



GAME OFF

Game-based approach towards
moderating screen time

GameOFF project

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Press release 2– September 2021

On June 1st 2020, the “Game based approach towards moderating screen time” (GameOFF) project started. Funded by the Erasmus+ Programme of the European Union, it will be in progress until May 31th 2022.

The project comprises six partners: E-Juniors (France), Asociación Valencia Inno Hub (Spain), Asserated Knowledge Omorhythmos Etaireia (Greece), The Nottingham Trent University (UK), Civic Computing Limited (UK), Rightchallenge Associação (Portugal).

GameOFF aims at empowering young people (16-25 years old) to deal effectively with situations concerning excessive preoccupation with Internet or screen abuse, equipping them with the skills and the methodological tools to modify maladaptive computer behavior for healthy computer use.

The project primary objective is to produce approaches and tools to help those working with young people reach out to them with a view to help them adopt a balanced approach to technology use by gaining a deeper understanding and interpretation of causes, risks, and effects of constant online commitment and by identifying and reacting to addictive formulas.

In order to achieve its goals, GameOFF are developing an innovative serious game to help users implement a withdrawal/reduction and prevention strategy by offering a personalised and easy to use environment.

So far partners have:

- Prepared and distributed a questionnaire to 257 young people (16-25 years old) to understand their needs in terms of Internet use moderation support.
- Identified the appropriate training approach in order to provide the target groups with the best support possible.
- Created the training material for the GameOFF game. The material is divided into 6 categories:
 1. Online Time Management
 2. Emotional Intelligence
 3. Self-care
 4. Social Media and online chatting
 5. Streaming and online gambling
 6. Online detox
- Integrated the training material into the GameOFF educational game. The game is a digital boardgame where the user can choose their avatar the avatar's 'powers'. While playing the user is learning in a fun and engaging way about Internet addiction and how to develop a healthier relationship with technology. At the moment the English version of the game is being tested by the partners. The final version will be available in the following weeks.

All project results are available on the [project website](#).

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www.gameoff.eu

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