

To begin this session, we were divided into groups according to a toy animal and then in our groups we discussed how our animal was related to screen time. To relate this activity to the topic of video games, it was noted that people are "designed" to key into distraction and are wired to notice things. Screen time is designed for this as every 11 seconds the screen on the television shows are designed to change with retaining attention as one goal. Gaming companies want to get you hooked by gaining your attention. The presentation continued with a "game format" in which a roll of the die decided on the "style" of question i.e. Trivia, Family Feud-type questions. Each question included useful trivia information about gaming as follows:

- 1) Gaming is a 66 billion dollar industry.
- 2) Red flags that indicate gaming is starting to become a problem include: grades deteriorating, loss of interest in other activities, change of behaviour, health issues, loss of control i.e. when asked to stop they don't stop, deception i.e. lying to family about how much time is spent online.
- 3) The number of hours a day 75% of gamers spend gaming is 20 hours which is 1000 hours a year, 3 hours a year or 40 days straight in a year.
- 4) Types of games present in stores today compared with years ago differ in graphics, sound, action, reality
- 5) If you are bored, what are 5 ideas you can do other than gaming...have a list ready!
- 6) How many hours a day is an upper limit for children over the age of 2 per day? 1-2hours
- 7) What are the 7 different video game ratings you might find on the front of a video game: E for everyone, T for teen, M for mature (17 and over), E10 plus (ten and over) , EC (early

childhood) , AO (adult only), RP (rating pending).

The conclusion to the presentation reiterated that in the end, if there is one thing that stresses adults it is the time consumed with gaming. Fred did agree that there were some positives to gaming but we have to watch the balance! Council thanks Kirsten and Fred for their time and effort put into preparing the information presented .

International Men's Day Presentation:

Scott Heathcoat, a paramedic, was present to inform council about a program he wished to implement in schools on November 19th, 2013 (International Men's Day) a presentation to grade 7-8 boys and girls called, "Ignite Your Passion." This is a program in which the goal is to inspire boys to find their passion in life and to develop a plan to pursue it. His belief is that boys who are engaged in life are more likely to be engaged in school and are more likely to graduate high school. Positive male role models from the community such as a mountain guide, an Arctic explorer, the Executive Director of Victim Services, a potter, and the Mayor of Canmore have been invited to speak about how they overcame challenges. Some of these challenges include: being the victim of abuse, anger, sexism against males, mental health, and how to ask for and receive help. Scott believes that we need to focus on boys as his research suggests this demographic group are less likely to complete high school. Reasons include a lack of engagement in both the school environment and in the material being learned. He also stated that boys receive more suspensions, are less engaged, are diagnosed with ADD more than girls, and fewer males receive Rutherford Scholarships than do girls.

The program also includes a high energy video which will show a variety of boys finding their passion in life, pursuing it and finally men demonstrating their passion at a high level of mastery. The footage includes local men and boys from the Bow Valley. A teacher-led "passion planning" activity will follow this. Students will be encouraged to identify an area of interest that they would like to make the focus of their lives. The students will then determine the steps they need to take to achieve their goal, identify challenges they may face along the way, and discuss ways to overcome these challenges. Cost is no charge.

The second part of his program is a "focus your passion" program which will cost \$50 to pay for two instructors. Included in this will be a physical education component i.e. how to get rid of your energy and students would be working with a yogi. The second part also includes mindful activities and study skills as an advanced program to get them ready for high school and beyond. The enrolment at 6-8 students per group.

After the presentation and in discussion with council it was noted that Alberta drop out rate is very high, but Canmore in general is quite low. How do we select who attends the second part of the program? It was decided that registration would be open to whoever is interested. It was noted that we need to be careful not to alienate or to exclude the girls. Possibly bring in female role models as well. The second part of the program could occur in January after school. Go to human.potential.org@gmail.com.