

Child + Family Services UNPLUGGED

Limited spots.
Bookings essential!

A workshop to help young people aged 12+ and parents learn how problematic gaming can lead to gambling behaviours and to develop practical strategies to support healthier gaming and internet use.

The valuable workshops cover:

- How to create balance, develop alternative interests, and set healthy boundaries in relation to gaming.
- How to identify signs of problematic gaming and gambling and its impacts.
- Game development and the implementation of gambling features ie: micro-transactions, loot boxes, in-app purchases.
- Practical tips and proven strategies to combat problem gaming and gambling behaviours.
- How to manage associated problems (eg: school attendance, sleep issues and difficulty concentrating).

Australian Research

- Of 1200 SA high school students, 11% have been found to use technology at an unsafe level.
- 10% have of young people are using the Internet for more than nine hours per day.
- By age 15, half of all young people have participated in some type of gambling.
- 54% of games on Facebook include gambling themes.
- Five out of 22 popular video games reviewed met the criteria for gambling including the option to cash out winnings.



Date Monday 28th or Tuesday 29th of June

Time 6.30pm - 8.00pm

Location Lifeline SE SA

Address 5 mark st, Mt Gambier

Monday: <https://www.trybooking.com/BQWUX>

Tuesday: <https://www.trybooking.com/BQWVE>

Contact unplugged@ucwb.org.au or 8245 7100

 UCWB

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