

Subject: Escaping video game addiction: Cam Adair at TEDxBoulder

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https://www.youtube.com/watch?v=EHmC2D0_Hdg

A teenager talks about his addiction to gaming

	summary
Root cause of addiction Ask why not how Solution needs parents' involvement	He did not want to do gaming, but he was addicted He googled to find ways to quit but was not happy with the answers The are growing number of gaming addicted kids It is not about play game or not play game it is about why play game Reasons to play game 1-scaping from problems 2-easer social activity/nobody judge your past 3- have purpose and mission 4-see reward with progress Solution: Kids need interaction not entertaining. Identify their motivation. Help them with their social skills.
Addiction to online gaming has to be investigated deeply regarding the root causes. Solutions need parents' engagement not judgment	