

CHANGE THE GAME

UNLOCK THE REALITY
OF YOUTH GAMBLING

TIME MANAGEMENT TOOLS

Tools to Manage Your Time with Gaming Activities



HOW TO TAKE A BREAK FROM GAMING

Are you spending too much time staring at a screen? It happens. But there are a few simple steps you can take to spend less time playing games and more time living life.



CHECK WIRELESS ROUTER FEATURES

See if your router can disable itself during certain times. It can help limit late night gaming sessions.



SET LIMITS

Only give yourself a set amount of video game time per day. Have a parent or friend help keep you accountable.



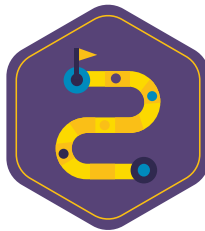
EXPLORE NEW INTERESTS

Play sports. Learn an instrument. Read a book. Exploring new hobbies can really help keep your mind off gaming.



HAVE "DETOX" DAYS

Games can lose their urgency when you just step away for a while. Set a few days aside every week to not play.



UNPLUG WITH BOARD GAMES

Go analog with friends. Board game nights are a great alternative to online gaming.

The shift from gaming habit to gambling problem is subtle. But the risks aren't. Learn how to lower the risks youth at [ChangeTheGameOhio.org](https://www.changethegameohio.org)

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