

Getting Ahead of the Game

How gaming and gambling impact the physical and mental development in our youth and how to beat the odds



- Discuss current science and understanding of how gaming and gambling behaviors affect the brain, body, mind and spirit of young people
- Increase awareness of how today's digital landscape and cultural values around gaming and gambling may influence our youth in both intended and unintended ways
- Address best practices that parents and families can consider to help avoid the addictive and harmful consequences of excessive gaming and gambling

MONDAY October 28, 2024 6:30 pm PDT via <u>Zoom</u>

<u>https://us02web.zoom.us/j/86728954885?</u> <u>pwd=x5mlqlpx2b1LpZpKx8hr1Ui0uiWFyD.1</u> <u>Meeting ID: 867 2895 4885 Passcode: 528179</u>



Dr. Fong is a Professor of Psychiatry at the Semel Institute for Neuroscience and Human Behavior at UCLA and he is board certified in adult and addiction psychiatry. He is the codirector of the UCLA Gambling Studies Program and is on the Steering Committee of the UCLA Center for Cannabis and Cannabinoids.