



الوكالة الوطنية للأمن السيبراني  
National Cyber Security Agency



CyberEco

معاً لدعم السلامة الرقمية  
Together to support digital safety

# Electronic Games



Short story



8 - 15 Years



# Electronic Games

## Intellectual Property rights

National Cyber Security Agency in the State of Qatar owns the work, and copyright, publishing, printing rights, and all other intellectual property rights are protected by National Cyber Security Agency in the State of Qatar.

All contents of this story, including the logo, characters, illustrations, and infographics, are exclusive productions and intellectual property of the National Cyber Security Agency in the State of Qatar. As a result, the Agency retains all rights to these materials, and it is prohibited to republish, quote, copy, or transfer them in whole or in part in any form or by any means whether electronic or mechanical, including photographic reproduction, recording, or the use of any information storage and retrieval system, whether existing or invented in the future, unless the agency has given written permission.

**Anyone who breaks this could face legal consequences.**

December, 2023  
Doha, Qatar

This content is produced by the team of  
**National Cybersecurity Excellence Management, National Cyber Security Agency.**

For inquiries about the initiative or program,  
you can contact us through the following websites or phone numbers:



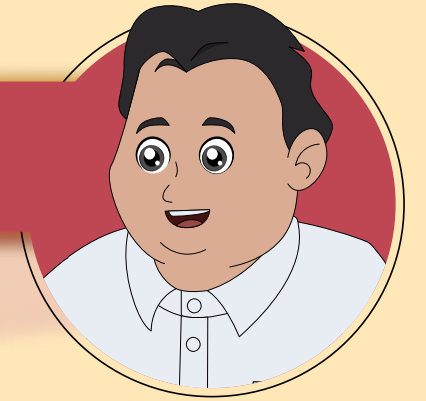
🌐 <https://www.ncsa.gov.qa/>  
✉ [cyberexcellence@ncsa.gov.qa](mailto:cyberexcellence@ncsa.gov.qa)  
☎ 00974 404 663 78  
☎ 00974 404 663 62

## Electronic Games

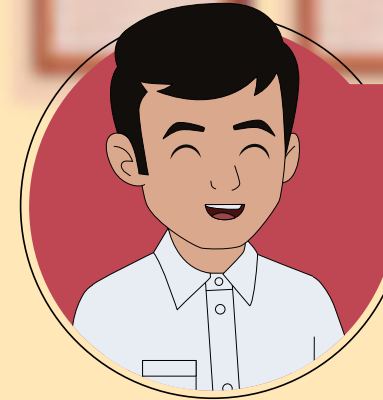
**E-games are enjoyable and entertaining, but they can lead me to distance myself from my friends and family, negatively impacting my health. Therefore, I prefer to allocate a specific time for E-games and spend the rest of my time with my family and friends.**



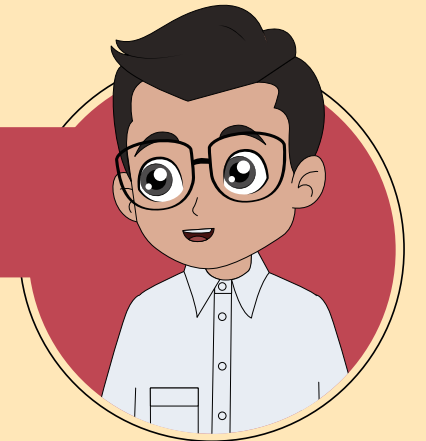
**Jasim:** A polite child in primary school, beloved, and has a sense of humor.



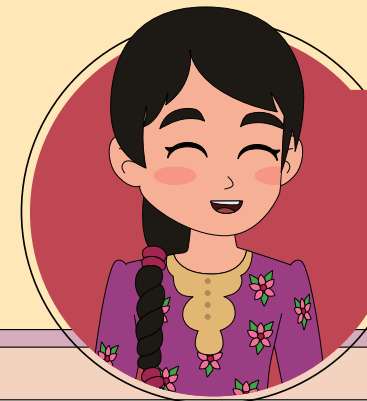
**Khalid:** A strong, sensible child, loving towards his friends and siblings, and very attentive to them.



**Nasser:** A smart and talented child in primary school, curious and fond of pets.



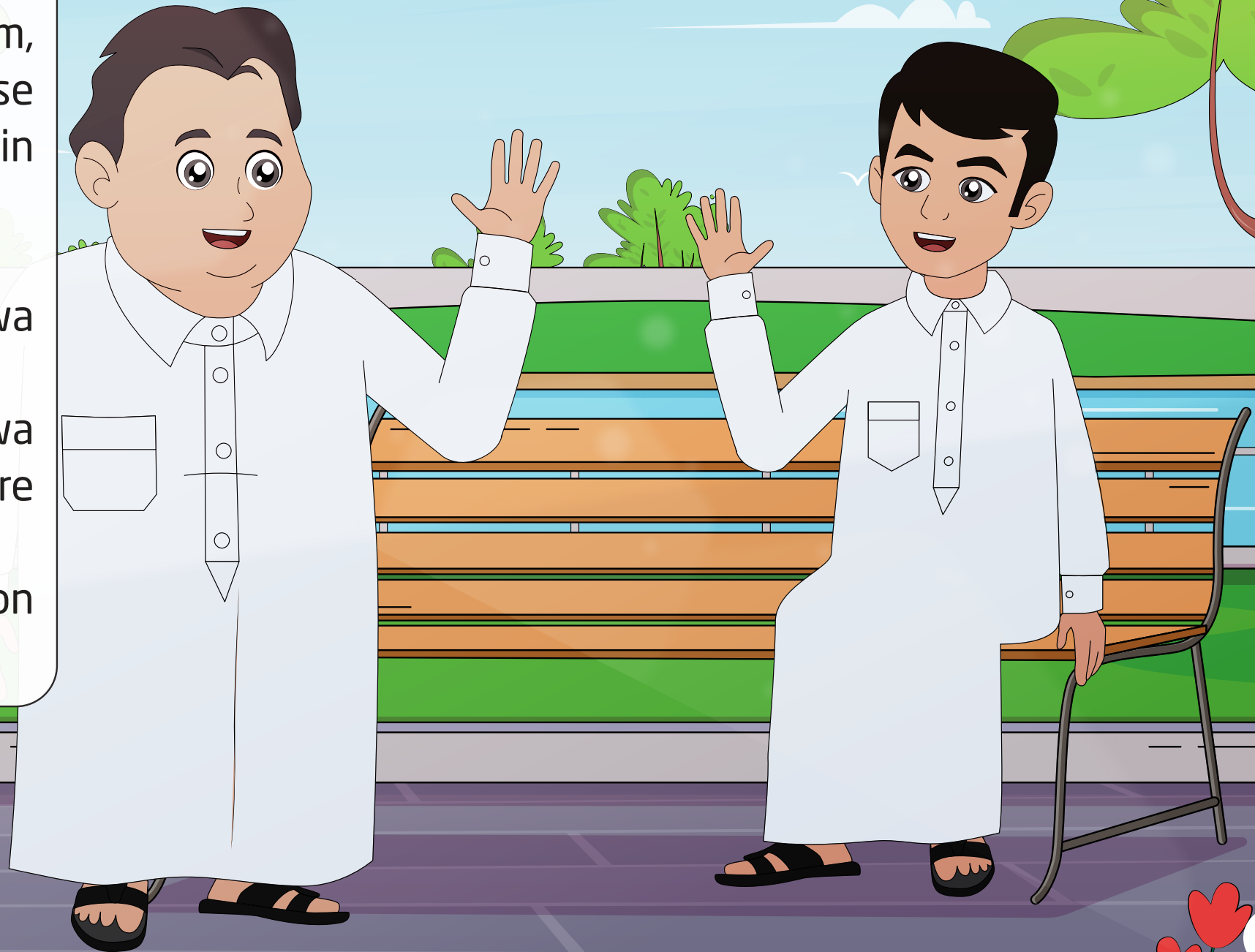
**Fatima:** Nasser's understanding and well-mannered sister, caring for her siblings.



Khaled was sitting on a bench in the public park, enjoying the beautiful weather, when Jasim, who was taking a break from the intense football match he was playing with his friends in the small playground, approached him.

**Jasim said:**

- As-salamu alaykum wa rahmatullahi wa barakatuh, Khaled. How are you?
- Wa alaykum as-salam wa rahmatullahi wa barakatuh. I'm well, thank God. and how are you, Jasim?
- Thank goodness.. I wanted to check on Nasser's condition?



Khalid was surprised by Jasim's question and said,

- Nasser is doing well. Why do you ask?
- Because I haven't seen him since the beginning of the vacation, and he didn't join us in playing today, even though I called him and he told me that he would try to come.

Khaled's surprise increased and he said to Jasim:

- There must be something that prevented him from coming, I will ask him today about the reason, don't worry, Jasim.
- Thank you, Khaled.



Khaled returned home, and he entered Nasser's room with Fatima after knocking on the door.





Nasser was sitting in front of the computer screen, deeply engrossed in an exciting electronic game.

**Khaled said:**

- Are you alright, Nasser?'

Nasser replied without stopping playing:

- Yes, I'm fine.

**Fatima said:**

- You don't look fine, Nasser. Your eyes are red, you look pale, and you've barely eaten anything today.

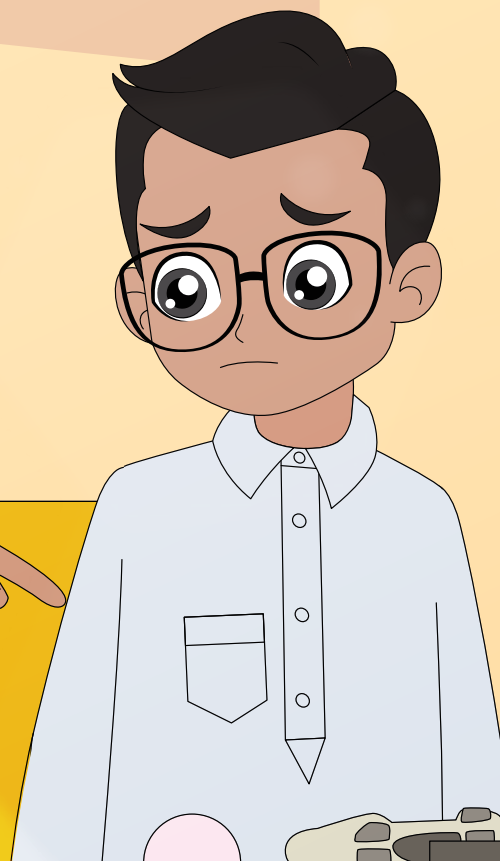
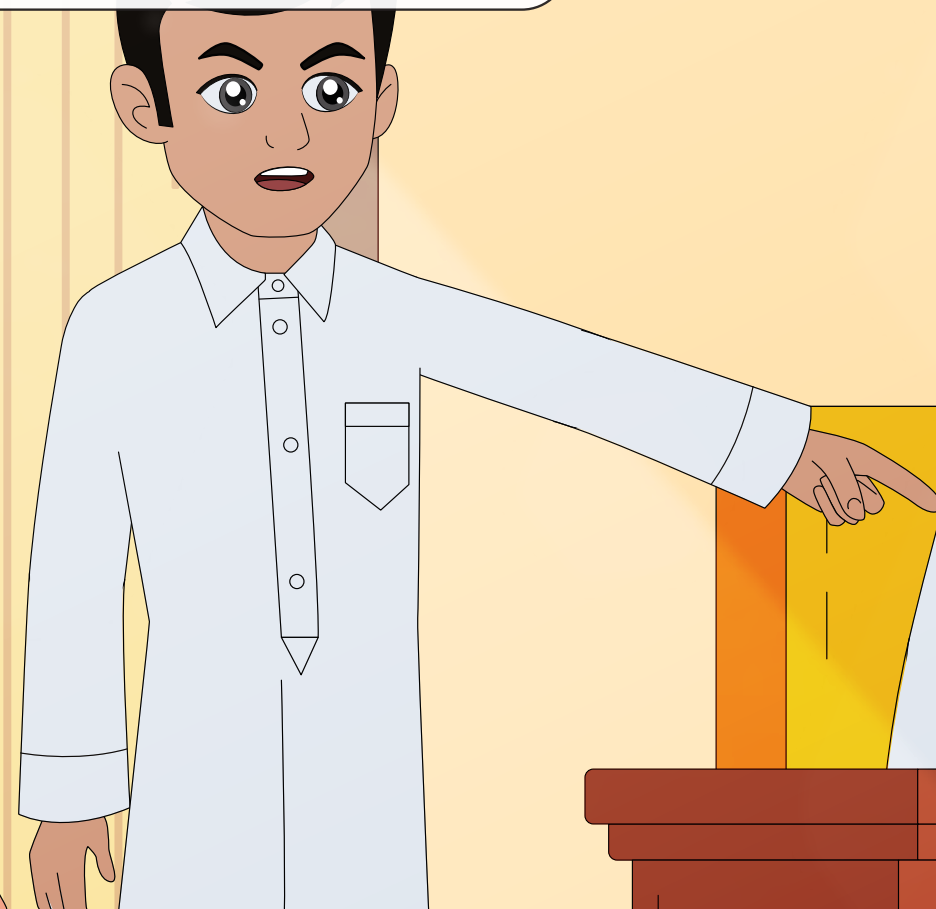
**Nasser continued playing and said**

- I'm fine, Fatima, don't worry. Please stop talking; I don't want to lose the game.

At that moment, Khaled expressed his displeasure and said to Nasser:

Stop this game now, Nasser. We are talking to you, and it is more respectful to look at us while we are talking to you.

Nasser felt embarrassed, stopped the game that remained on the screen, **looked at his siblings, and said, 'I'm sorry, I made a mistake. What do you want?'**



**Khaled said:**

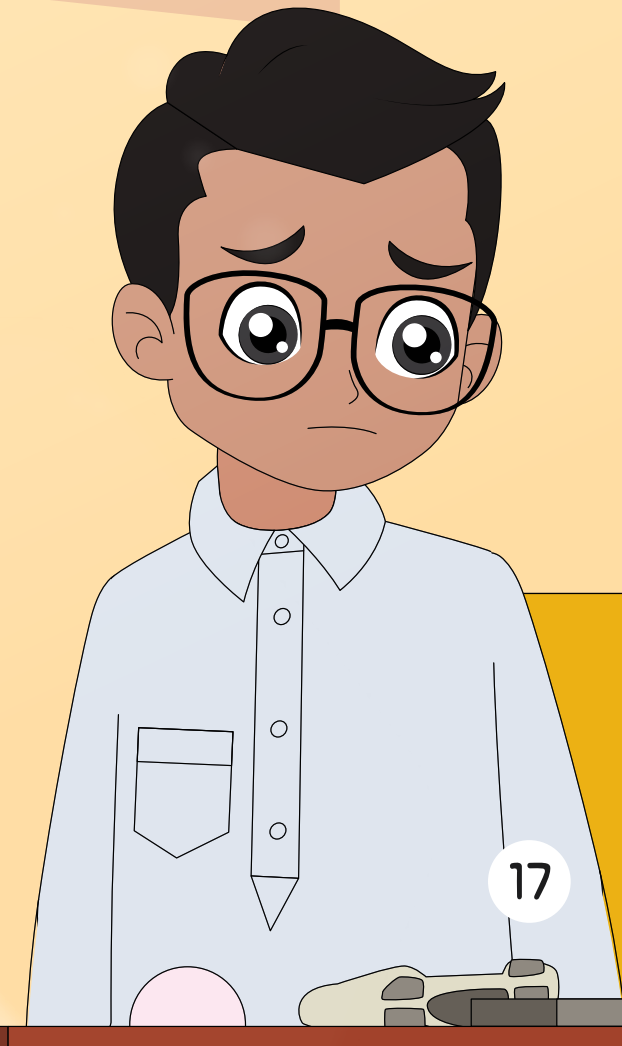
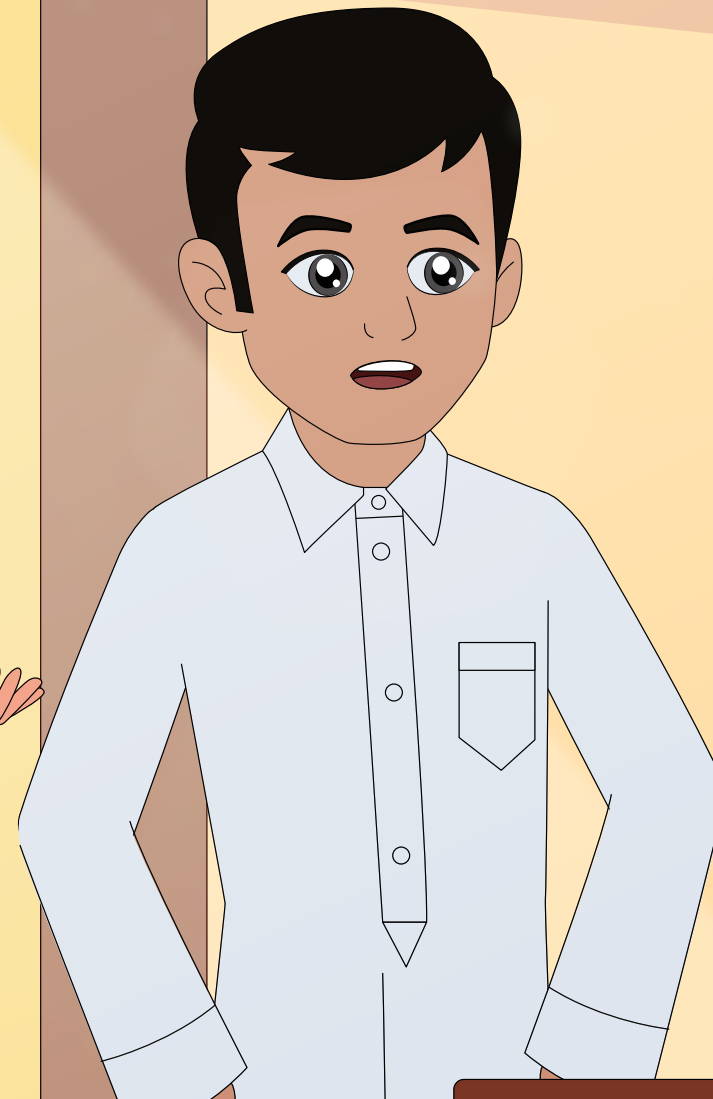
- I saw your friend Jasim at the playground. He was waiting for you to play football with him, so why didn't you come?

**Nasser replied:**

- I didn't feel that I want to play football. I was trying out this new electronic game I downloaded from the Internet yesterday. I had a great time with my computer.

**Fatima reproached him,**

- You spend a long time with your electronic devices, Nasser, and this could harm your health.



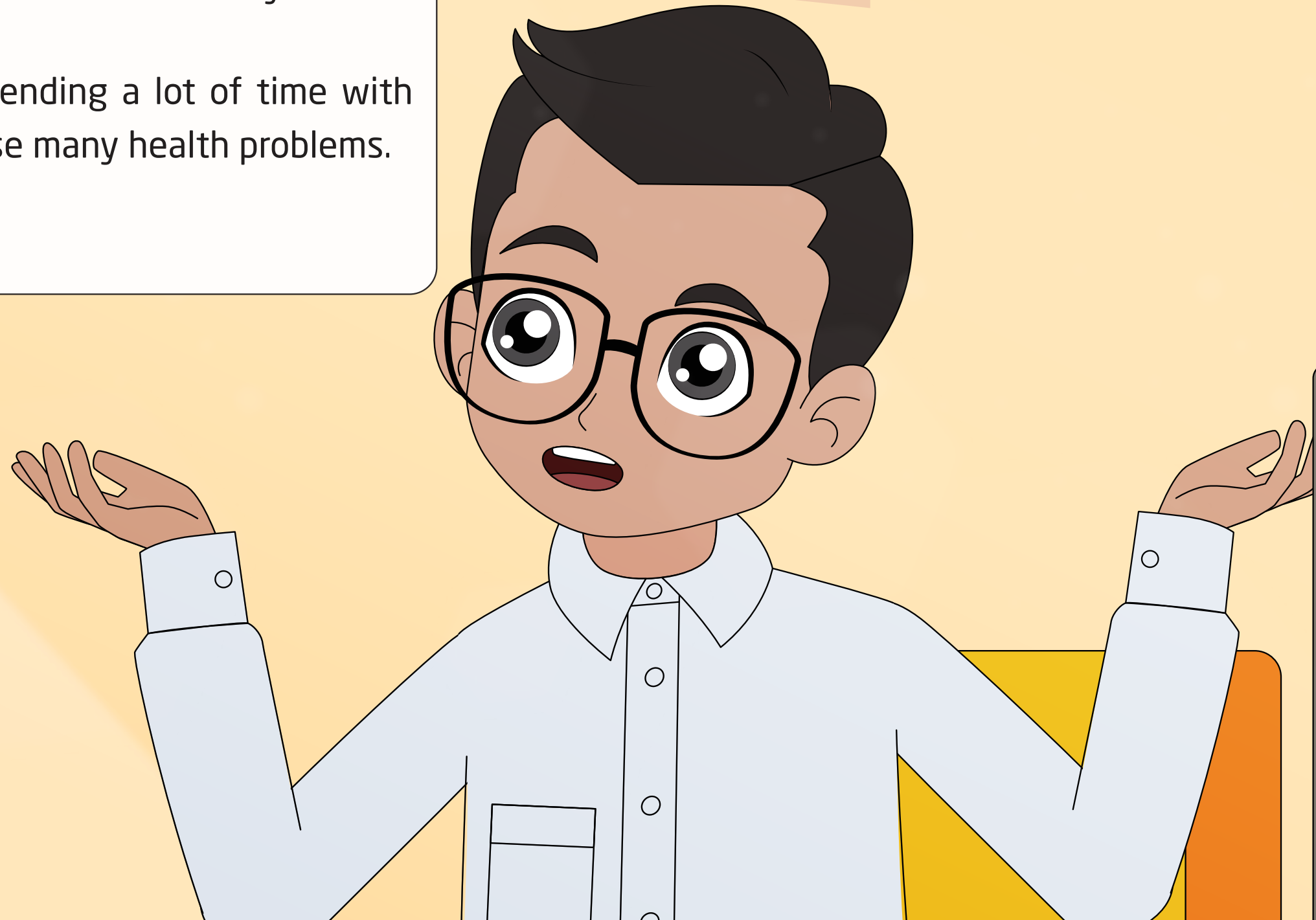
- How will it harm my health? I don't make any effort.

**Khaled said:**

- Fatima is right, Nasser, spending a lot of time with electronic devices can cause many health problems.

**Curiously, Nasser asked,**

- Like what?!



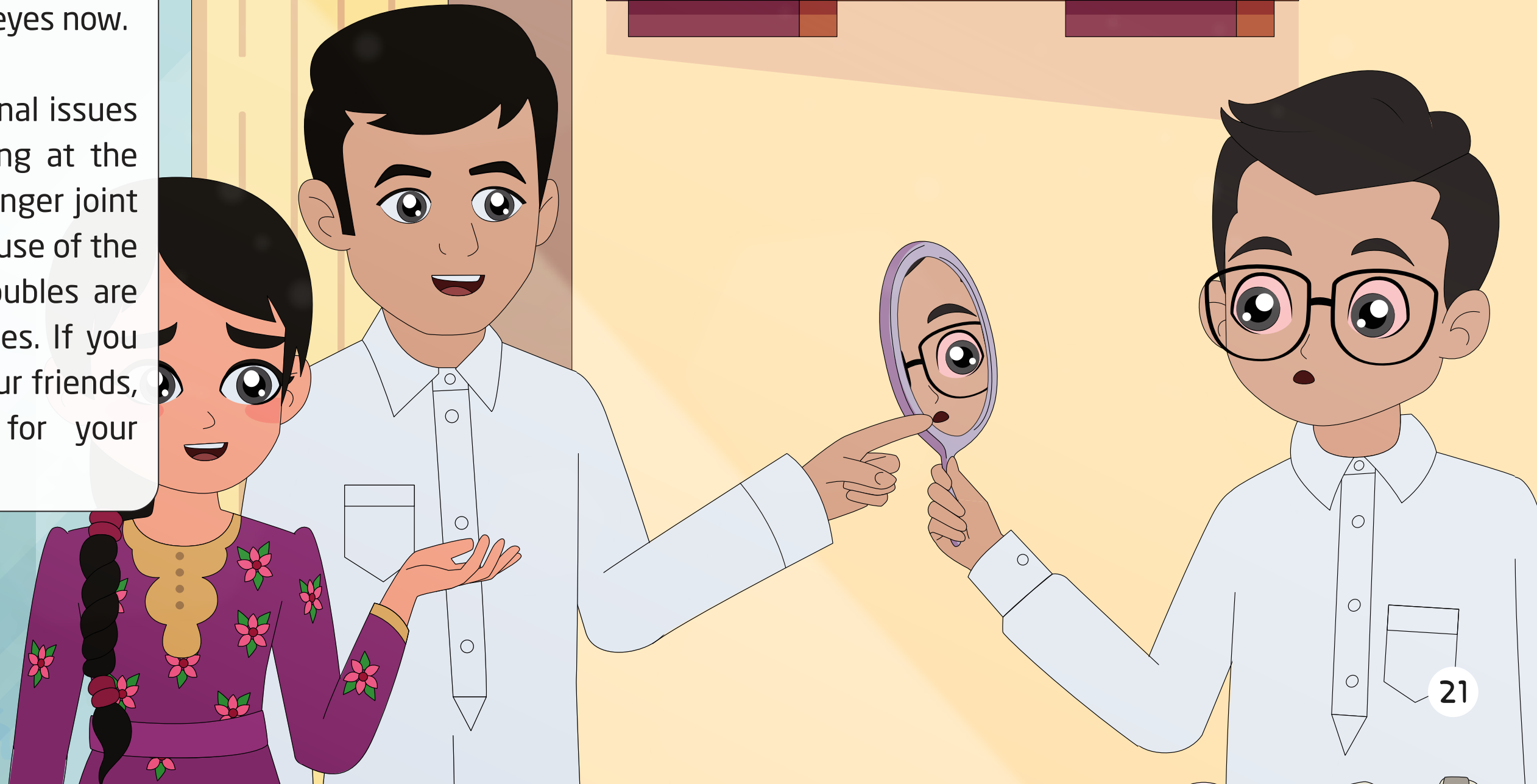


**Khaled replied:**

- Like weakening eyesight due to prolonged screen staring and eye strain. Look at your red eyes now.

**Fatima added,**

- And back pains and spinal issues due to unhealthy sitting at the computer table. Also, finger joint pains due to excessive use of the keyboard. All these troubles are due to electronic devices. If you played football with your friends, it would be better for your health.



**Khaled said:**

- You need to go out, play with your friends, and share their various activities to maintain your health, Nasser.

**Fatima said:**

- You need to go out in order to maintain both your physical and mental health equally; spending too much time with electronic devices causes social isolation and psychological problems, such as anxiety, stress, and aggressive behavior.

**Nasser sharply replied,**

- But I'm not like that. I don't suffer from any stress and I don't exhibit any aggressive behavior.



**Fatima reassured her brother,**

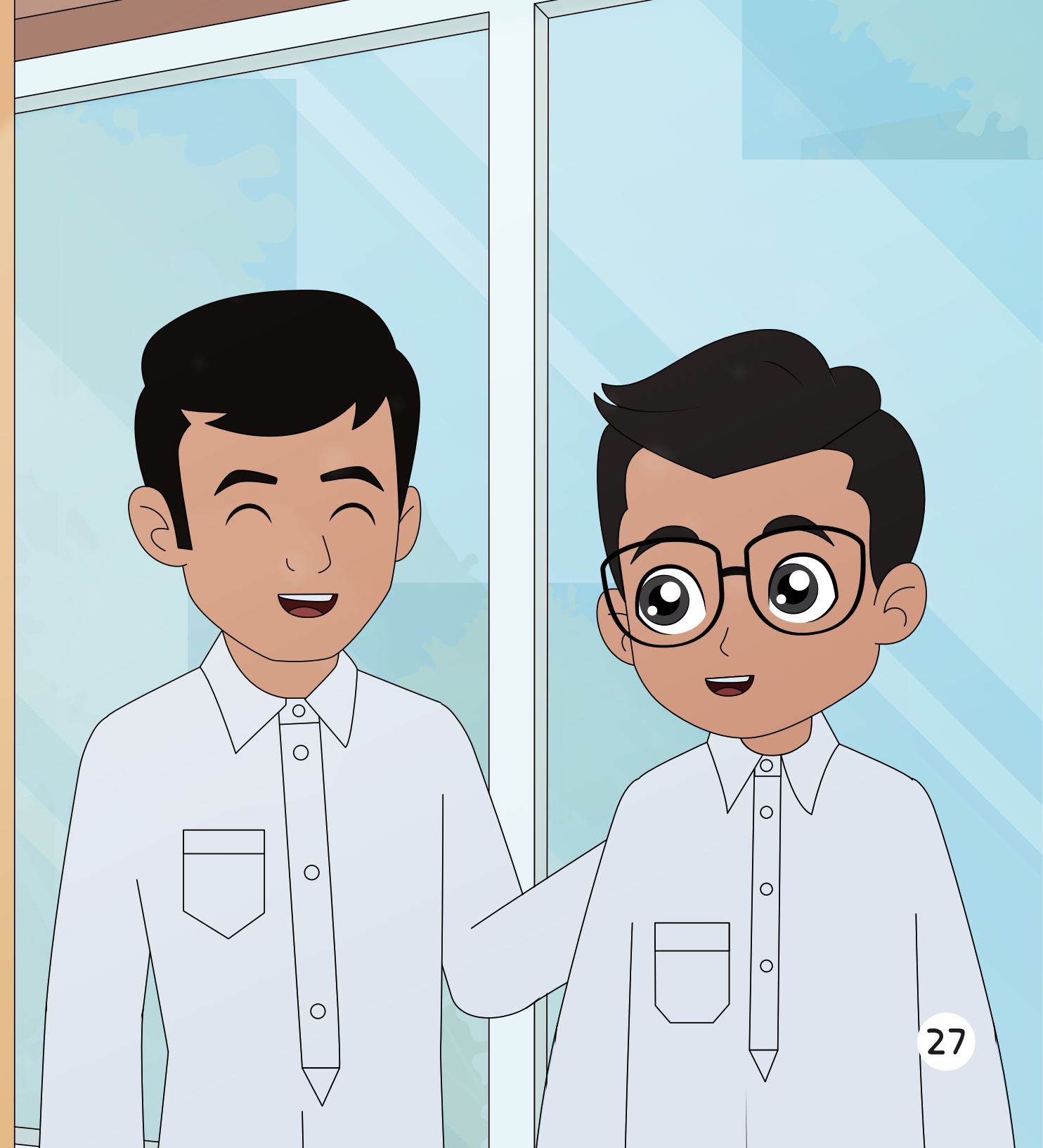
- I know, Nasser. You haven't reached this stage yet. You are still maintaining your physical health and social balance, but I am warning you for the future.

**Khaled said:**

- Social isolation has increased after people spend long periods of time with their mobile phones and computers. Sometimes, we see a group of friends sitting together like strangers, not talking to each other but each engrossed in their mobile phones as if that's their only friend. This has caused society to suffer from weakened social relationships among its members and people drifting apart, which is extremely negative.



Therefore, Nasser, we must protect our social relationships, and distribute our time properly - time for studies, time for fun with friends, and time for electronic devices. That's how we stay safe, and our community stays in good condition.





Nasser nodded, as he always does when feeling remorseful, and said

- Your words convinced me. I will call Jasim now and tell him that I will join them to play tomorrow. As you know, I am a strong attacker. I always score goals for the team, so Jasim cannot do without me as a player on the team.

Fatima laughed and said:

- And he cannot do without you for another reason. You are his best friend. Do not forget how many things you have in common.



**Nasser thought for a moment then said:**

- That's right, Fatima. We both love football, airplanes, cars, and video games. So we will play football tomorrow, and we will share the video game the day after tomorrow.

**Khaled said:**

- This is a good time management, Nasser. Well done.

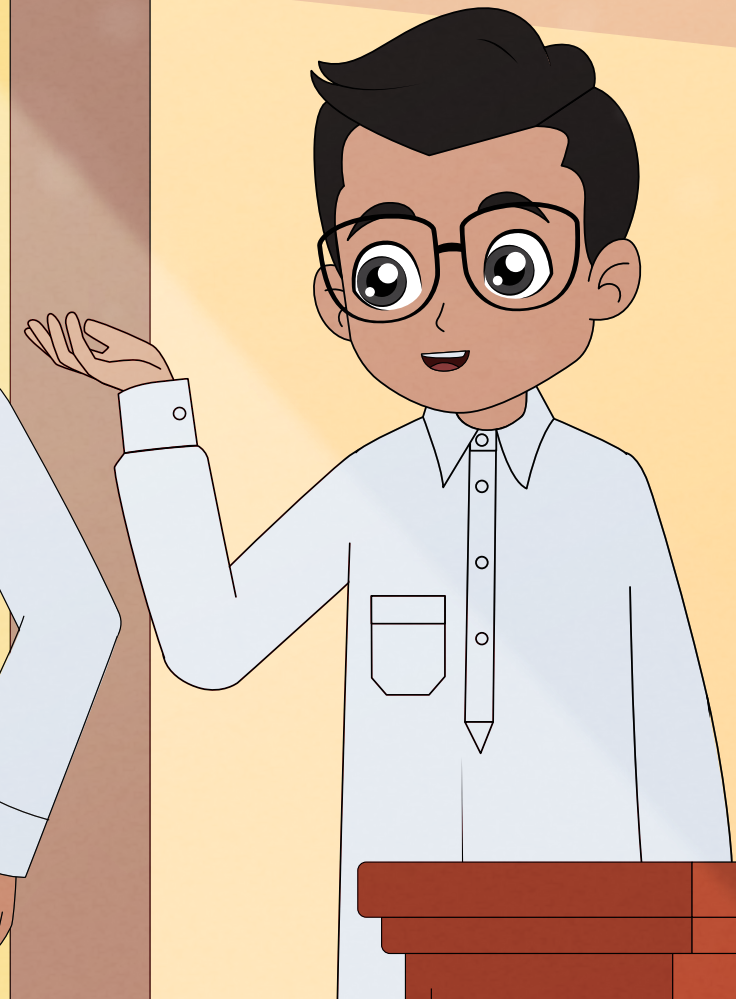


After that, while Khaled and Fatima were getting ready to leave the room, Muhammad, who had just woken up from sleep, **entered. He stared at the computer and shouted with joy:**

A new electronic game. Nasser, I want to play with you. Khaled and Fatima stood at the door, looking at Nasser to see what he would do. They found him turning off the computer screen

**and saying to Muhammad:**

- What do you think about playing outside for a while before that? Let's practice; I have an important match tomorrow.









# Electronic Games





Prolonged exposure to electronic devices can have detrimental effects on both physical and mental health. Children, particularly during the crucial growth stage, require essential social interactions and engagement in activities with friends. It is imperative to carefully manage electronic device usage and prioritize spending quality time with family and friends for a balanced and healthy lifestyle.