



DECA CARD

LEARNING OBJECTIVES:

1. Discover how gaming can become an addiction and take over someone's life.
2. Explore strategies in how to stop gaming being in control and gain that control back.

DISCOVER



EXPLORE



CONNECT



APPLY



DISCOVER

Play charades - but all charades must be video games.

This will start the session in a fun and relaxed way.

EXPLORE

Q. What game do you like to play the most and why?

Q. How often do you play video games?

Q. Do you still have time for other things in your life, such as spending time with family, homework, chores, etc?

Q. Gaming can really take over can't it, why do you think gaming can do that?

Q. Sometimes it can feel like gaming has a hold on us, how do you think someone could make sure that you are in control of their gaming and that their gaming isn't in control of them?

CONNECT

*No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it. **1 Corinthians 10:13***

This verse in the Bible is talking about that there are some things in life that try and tempt us, that try and have control over us. It is saying that no matter what it is, whether that is gaming or something else, God can help us by providing a way out of that.

APPLY

I want us to think about the things in our lives that might want to take control of us. It might be gaming, it might be social media, it might be anything.

I want us to think about it what ways we can make sure we aren't being controlled by those things, how could we find a way out of it?

Write down on a post it note a way I which you can make sure that doesn't happen and take it home with you.