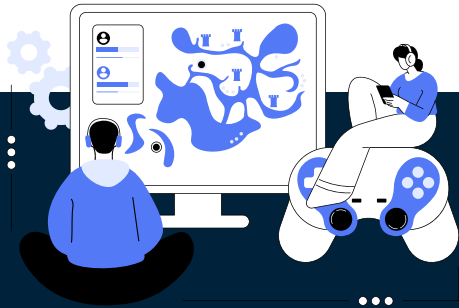


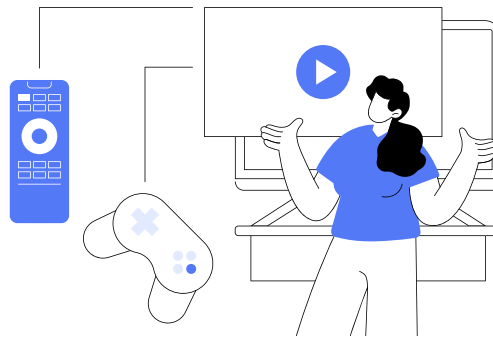
# Peranan Ibu Bapa Sangat Penting

Kawalan yang baik bermula dengan **hubungan yang rapat**, bukan paksaan.



Ibu bapa boleh:

- Jadi contoh tauladan bagi penggunaan gajet yang sihat
- Bermain dan berbual bersama anak
- Bina rutin harian yang seimbang
- Tetapkan had masa bermain yang jelas
- Pantau jenis permainan yang dimainkan



## Apa yang Ibu Bapa Boleh Buat Sekarang?

- Wujudkan peraturan keluarga tentang *games*
- Berbincang dengan anak secara tenang
- Galakkan aktiviti luar dan hobi lain
- Dengar perasaan anak, bukan hanya larang
- Dapatkan bantuan profesional jika perlu

**Anak perlukan bimbingan, bukan hukuman.**

**Hubungi Kami:**



**Pejabat Pesuruhjaya Kanak-kanak (OCC),  
Suruhanjaya Hak Asasi Manusia  
Malaysia (SUHAKAM)**

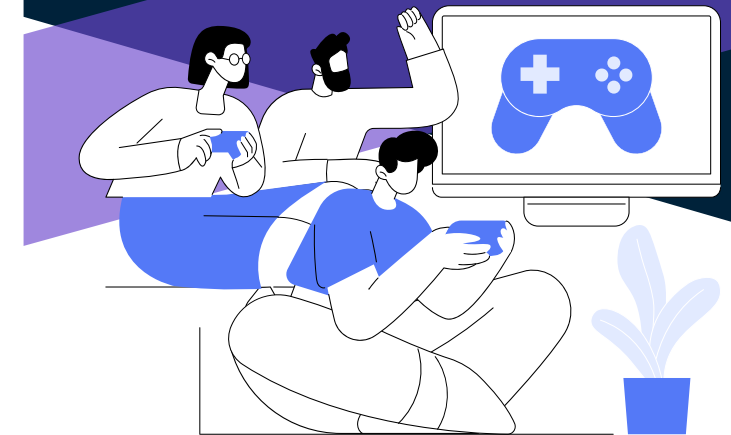
- Tingkat 17, Menara Aras Raya, Jalan Raja Laut, Kuala Lumpur, Malaysia, 50100
- 03-2612 5600
- [humanrights@suhakam.org.my](mailto:humanrights@suhakam.org.my)
- <http://www.suhakam.org.my/>



OCC.OFFICIAL.MY

**Lindungi Hak &  
Keselamatan Anak Kita**

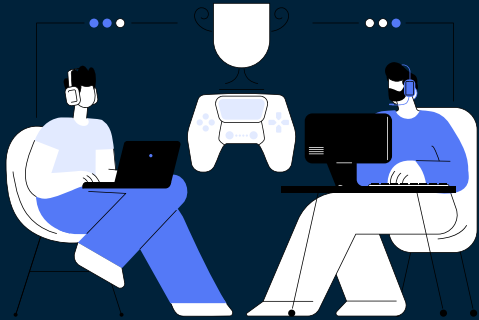
# Tangani **KETAGIHAN GAMES**



**Bimbing Anak Dalam  
Dunia Games.**

**Games tanpa kawalan boleh  
menjejaskan perkembangan  
anak.**

# Apa Itu Ketagihan Games?



Ketagihan *games* berlaku apabila kanak-kanak:

- Bermain terlalu lama setiap hari
- Sukar berhenti walaupun diminta
- Marah, gelisah atau memberontak bila tidak dapat bermain

**Games bukan masalah.**

**Yang berbahaya ialah penggunaan tanpa had dan tanpa bimbingan.**

# Tanda-tanda Anak Mungkin Ketagih

Perhatikan jika anak:

- Mengabaikan kerja sekolah dan ibadah
- Kurang tidur atau makan tidak teratur
- Tidak berminat bermain di luar atau berjual
- Mudah marah dan emosi tidak stabil
- Berbohong tentang masa bermain *games*



**Jika beberapa tanda ini berlaku, ibu bapa perlu bertindak awal.**

# Kesan Ketagihan Games

Jika dibiarkan, ketagihan *games* boleh menyebabkan:

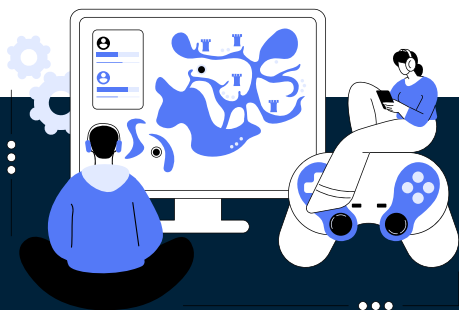
- Prestasi akademik merosot
- Masalah kesihatan (keletihan mata, masalah tidur, postur badan)
- Kurang kemahiran sosial
- Sukar mengawal emosi
- Hubungan keluarga menjadi renggang

**Ketagihan digital adalah isu kesihatan dan kesejahteraan kanak-kanak.**



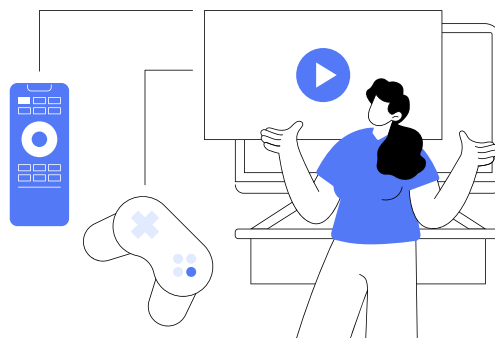
# Parental Role Is Crucial

Effective guidance begins with a **close relationship**, not force.



Parents can:

- Be positive role models in healthy device use
- Play and talk to your children
- Create a balanced daily routine
- Set clear limits on gaming time
- Monitor the types of games played



## What Can Parents Do Now?

- Establish family rules on gaming
- Talk to your child calmly and openly
- Encourage outdoor activities and other hobbies
- Listen to your child's feelings, not just impose restrictions
- Seek professional support if needed

**Children need guidance, not punishment.**

### Contact Us



Office of the Children's  
Commissioner (OCC), Human  
Rights Commission of Malaysia  
(SUHAKAM)

- 17th Floor, Menara Aras Raya, Jalan Raja Laut, Kuala Lumpur, 50100, Malaysia.
- 03-2612 5600
- [humanrights@suhakam.org.my](mailto:humanrights@suhakam.org.my)
- <http://www.suhakam.org.my/>



OCC.OFFICIAL.MY

Protect Our Children's  
Rights & Safety

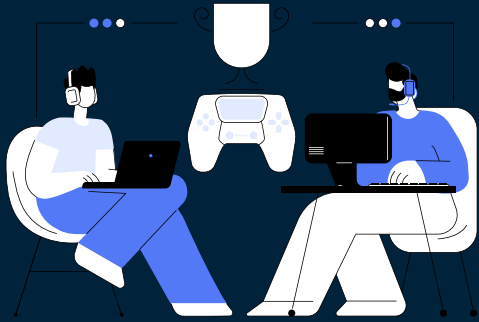
# Addressing GAMING ADDICTION



**Guide Your Children in  
the World of Gaming.**

**Unsupervised gaming can  
harm a child's development.**

# What Is Gaming Addiction?



Gaming addiction occurs when children:

- Spend excessive time gaming every day
- Find it difficult to stop even when asked
- Become angry, restless, or distressed when unable to play

**Games are not the problem.**

**What can be harmful is excessive use without limits or guidance.**

# Signs Your Child May Be Addicted

**Pay attention if your child:**

- Neglects schoolwork and religious rituals
- Lacks proper sleep or has irregular eating habits
- Loses interest in outdoor play or conversation
- Becomes easily irritated or emotionally unstable
- Lies about the amount of time spent gaming



**If several of these signs appear, early action by parents is important.**

# The Impact of Gaming Addiction

**If left unaddressed, gaming addiction may lead to:**

- Declining academic performance
- Health issues (eye strain, sleep problems, poor posture)
- Weak social skills
- Difficulty managing emotions
- Strained family relationships

**Digital addiction is a child health and wellbeing issue.**

