

Gaming: Recommended Educational Resources

Youth & Digital Technology: Growing Up Online Toolkit

This document contains resources, including websites, videos, books, and academic articles that service providers may find helpful while supporting children, youth, and families facing challenges around problematic gaming.

Books

How to Help Children Addicted to Video Games (Brent Conrad, 2018)

This book provides practical implications, recommendations, and discussions for helping children or teens overcome video game addiction.

Handouts can also be ordered at: <http://www.techaddiction.ca/children-addicted-to-videogames.html>

Articles

Beyond Screen Time: Identity Development in the Digital Age (Granic, Morita & Scholten, 2020, Psychological Inquiry).

<https://doi.org/10.1080/1047840X.2020.1820214>

Youth have adapted digital media at such a rapid pace that research and policy have lagged behind. This article posits that researchers should move beyond the current focus on correlations between amount of screen time and mental health to a functional approach examining why and how digital media affects adolescent development and the main developmental goal of youth, identity development. The authors propose that digital platforms supporting identity relevant adolescent identity processes, specifically community, agency, and coherence, will support mental health, while those that disrupt or poorly direct these processes may negatively impact mental health. Potential harms and positive effects of digital media use are reviewed, along with suggestions where platforms can be improved to support youth in exploring, developing and cultivating their identities.

Who is at Risk for Problematic Video Gaming? Risk Factors in Problematic Video Gaming in Clinically Referred Canadian Children and Adolescents (Lau, Steward, Sarmiento, Saklofske & Tremblay, 2018, Multimodal Technologies and Interaction).

<https://doi.org/10.3390/mti2020019>

There is disagreement about the appropriate way to measure problematic gaming, how prevalent the issue is, and how harmful it can be. This study investigated the prevalence of and risk factors for problematic gaming in a large sample of clinically referred children

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and youth with diverse mental health issues in Ontario. Promising interventions and treatment modalities currently available in the literature are reviewed and recommended.

Internet Gaming Disorder in Adolescents: Clinical Considerations and an Attachment-Based Treatment Approach (Eisert, Bean, Oehler & Lovell, 2024, The American Journal of Family Therapy).

<https://doi.org/10.1080/01926187.2023.2272903>

This review is an up-to-date resource for clinicians treating internet gaming disorder. Important areas of knowledge, awareness and skills/behaviour are highlighted. Diagnosis, co-morbidities, risk and protective factors are reviewed. Treatment recommendations are provided including a review of relevant treatment approaches. Attachment-Based Family Therapy is presented as a recommended model for intervention along with a case study.

Websites

MediaSmart

The Online Gaming section of the MediaSmart website explores different types of online games that youth are immersed in and the issues that may be encountered; additionally, it provides guidelines for parents to support them in managing gaming at home.

<https://mediasmarts.ca/digital-media-literacy/general-information/video-games>

Game Quitters

This website is an online community where individuals may find support through resources, forums, podcasts, videos, and parent support groups.

<https://gamequitters.com/>

TechAddiction's Information Centre

This website contains helpful articles on video game addiction and internet addiction.

<http://www.techaddiction.ca/video-game-addiction-internet-addiction.html>

Common Sense

This nonprofit organization's website contains information for parents and educators. The Keeping Games Fun and Friendly article in the for Educators section of the website delivers service providers with some strategies and resources to support youth in keeping their gaming experiences fun, healthy, and positive.

<https://www.commonsense.org/education/digital-citizenship/lesson/keeping-games-fun-andfriendly#>

For more information, contact

informationandcystandards@recoveryalberta.ca

<https://www.albertahealthservices.ca/info/Page17564.aspx>

Updated: June 2025

Foundry

This youth-friendly service model and website is funded by BC Children's Hospital and is supported by the Government of BC. The website helps young people, and their families find the resources and information they need. Topics include information about gaming and tips to manage gaming habits.

https://foundrybc.ca/articles/video-games/?return_page=7636

Videos

Alberta Health Services Community Education Service

In these videos, clinicians with specialized training present on a variety of topics.

[Understanding and Managing Video Gaming Addiction in Kids \(October 8, 2024\)](#)

[Level Up: Exploring the Impact of Gaming and Tech on Adolescent Learning and Cognition](#)

Just One More Game: Parenting and Video Games

In this 50-minute video, Dr. Tyler Black, a child and adolescent psychiatrist at British Columbia Children's Hospital, talks about the benefits and harms of video games. He also offers recommendations for parents on ways to support children and youth who are experiencing problematic gaming.

<https://mediasite.phsa.ca/Mediasite/Play/a4c4d0cd287a439ba64d363139e3b86f1d>

Internet and Video Games and our Children: What Parents Need to Know

In this 55-minute video, Dr. David Greenfield discusses facts for parents about internet and technology addiction, texting, sexting, online pornography, and social media. He explains what happens in the nervous system when children and youth overuse technology.

<https://www.youtube.com/watch?v=jchXCjo09gI>

Escaping Video Game Addiction: Cam Adair at TEDxBoulder (2013)

Cam shares his story on overcoming his video game addiction and how he changed his life.

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

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Online Training

Fundamentals of Gambling and Gaming (Centre for Addiction and Mental Health, 2023)

Free, introductory, self-directed training including instructional content and interactive activities for students and professionals working in the field of addiction and mental health. Fundamental concepts related to gaming and gambling and what happens when the two behaviours become problematic. Screening, assessment and treatment options are introduced for these two issues.

<https://www.camh.ca/en/education/continuing-education-programs-and-courses/continuing-education-directory#ggtu>

Applications of Counselling for Gambling and Gaming (Centre for Addiction and Mental Health, 2023)

Follow up training to the Fundamentals of Gambling and Gaming. Interactive self-directed course with two streams (for gambling and gaming) intended for mental health and service providers. The course provides an overview of three key areas of counselling with computer-based simulations where you act as a counsellor to different clients.

<https://www.camh.ca/en/education/continuing-education-programs-and-courses/continuing-education-directory#ggtu>

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