



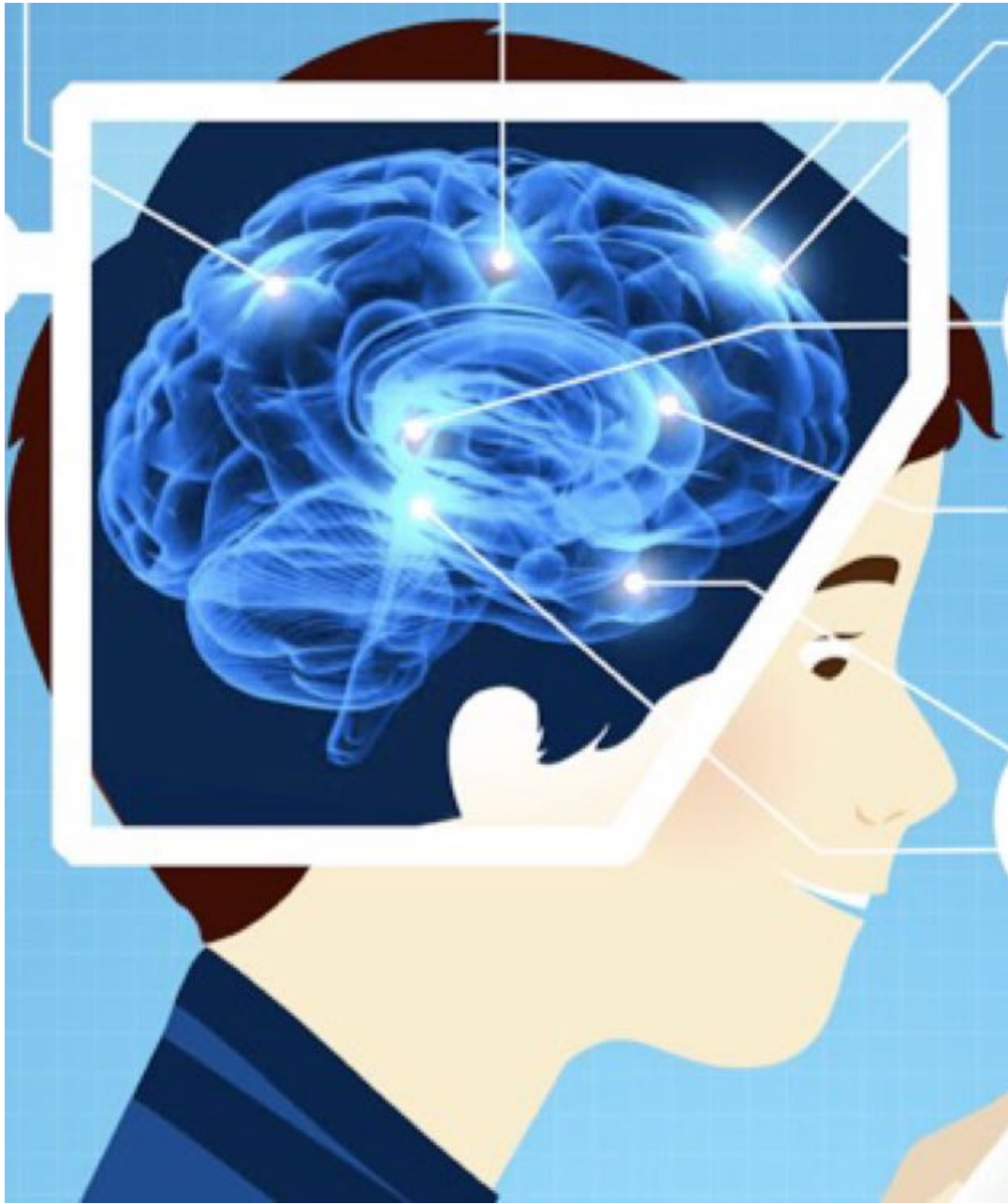
Learning Appropriate Use of Video Games: Minecraft



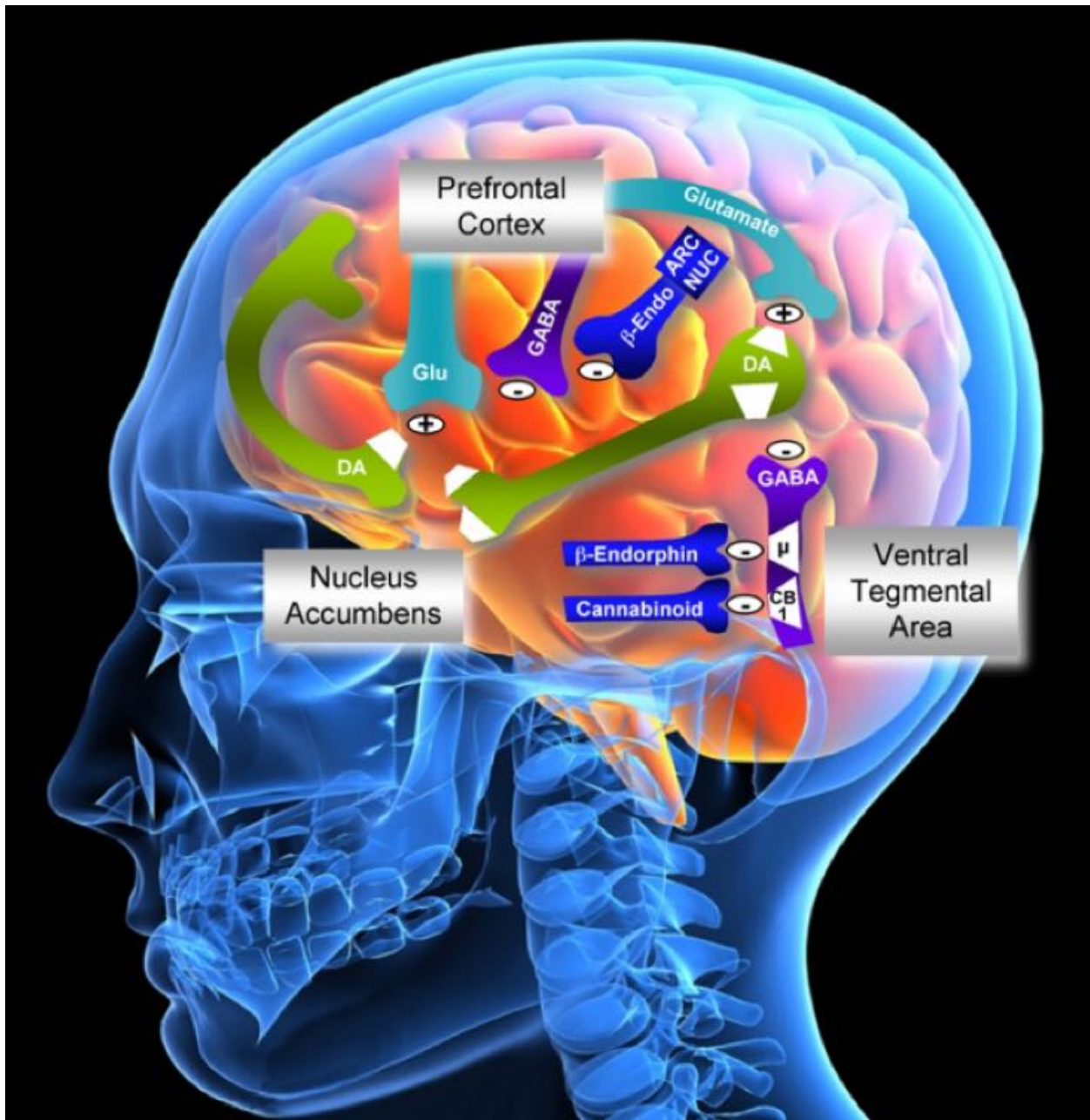
I love Minecraft. But when I play Minecraft for several hours it can get in the way of me doing other things. If all I want to do, play or talk about is Minecraft, then it is a problem.



My Mom and Dad are good at helping me solve problems. They can help me solve my Minecraft problem by teaching me about time limits. I can set a timer. When the timer goes off, I will turn off Minecraft and go do something else.



Playing too much Minecraft is not good for my brain. Playing for long periods of time can increase the levels of Dopamine (a neurotransmitter) in my brain and can lead to attention problems, anxiety and poor school performance.



Dopamine released during gaming is so powerful that it can shut down the prefrontal cortex. This can cause problems with judgment, decision-making, and impulse control.



If I can't follow the time limit rules for playing Minecraft, then my parents will help keep me safe by deleting the Minecraft game from the computer, iPad or any other devices. They would do this because they love me and want me to be able to do other things that are healthy for my body and brain.



I might feel sad or mad when Minecraft is gone. I can talk to my parents about my feelings and they can help me think of other fun things to do. I can think about it and then choose one of those activities.



My parents will feel sad if I yell at them or say mean things about not getting to play Minecraft.



When I choose something else to do instead of Minecraft, my parents will feel happy and proud that I am making good choices.



I can learn to like several different activities and how to make smart choices about how much time I spend doing each of them.