



CHALLENGE(S)

Parental and caregiver support: Parents and caregivers play a crucial role in addressing youth gaming disorder, but they often lack the knowledge, skills, and support needed to effectively manage the issue. They represent crucial lines of defence and care because not every young person takes part in activities carried out by youth organisations and or non-formal activities

BACKGROUND INFORMATION AND GENERAL RECOMMENDATION

Although gaming highly affects family life, parents expectedly do not have adequate knowledge about gaming and the digital world, therefore, quickly fail to provide their children with compatible advice and guidance (Varuhin, A., 2018¹). Recognizing the integral role of parents in addressing gaming disorders, youth organisations undertake initiatives to educate and guide parents in understanding their children's gaming behaviours. They provide a neutral and non-judgmental space for parents to learn and ask questions about gaming. This environment encourages open dialogue and reduces the stigma or fear of discussing gaming-related topics. Workshops, webinars, and informative resources empower parents with the knowledge needed to discern healthy gaming from problematic behaviour.

STAKEHOLDERS ADDRESSED

- Youth workers & Educators
- Parents, Families and Friends
- Caregivers & Healthcare professionals
- Policymakers and government bodies

BARRIERS

- Limited knowledge and understanding of gaming disorders among parents and caregivers.
- Parents and caregivers struggle in providing their children with support and guidance around gaming and the digital world.

¹ Varuhin, A. (2018). Educating parents about gaming: Action research in a Hungarian elementary

SHORT-TERM GOALS

1. Increase awareness and knowledge about youth gaming disorder among parents and caregivers.
2. Enhance understanding of the signs, symptoms, and impact of gaming disorder.
3. Promote the integration of gaming disorder as an area of focus between schools, youth communities, parents and caregivers.

LONG-TERM GOALS

1. Establish comprehensive guidelines and protocols for raising awareness and training parents and caregivers in regard to gaming disorders among youth.
2. Ensure that parents and caregivers possess the knowledge and support so that they can engage in the topic with their children.
3. Foster a supportive and informed familial environment that encourages good communication and gaming habits.

SHORT-TERM ACTIONS

- ✓ Develop and distribute informational materials and resources on youth gaming disorder among parents and caregivers.
- ✓ Conduct workshops, seminars, and training to enhance parents and caregivers' understanding of gaming disorder.
- ✓ Collaborate with schools and youth organisations to include gaming disorder awareness as a talking point when parents are involved in.

LONG-TERM ACTIONS

- ✓ Advocate for policy changes to include gaming disorder in mental health strategies in schools and youth work frameworks.
- ✓ Establish specialised training programs on gaming disorder for parents, caregivers as well as youth workers, educators, and healthcare professionals that are in contact with parents and caregivers.
- ✓ Foster partnerships between mental health organisations, gaming industry stakeholders, and youth work organisations to promote awareness and support for parents and caregivers.

GOOD PRACTICE EXAMPLE

Austria: The “Rat auf Draht” parent page specialises in support to parents and caregivers of children/youth with behavioural problems/addictions. Here, parents can educate themselves about different themes and subjects that they may lack information and knowledge on. Among these subjects are gaming and media addiction. Rat auf Draht offers online professional counselling, which can be booked through their webpage.

France: The e-Enfance association is recognized as a public utility and aims to promote safe and responsible use of the internet and digital devices among young people. The website e-enfance.org provides a national helpline number, 3018, for children, adolescents, and parents to seek help and advice on all issues related to digital use, including cyberbullying.

Greece: Greek Safer Internet Centre provides help through three distinct actions: Through the website SaferInternet4Kids; Through the Help-line advisory line (available by phone at 210-6007686 and through the website www.help-line.gr); And through the Safe-Line Complaint Line (www.safeline.gr)