

Name _____

Game On: The Effects of Video Games on Adolescent Behavior

Short Answer Key

1. Video games can improve cognitive skills like problem-solving, decision-making, and spatial awareness through complex challenges.
2. Potential negative outcomes include addiction, disrupted sleep patterns, and detrimental effects on schoolwork and relationships.
3. Parents can monitor game content, set limits on screen time, and provide guidance on appropriate game choices.
4. Striking a balance helps adolescents enjoy the benefits of gaming while minimizing potential negative effects on their behavior and well-being.

