Attachment

Description of What the Grant Funding will be Used For

…Continued

It is also important to strike a positive balance as video gaming can offer cognitive benefits like enhanced problem-solving skills and improved spatial awareness, as well as better hand-eye coordination and faster reaction times. Through multiplayer experiences, children also develop social skills such as teamwork and communication. Creativity is another advantage, with many games offering creative freedom. Nonetheless, it's imperative to balance gaming with physical activities and other interests to avoid negative effects like decreased physical activity and potential addiction. Responsible gaming, with parental guidance on screen time and content, can ensure children reap positive developmental benefits from video games.

The outcomes from the above studies highlight the necessity for initiatives that both instruct and mentor children in balanced gaming habits, as well as the awareness of potential hazards stemming from excessive gaming and gambling. Acknowledging the positive aspects of gaming will help ensure that such programs are comprehensive and resonate with the student audience. This program aims to equip children with the knowledge and skills they need to navigate the digital world safely, promote good mental health practices and highlight the balance needed for healthy gaming.

The elements in the program are designed around 3 main areas:

1. Gaming Safety Education: Children will learn about the importance of setting limits on screen time, balancing gaming with other activities, identifying and addressing issues like cyberbullying and online predators, and understanding the potential physical and mental health impacts of excessive gaming.

2. Mental Health Awareness: The program introduces children to the concept of mental health and encourages a positive attitude towards emotional well-being. Age-appropriate information on common mental health issues, coping strategies, and activities fostering empathy, self-expression, and emotional resilience will be provided.

3. Parental Involvement: The program recognizes the importance of parents' roles in fostering healthy gaming habits and supporting their children's mental well-being from a young age. It includes informational worksheets and seminars for parents to educate them about program content and resources to encourage open communication about gaming and mental health at home.

Expected outcomes of the program include increased awareness among children about safe and responsible gaming practices, an improved understanding of mental health and well-being leading to enhanced emotional resilience, and strengthened communication between parents and children regarding gaming habits and mental health.

In conclusion, the Gaming Safety and Mental Health Education Program for Children aims to empower young individuals with essential knowledge and skills for navigating the digital world safely while maintaining good mental well-being. The program seeks to create a supportive community that prioritizes the holistic development of children. Delivering this content interactively and involving parents will reinforce key messages and promote consistency between home and educational settings.