

Promoting the mental health of youth by addressing the risks of online gaming and gambling



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GAMING

ZONE



Why?

Effects on children/youth and families

- Stress, anxiety, social withdrawal, sedentarism, eating disorders

Effects on the society

- Economic (tax evasion, money laundering),
- Psycho-social



Some challenges

- **Lack of evidence** and standards
- **Unclear boundaries** (problematic/responsible use)
- **Multiple stakeholders** and layers
- **Rapid technological developments**
- **Conflicting interests** (MoF vs MoH)
- **Lack of resources&training**
- **Comprehensive vs tailored approach ?**
gaming/gaming only or all addictions?
- **Double edge sword tools**-awareness campaigns, industry involvement
- **Complexity** (international operators)



Some solutions

- **Evidence collection** and monitoring
- **Mix of policy tools: soft** (self-regulation, life-skills programmes, guidelines, counselling, coordination bodies, national platforms, awareness campaigns,) and
- **Hard** (strategies and action plans, regulatory framework, sanctions);
- **Whole-of-society approach:** government (health, labour, social protection, education, youth, digital), schools, families, children, civil society
- **Holistic approach:** prevention, treatment, reintegration
- **Good practice examples**