



#274: Screenagers Bites - Talking With Teens About Video Game Addiction | Alisha Moreland-Capuia, MD

In this video, Dr. Alisha Moreland-Capuia, an addiction specialist and professor at Harvard Medical School, discusses video game addiction and how it can impact a young person's life. She explores the definition of 'internet gaming disorder' according to the World Health Organization (WHO) and shares ways for parents to have conversations with their kids about gaming, emphasizing the importance of meaningful conversations.



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If you're looking for further insight into this then listen to the full interview on the links below:

Listen Here: [Apple Podcasts](#) // [Spotify](#) // [Youtube](#) // [Website](#)

Have a great weekend.

Brian Taylor
Assistant Principal, Technology for Learning