



Circular No.114 /2018-19

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Dear Parents,

- The Delhi Commission for Protection of Child Rights (DCPCR), in its pursuit to create safe environment for children, has tagged a few video games as harmful to children. **Player Unknown Battlegrounds (PUBG), Fortnite, Grand Theft Auto** are some of the games that have been black marked. The DCPCR has issued an advisory to the Directorate of Education (DOE) and Delhi /NCR schools to be wary and protect children from the harmful effects of games that are “full of misogyny, hate, deceit and vengeance...”
- In continuation of our sincere effort to create awareness as a pre-emptive measure, taking cognizance of reports of accidents caused by these games in several parts of country, we advise you to watch closely the games your child plays on mobile phones as some of the games like PUBG and FORTNITE are easily accessible **from mobile phones.**
- These games are addictive in nature in which children virtually kill zombies or drive vehicles at boisterous speeds. These games create violence, aggression and cause **cyber-bullying as well.** All this may negatively impact your child’s brain.

Do not ignore - Some of the signs or symptoms of computer/mobile game addiction not to be ignored are:

- Feeling of restlessness and/or irritability when unable to play.
- Preoccupation with thoughts of previous online activity or anticipation of the next online session.
- Lying to friends or family members regarding the amount of time spent in playing.
- Isolation from others in order to spend more time gaming.
- Fatigue.
- Showing aggressive behaviour.
- Carpal tunnel syndrome caused by the overuse of a controller or computer mouse.
- Poor personal hygiene and social interaction.

Prevention is better than cure- Here are some tips to prevent addiction to such mobile games-Setting limits—time limits, location limits, even limits by days of the week will help.

- If setting limits doesn’t work, take it away. Explain to your child that this “whatever it is” has become too important in his/her life. Then decide how long your child should go without it. This method is called delayed gratification.
- You can tie your child’s screen time to doing chores.
- Talk to him/her about it.

STAY ALERT, STAY CONNECTED, STAY SAFE

Asha Prabhakar
(Principal)

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Class Teachers
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A Razdan (File)