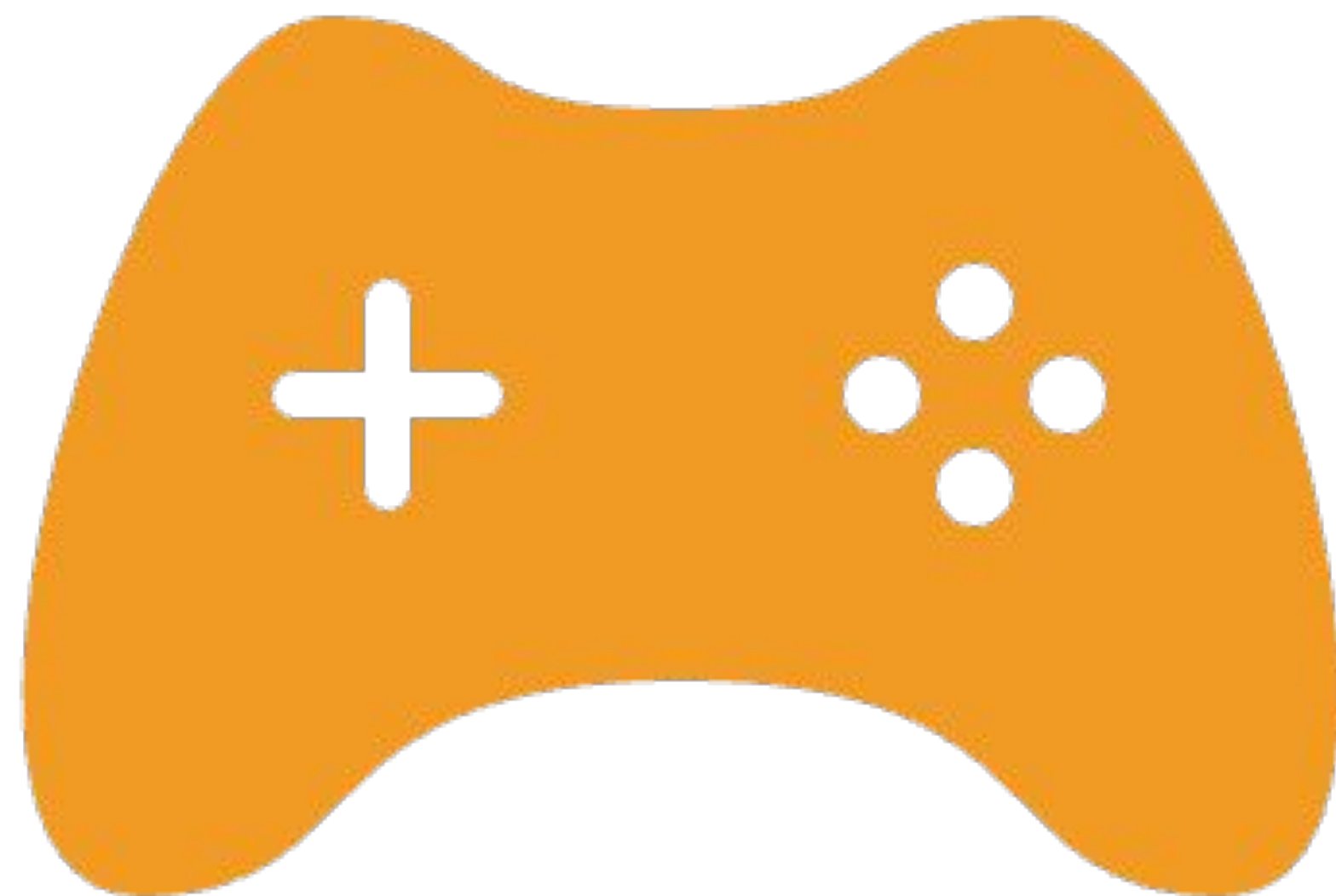


Promoting the Mental Health of Children and Youth by
Addressing the Risks of Online Gambling and Gaming



Polish Lessons Learned in Excessive Gaming Prevention and Treatment Experiences

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Polish Lessons Learned

1

Funding – Gambling Fund

One

2

Prevention

Two

3

Treatment (pilot program)

Three

Gambling Fund



2009 – Gambling Act, Article 88 – special purpose fund (3%);

2011 – Behavioural Addiction Department within KCPU

2016 – National Programme for Counteracting Behavioural Addictions in the National Health Programme for 2016-2020

01

STAFF
TRAINING

Various groups*
& forms (e.g.
trainings,
publications,
conferences)

02

HEALTH
EDUCATION

Educational
materials, media
campaigns,
helplines,
websites etc.

03

PREVENTION

04

TREATMENT
AND SUPPORT

1/3 Gambling,
1/3 – other,
and 1/3 - family
support

05

RESEARCH

Instruments;
Prevalence;
'Baby on the web'**

*Groups (e.g. therapists, prevention specialists, gambling operators, students); ** A series of 4 projects aiming at better understanding the use of mobile screen devices by children up to 6 years old



‘Joint Steps in the Cyberworld’

- Target group: third year primary school students (app. 10 years old)
The programme can be implemented by teachers after a five-hour training.
- The materials include:
 - a manual for the implementer with worksheets
 - an illustrated publication for children, containing homework to be done together with parents/guardians, The publication is addressed to parents/guardians.

‘Joint Steps in the Cyberworld’

The aim of the programme: to develop knowledge and skills in two fields: Internet specific and general (psycho-social skills; decision making; stress management), as well as parenting/guardians' parenting skills

How the program is conducted:

- introductory meeting with parents/guardians;
- ten weekly 45-minute activities with children;
- 3-hour summary meeting with children and their parents/guardians



The program has been evaluated since 2017, research conducted with an experimental and control group (10 classes)

The results show that it is achieving the assumed goals.



‘Log in wisely!’

The program consists of 4 modules designed for the following age groups:

- 1) students of grades I-III OF PRIMARY SCHOOL,
- 2) students of grades IV-VI OF PRIMARY SCHOOL,
- 3) students of grades VII-VIII of primary school,
- 4) secondary school students
- 5) parents of the above-mentioned groups

The programme is designed to shape the knowledge and skills of children and young people at school, with regard to safe media use but also psycho-social skills

‘Log in wisely!’



- Parents: to increase knowledge about the impact of electronic media on the development of children and young people, safe use of the Internet and other electronic media by children, setting rules and their consistent observance in relationships with children, including the rules of using electronic media. Each lesson plan consists of 4 hours of classes with students and 2 hours of classes with parents
- The program can be implemented by teachers without the need for prior training.
- In 2020, the program was reviewed. It has obtained an opinion of a program that meets the standards and quality criteria of prevention programs, which are in line with the assumptions of the System of Recommendations of Prevention and Mental Health Promotion Programs.

First steps in the (cyber) world – let's take them together



PIERWSZE KROKI
W [cyber]ŚWIECIE
- zróbmy je razem



PIERWSZE KROKI
W [cyber]ŚWIECIE
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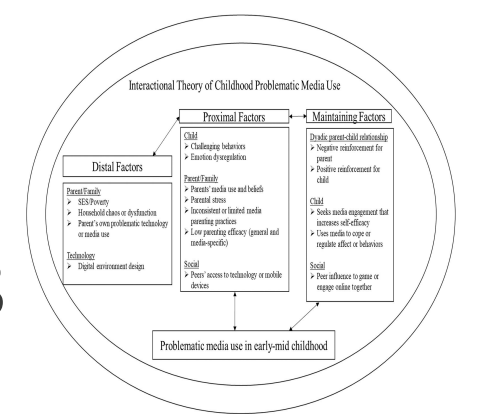
PIERWSZE KROKI
W [cyber]ŚWIECIE
- zróbmy je razem

- A nationwide social campaign addressed to parents of preschool children (2022 – ongoing) Its aim is primarily to reduce the use of digital devices by preschool children, especially without parental supervision; supporting adults in teaching children how to use cybermedia safely.

The main focus of the campaign will be on educating parents on the use of mobile devices by young children and developing parenting competences, referring to the resources of parents/guardians and their children and strengthening positive potential.

The campaign was supported by research: Interactional Theory of Childhood Problematic Media Use (shortened to IT-CPU) (Domoff, Borgen & Radesky, 2020)

- TV and radio spot; animated film for parents – 5 rules for the use of digital devices preschool children; A song for preschoolers; 2 guides for parents



3

Treatment (pilot program)

Three

Pre-COVID: No Internet-related addiction/disorder treatment formally in place in Poland



Increase in media consumption by children and adolescent during COVID-19 (Health Behavior in School-Aged Children (HBSC), EU NET ADB, Adolescent 3.0)



Ministry of Health initiated a pilot program of treatment for children/adolescent problematic Internet related disorders (+ parents) (up to date there are 12 facilities)

The goal: to provide evidence-based recommendations on how to treat Internet-related disorder in the group of children/adolescent (and their parents)



Goal 1: Reduce problematic use behaviours of new technologies

Goal 2: To increase knowledge and self-awareness in relation to the problematic use of new technologies

Goal 3: Improve mental health

Goal 4: Improving social functioning



Lessons Learned

1

Dedicated Fund

2

Prevention – evidence based (sound theory + evaluation)

3

Awareness raising campaign should be research + scientific theory driven

4

Therapy – evidence based (+ rigorous evaluation)

Thank you

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Interactional Theory of Childhood Problematic Media Use

