

Woodlands Safeguarding Team came up with some ideas of other things to do after school and in the holidays.

- ◆ Mindfulness Colouring
- ◆ Board Games
- ◆ Play with friends and family
- ◆ Reading
- ◆ Clubs e.g. Brownies, Cubs
- ◆ After School Clubs and Sports

### How to stop Cyberbullying

**Flag it-**  
Tell a trusted adult.  
Talk to ChildLine or contact Thinkuknow for advice.

**Block it-**  
You can block people on Facebook and other social media websites.  
You can also block email addresses and phone numbers.

**Zip it-**  
Don't give out personal information; passwords, address, school or information about your family.

**Save it-**  
Save a copy of all messages for evidence.

**Cool it-**  
Don't retaliate. You could get into trouble, especially if the bully saves all your replies and deletes what they sent.

If you have any questions or comments about this leaflet please contact

Our Headteacher, Mrs Crilly

For further help and advice



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Thank you for reading our leaflet

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WOODLANDS  
PRIMARY AND NURSERY SCHOOL

# Gaming and My Mental Health

A GUIDE FOR PARENTS,  
GUARDIANS AND CHILDREN



## GAMING

The Woodlands Safeguarding Team produced a questionnaire to find out if gaming impacts our mental health and well being. 276 children completed the questionnaire in years 2-6.

The results showed...

- On average each child has 4 devices
- 42% said they started gaming between 3-4 years old.
- A majority said they use their devices for Gaming and YouTube.
- 218 out of 276 children said they 'game' after school, with 49% saying they 'game' for more than 3 hours on a school day.
- A majority of children said they 'game' in their bedroom, with half speaking to friends online.

Gaming can be..

- Fun
- Talk to friends/family
- Educational
- Help you relax
- Can increase Physical Activities
- Team Games working to the same goal



## What are the negative things children said about gaming?



"Feel angry and upset if asked to come off the game"

"Don't want to stop to eat a meal"

"Eyes feel tired or sore"



"Don't stop for a drink"

"Listen to swearing online"



"Don't exercise"

"Cyberbullying"

"Don't do my homework"

"Don't play with friends or chat with family"

Gaming addiction is to be listed as a mental health condition for the first time by the World Health Organisation.

## TOP TIPS FOR HEALTHY GAMING

- Computer games should be played no more than one or two hours per day.
- Take a 10-20 minute break after an hour.
- Access to computer games should be viewed as an earned privilege.
- Make sure you stop to have a drink and a healthy snack.
- Taking a moment to relax and focus on the fun can keep you from putting yourself in a bad mood. If a game is frustrating, you, maybe it's time to change to something else or put on something a little more peaceful.
- Keep computers and consoles out of a child's bedroom
- Computer games should only be allowed after children have taken care of other responsibilities. For example, after homework has been completed.
- One helpful tool for dealing with children addicted to computer games is the "Parental Control" settings that are present on all modern game consoles.