

Virtual World Games

For Your Teens

Benefits



Promotes problem-solving skills



Improves visual-spatial skills



Helps develop creativity and thinking skills



Enables them to have social connections online

Precautions To Take



Keep the gaming devices in common areas of the home



Pay attention to the content of the gaming apps



Play a few rounds of games with them to make a positive example



Keep a watch on the gaming duration and frequency

References:

- 1 The Benefits of Playing Video Games; American Psychological Association
- 2 Unhealthy Video Gaming: What Parents Can Do to Prevent It; American Academy of Pediatrics