks from screens?

- To post more videos
- To relieve your eyes and brain
- Because Wi-Fi becomes too slow otherwise
- So you can get updates



**6. What does “FOMO” mean in a digital context?**

- Joy without media online
- Film or Meme Organization
- Follow Only More Options
- Fear Of Missing Out

**7. Which of these games is set in a city with gangsters and cars?**

- Animal Crossing
- GTA V
- Pokémon
- Legend of Zelda

**8. A popular game for creating your own games is ...**

- Fortnite
- Minecraft
- Roblox
- Subway Surfers

**9. What are possible benefits of gaming?**

- Promotes teamwork and strategy
- Better reaction speed
- Improved physical fitness
- Creative thinking

**10. Which of the following strategies help you manage your screen time in a healthy way?**

- Taking regular breaks
- Gaming and surfing without interruption
- Using apps to monitor screen time
- Getting enough sleep and exercise

## Kahoot

### What is gaming addiction?

#### 1. What is gaming disorder?

*(Image) Young man playing a video game at his bedroom desk*

- An eating disorder
- A behavioural addiction
- A physical illness
- A trend/fad

#### 2. Which neurotransmitter is particularly activated in the brain?

*(Image) Medical vitamin, mineral background*

- Melatonin
- Dopamin
- Adrenaline
- Serotonin

#### 3. What is a sign of loss of control when gaming?

*(Image) Angry gamer losing a video game*

- Maintaining hobbies
- Vacuuming
- Playing despite bad grades
- Brushing teeth daily

#### 4. Why are teenagers especially at risk for gaming addiction?

*(Image) Boy engrossed in playing video games*

- Parents allow it too often
- They have too much money
- Their brains are still developing
- They have a lot of free time

#### 5. Which of the following contributes to excessive gaming?

*(Image) Finger hurt with hammer*

- Boredom

Peer pressure

Ignorance

Healthy diet

**6. If someone plays a lot, are they automatically addicted?**

*(Image) Streamer with microphone and gaming setup*

False

**7. What are psychological consequences of too much gaming?**

*(Image) Therapist untangling a ball of thread in a human head*

Muscle growth

Headaches and euphoria

Depression and anxiety

Muscle loss and euphoria

**8. What physical consequence can result from excessive gaming?**

*(Image) Group of teenagers gaming*

Lack of physical activity

Muscle growth

Desire for movement

Allergies

**9. Can excessive gaming affect school performance?**

*(Image) Bored student surrounded by school supplies*

True

**10. Which statement is true?**

*(Image) True of False*

Only boys are addicted to gaming

Only girls are addicted to gaming

Gaming also has benefits

Gaming cannot have benefits

**11. What is a typical withdrawal symptom of gaming addiction?**

Weight loss

Increased appetite

Sleep problems

## 12. What should you do in case of gaming addiction?

*(Image) Gamer*

- Motivate friends to play more
- Ignore it
- Seek help**
- Eat more



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**GAMING  
DISORDERS**

Evaluation Form

# Interactive Digital Board



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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?**

- 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!*