Game Safe
## Helping children and young people game safely

Advice for parents & guardians

Gaming is a tremendous source of enjoyment, creativity and skills development, and can provide families with a raft of enjoyable shared experiences. Whilst there are some risks associated with gaming, making full use of the range of controls and settings available, combined with ongoing conversations and engagement, children and young people can safely enjoy all the experiences it offers.

Balancing online gaming with other activities

Talk about the importance of prioritising offline activities like education, shared family activities and sleep to help strike the right balance when it comes to gaming. Encourage your children and young people to take regular breaks to help maintain a healthy screen time balance. If you game yourself, you can model healthy gaming habits.
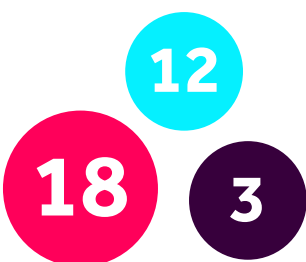
Know your PEGI ratings

Understanding PEGI ratings enables parents and guardians to make informed choices about the games they allow their children play. The PEGI rating on a game confirms that content is suitable for a certain age group and above. Games with violent, sexual content or other adult/mature themes will have a higher rating. These ratings don't consider communication features, so a game with a low age rating may enable strangers to contact children and young people.

Setting up safely

Keeping gameplay in a place where you can hear and see what your children are doing can help you stay engaged in what they are doing and prompt you to support them when there is a concern.

Make the best use of parental controls and privacy settings to manage the gaming experience. Make sure they know how to report and block abuse. Set up a safe user profile that doesn't give away personal information, and ensure you are using controls to manage any in-game purchases.

Be aware of 'Let's Play' videos

As well as playing themselves, children and young people also watch other gamers on videos sharing sites online. Check out the gamers and channels your child watches as the content and commentary may contain offensive language, violent, sexual or other adult/mature themes in the videos or the comments sections.
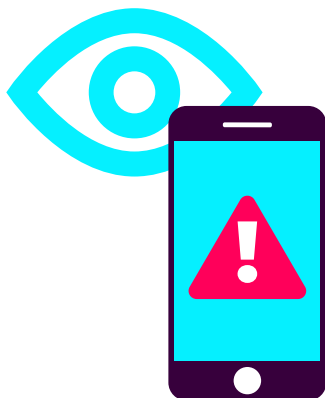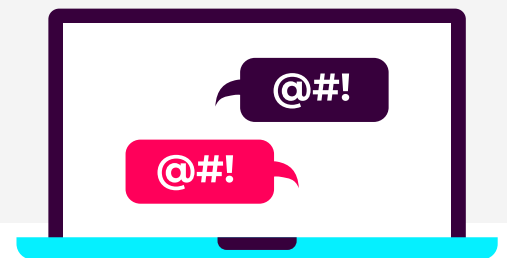
Watching live gaming

There are several platforms where young people can watch and interact live with gamers broadcasting their gaming, and even broadcast themselves. As these are real-time there is a pretty good chance that they will contain offensive language and adult themes, plus there is the opportunity to chat with those watching the streams

Connecting with others

Online gaming is now more accessible and social than ever. With the rise of multiplayer games alongside social networking in gaming, children and young people can not only speak to friends and family, but also connect with people they may not know while they're gaming. Make full use of privacy settings to manage who your child can communicate and game with online. These controls aren't a substitute for parental involvement, so it is important to keep talking to your child about online safety and how to deal with anything that upsets them or makes them feel unsafe.

Keep talking and stay engaged It is important to talk to your child regularly about what they're doing online and make sure they know what they can do to keep themselves safe. Let them know they can come to you or another trusted adult if they're feeling worried, pressured, upset or unsafe. Children and young people can also contact or ChildLine for support and advice.

Online safety tips to empower children and young people to stay safe online:

- **Keep personal information private.** Explain the importance of keeping personal information private to stop strangers from finding out more about them and contacting them. Online gaming should be treated like any other form of social media where it's important to think about what information you share and who with.

- **Online stranger danger.** They should be aware that not everyone online is who they say they are. Make sure that children and young people understand that a minority of people hide behind fake profiles for dishonest reasons, and they should never meet up with someone they don't know in real life without a parent, guardian or trusted adult present.

- **Keep it positive when it comes to language and interactions with others.** Make sure if they see abusive behaviour they know how to report and block the activity and where possible to be an upstander not a bystander to anyone being singled out.

- **Recognising when they've been playing too much**, perhaps feeling angry, frustrated or tired. This might impact their behaviour and the way they respond to others online. Dealing with stress/anger while gaming by taking regular breaks and thinking before posting.

- **Managing the pressure to play inappropriate games** that may feature content that may upset them. Talk about the reasons for ratings and only allow your child to play games with the appropriate age ratings.

- **Be aware of the way some games encourage the players to spend money**, sometimes effectively 'gambling' to improve their experience. Agree together how you will manage in-game spending.

- **Speak to a trusted adult.** Empower your child to seek advice and support when they need it.

Click below for further help and support

Internet Matters resources and advice to support families

ChildLine is a free helpline for children and young people to get help and advice about a wide range of issues

internet matters.org

Premier League