

Can you really be addicted to video games?



“Youth, Internet Habits, and Mental Health”

A presentation by Dr. Paul Weigle, Adolescence Psychiatrist



Dr. Weigle, a specialist in juvenile and adolescent issues will explore how gaming and screen habits significantly impact physical and mental health of children, for good and for ill. Recent advances in computer technology have greatly increased youth engagement to online entertainment, with an average of six hours per day. In moderation, age-appropriate electronic media is healthy and enjoyable activity. In excess, it displaces needed socializing, academics, family contact, physical activity and sleep, predisposing for and exacerbating mental illness. Engagement with inappropriate content, sexting, online social comparison, and cyberbullying put youth at particular risk. Parents who attempt to limit screen time face a difficult challenge, but research and clinical practice show that active and restrictive supervision of media habits has powerful protective effects.

The talk will conclude with a practical discussion regarding how best to do so.



Sunday March 1st - 12:30 to 2:00

The Unitarian Church in Westport

10 Lyons Plains Road Westport, CT

Questions please call Rob Zuckerman 203.260.2082

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