



RYSS

Regional Youth Support Services Inc.

Practical Support for Children, Young People & Families

YOUTH COLLECTIVE PROGRAMS

HEALTHY GAMING

Video gaming can cause harm if it is taken to extreme levels and can have negative impacts on mental and physical health. Healthy Gaming educates young people on how get back in control of their hobby.

This hour-long program takes a harm minimisation approach and informs young people that their gaming outcomes can be improved if they take care of their physical and mental health. It also focuses on trending issues around cyber safety and gaming culture.

For more information about RYSS, the Youth Collective Programs delivered in Central Coast high schools and resources for parents and young people visit

www.ryss.com.au

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