

Take the MediaWise Video and Computer Game Addiction Survey™

If you agree with these statements about your child please check the box.

- My child feels great while playing the video game.
- My child feels unhappy, cranky or irritable when not playing.
- My child is angry or has a temper tantrum when I ask him/her to stop.
- My child craves more playing time.
- My child spends much of his/her time playing games.
- My child thinks about the game when not playing.
- More and more of my child's friends are "online friends."
- More and more of my child's friends are gamers.
- My child would rather play video games than be with family and friends.
- My child neglects responsibilities, such as homework and family chores to play games.
- My child tries to cut back on playing time but can't.
- My child plays more often than he/she plans.
- My child plays for longer periods than planned.
- He/she can't seem to quit.
- My child sometimes lies about his/her playing time.
- My child sometimes sneaks time to play, before school or late into the night.
- My child stays (or wants to stay) home from school to play video games.
- My child spends more than twenty hours a week playing.
- My child continues to play in spite of negative consequences.
- My child has arguments with me about how much time he/she spends playing.
- My child's games turn up as a top priority when he/she takes the **MediaWise "I'd Rather" Assessment.**

*** The more boxes checked, the more likely video game play may be a cause for concern. Thinking about making a change? Please see our [resources](#) page for possible next steps.