



Computer games: true or false?

Computer games are good for children because ...

They help children get rid of angry feelings

False

There is no proof that playing violent games helps children get rid of their anger.

There is plenty of proof that playing violent games can maintain and exacerbate angry feelings.

They improve children's reflexes

False

Practice at almost anything will improve performance.

Playing real life ball games might do the job as well.

Excessive computer use can lead to problems with posture, eyestrain or repetitive strain injuries.

The violence is just fantasy

False

The player of computer games is put in the position of being the perpetrator of the violence, and is rewarded for being good at it.

Many games these days are highly realistic. The fantasy doesn't necessarily diminish the impact of being rewarded for being the best at violence.

Computer skills will help them get a job

False

While computer skills with many office applications may be useful in getting a job, game playing doesn't necessarily help develop these computer skills, or to appreciate the computer as a productive work tool.

Playing computer games is often more similar to playing poker machines than to using a computer in a work setting.

A child or young person who has learned to use their imagination, and to be a creative and innovative thinker, will be far better equipped to succeed in the world of work.

Young Media Australia recommends ...

If purchasing a computer game, first check the cover of the game closely, including its classification and its advertised 'features'. Rent and preview the game yourself. Look around for games which provide more constructive learning than some more heavily marketed games. Monitor computer and video game use at home, including setting up some reasonable boundaries about how much time can be spent playing computer games and what other priorities your child needs to include in their daily life.



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