

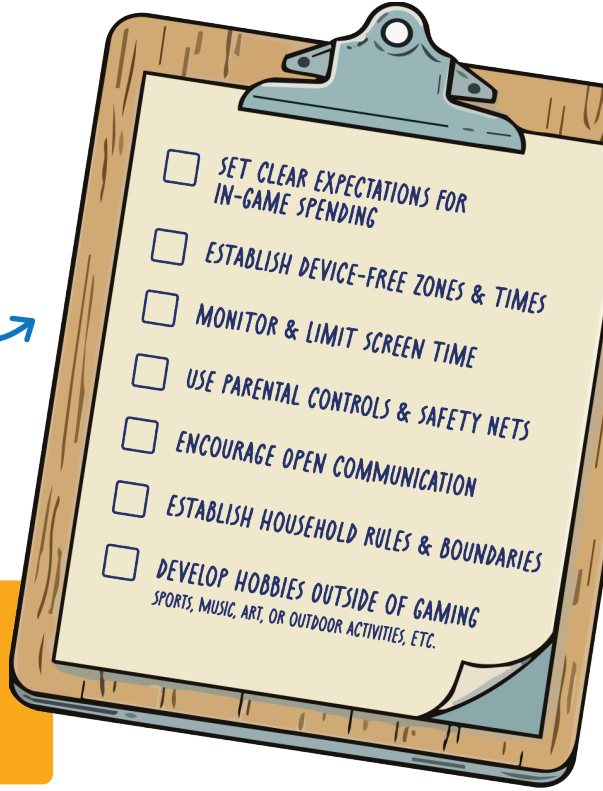
Healthy Video Gaming Habits.



COMPLETE YOUR CHECKLIST
CHECKLIST
FOR HEALTHY GAMING



**BALANCE
YOUR PLAY**



- ☐ SET CLEAR EXPECTATIONS FOR IN-GAME SPENDING
- ☐ ESTABLISH DEVICE-FREE ZONES & TIMES
- ☐ MONITOR & LIMIT SCREEN TIME
- ☐ USE PARENTAL CONTROLS & SAFETY NETS
- ☐ ENCOURAGE OPEN COMMUNICATION
- ☐ ESTABLISH HOUSEHOLD RULES & BOUNDARIES
- ☐ DEVELOP HOBBIES OUTSIDE OF GAMING
SPORTS, MUSIC, ART, OR OUTDOOR ACTIVITIES, ETC.



CHECK THE RATING
Of Your
Favorite Games



How Do Video
GAMES AFFECT
YOUR BRAIN



Digital Health
TOPICS AND TOOLS
For Gamers



1-800-GAMBLER
HELP FOR PROBLEM GAMBLING

Text: 800-GAM
Chat: NCPGambling.org/chat

Kansas
Department for Aging
and Disability Services

FOR MORE RESOURCES:

Scan the
QR code

or visit:

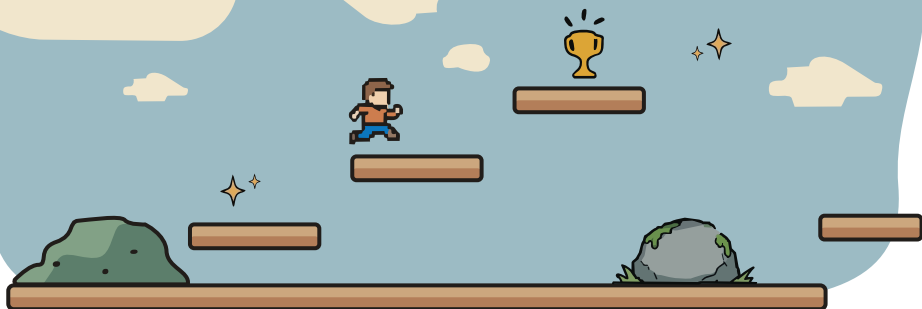
KnowWhenTheGamesIsPlayingYou.com



Video gaming-related harm can affect life, work, and relationships. All Kansas residents can receive confidential, no out-of-pocket cost treatment.

CONVERSATION STARTERS

LIVES



When talking about video games, it's important to approach the conversation with curiosity and openness. **Be curious** about what makes gaming fun, such as challenges, creativity, or connecting with friends, but also **talk about the risks** involved. **Honest conversations** help you enjoy gaming in a healthy, balanced way.



“I've noticed a few things about your behavior when you're gaming? Can we talk about it?”

“WHAT ARE YOUR FAVORITE MOMENTS WHEN YOU ARE GAMING?”

“WHEN PLAYING ONLINE, HAS ANYONE UPSET YOU OR THREATENED YOU? DO YOU KNOW WHAT TO DO?”



Healthy Gaming
EDUCATION



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