



**GAMING ADDICTION AND SKIN
BETTING**

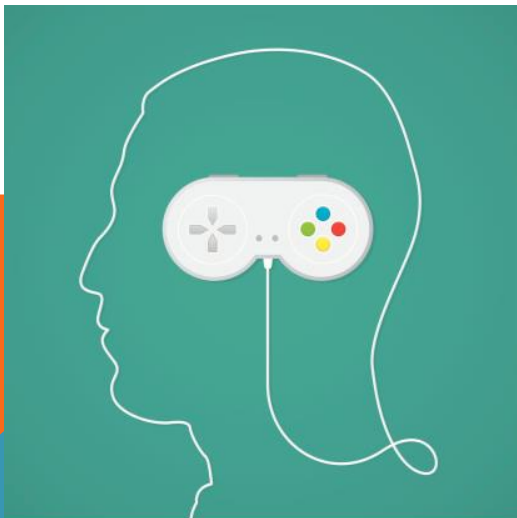
Fortnite World Cup

**End of civilisation or the dawn of an
exciting new era?**

WHAT IS GAMING ADDICTION?

Video gaming addiction has recently been classified as a medical disorder by the World Health Organisation (WHO).

Dr Vladimir Poznyak, of the WHO's Mental Health and Substance Abuse department, told The Daily Telegraph that studies suggested between 1% and 6% of adolescents and young people may be afflicted by gaming addiction although these were not as yet diagnosed victims.



WHAT ARE THE DANGERS OF GAMING ADDICTIONS

GAMING ADDICTIONS:

- Most definitions of video game addiction refer to excessive play which can result in negative emotional, social, relational, educational, or career - related consequences.
- Video game addiction may also be defined as a serious loss of control over gaming that leads to significant harm for the player in the real world.
- Someone who has developed a video game addiction prioritizes gaming accomplishments over all other activities such as spending time with friends and family, school achievement, work performance, and interpersonal relationships.



WHAT IS SKIN BETTING?



Skins are collectable, virtual items in video games that change the appearance of a weapon or avatars. Sometimes skins can be earned within a game, but they can also be bought with real money.

Some games also let players trade and sell skins, with rarer examples attracting high prices.

A number of websites let players gamble with their skins for the chance to win more valuable ones. Since skins won on such a website could theoretically be sold and turned back into real-world money, critics say betting with skins is unlicensed gambling.

IN GAME APP CHARGES

- Many apps can be downloaded for free, but users are then encouraged to buy extra items.
- Many titles, such as the massively popular Angry Birds, give players the chance to progress more quickly in the game by spending small amounts of money.
- The regulator warned that parents could see bills of "hundreds or even thousands of pounds" as a result of these in-app purchases.
- Other free apps contained malware that tricked users into running up bills, the regulator added.
- In one of the more extreme cases, it was reported that children had downloaded counterfeit versions of games from Google's Android app store.
- These games were infected with malware which, whenever opened, billed £15 to the user's phone bill without their knowledge

Everything in moderation - keep life varied,
balanced and healthy



ADVICE AND SEEKING HELP

- Have a budget of how much you can spend on games every month
 - Don't utilise a credit/bank card without consulting with a parent/carer first
 - Read reviews before downloading an app – it could be a scam or counterfeit app
 - Set yourself a timetable of when you can play; build in break times where you get some fresh air and ensure you have a cut off time that you stick to
 - Use game time as an incentive to complete your school work, exercise or chores - your gaming experience will be more rewarding if you have achieved something first
 - If your game time starts to consume everything you do, talk to someone and seek help.
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