

PROPOSAL

UNPLUGGED WORKSHOP

FOR MORE INFORMATION OR TO BOOK



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 **UCWB**

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ABOUT UNPLUGGED

A workshop to help young people aged 10 - 18 and parents identify links between problematic gaming and gambling behaviours and develop practical strategies to support healthier gaming and internet use.

WORKSHOP DETAILS

Workshops run for 2 hours where participants will view multiple clips, complete online activities, do a quiz, and explore practical strategies to develop a balance online and offline lifestyle.

3 workshop Options available

Option 1 - 1 x Student workshop at school during the school day AND 1x Parent workshop (face to face or online)

Option 2 - 1x Parent and Student workshop out of school hours

Option 3 - Either 1x Parent or Student workshop

Australian Research

- Of 1,200 SA high school students surveyed it was found 11% have Pathological Technology Use.
- 10% of young people are using the Internet for more than nine hours per day.
- By age 15, half of all young people have participated in some type of gambling.
- 54% of games on Facebook include gambling themes.
- Five out of 22 popular video games reviewed met the criteria for gambling including the option to cash out winnings.

