



GAME OFF

Game-based approach towards moderating screen time

Excessive use of the internet on the lives of children and young people can be problematic. Disproportionate online exposure has many side effects, but the aftermath reveals itself worrying when it has implications on a balanced life.

Game-OFF seeks to develop tools to help reach out to young people to adopt a balanced approach, and understand the causes, risks and effects of constant online commitment.

young-people



Importance of face-to-face communication, in addition to online environments

youth trainers



"Unlearn" to multitask in education, work or social contexts

Thoughtful and intentional use of media and technology

HOW DO YOU SPEND YOUR SCREEN TIME?



Development of a serious game based on a bespoke training approach towards screen time moderation



Game-OFF is a European Erasmus+ project that aims to raise awareness of the importance of a balanced approach to media and technology

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