

MediaWise® VIDEO AND COMPUTER GAME ADDICTION SURVEY™

Are you concerned about your teen?

Think about your teen's video game playing.
Look at the statements below. If you agree with the statement, check the box.

Agree

- My teen feels great while playing the video game.
- My teen feels unhappy, cranky or irritable when not playing.
- My teen is angry when I ask him/her to stop.
- My teen craves more playing time.
- My teen spends most of his/her time in their bedroom (with video game systems).
- My teen thinks about the game when not playing.
- More and more of my teen's friends are "on line friends."
- More and more of my teen's friends are gamers.
- My teen would rather play video games than be with family and friends.
- My teen neglects responsibilities, such as homework, family chores, or work.
- My teen tries to cut back on playing time but can't.
- My teen plays more often than he/she plans.
- My teen plays for longer periods than planned. He/she can't seem to quit
- My teen sometimes lies about his/her playing time.
- My teen sometimes sneaks time to play, before school or late into the night.

- My teen stays (or wants to stay) home from school to play video games.
- My teen spends more than twenty hours a week playing.
- My teen continues to play in spite of negative consequences.
- My teen has arguments with me about how much time he/she spends playing.
- My teen's games turn up as a top priority when he/she takes the *Mediawise "I'd Rather" Test*.

The higher the number of boxes checked, "Agree", the more likely that video game addiction is a problem.

What should you do?

Resources