CHANGE THE GAME
UNLOCK THE REALITY OF YOUTH GAMBLING

TIME MANAGEMENT TOOLS
Tools to Manage Your Time with Gaming Activities

HOW TO TAKE A BREAK FROM GAMING
Are you spending too much time staring at a screen? It happens. But there are a few simple steps you can take to spend less time playing games and more time living life.

CHECK WIRELESS ROUTER FEATURES
See if your router can disable itself during certain times. It can help limit late night gaming sessions.

SET LIMITS
Only give yourself a set amount of video game time per day. Have a parent or friend help keep you accountable.

EXPLORE NEW INTERESTS
Play sports. Learn an instrument. Read a book. Exploring new hobbies can really help keep your mind off gaming.

HAVE "DETOX" DAYS
Games can lose their urgency when you just step away for a while. Set a few days aside every week to not play.

UNPLUG WITH BOARD GAMES
Go analog with friends. Board game nights, without bets, are a great alternative to online gaming.

The shift from gaming habit to gambling problem is subtle. But the risks aren't. Learn how to lower the risks youth at **ChangeTheGameOhio.org**

PAUSE BEFORE YOU PLAY