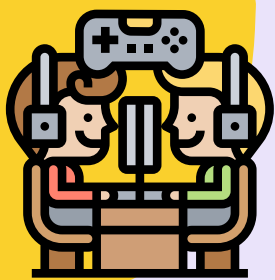


# ONLINE GAMING



Online gaming describes any video game where you can interact with other players online, whether that is on a computer, console, tablet or phone. The amount your child can interact with others varies from game to game. How much information players share and how many people they interact with are the two key factors for parents to be aware of. Online games can offer a lot of fun, teamwork and adventure for children, and they can help children learn and make friends. However, it's important for parents to fully understand online gaming so they can encourage safe and healthy habits in children and technology from a young age.

## HOW TO KEEP GAMING HEALTHY

- Get involved by finding out what type of games your child enjoys and making sure they're appropriate for their age
- Play games together with your child and keep the technology in shared family spaces rather than bedrooms
- Talk to them about who they are playing with and what information they are sharing
- Talk about what information is and isn't appropriate to share, particularly personal details that could identify them or their location
- Talk about the financial costs of games and agree how children will spend their money online
- Discuss what they would do if they were bullied online, and what the appropriate steps to take are



## SOME THINGS PARENTS SHOULD BE AWARE OF

**Stranger danger** - some games let children play and chat with anyone in the world. This means they might come across offensive language and bullying

**Don't give out personal information** - not everyone online is who they say they are. Children shouldn't give out personal details that could identify them or their location

**In-game purchases** - some games encourage players to buy extra elements during the game – children have been known to run up large bills without realising

**Risk of bullying** - in extreme cases bullying can be used as a tactic to win games. Children may find themselves either bullying or being bullied



## DID YOU KNOW?

You can use the [PEGI app](#) to find game and app rating information.



## USEFUL LINKS

Gaming advice sheet for under 13s -

<https://drive.google.com/file/d/13FipoDww4-bhDIVZWeDMjG3aDzosfQjx/view>

Online gaming guide -

<https://www.internetmatters.org/resources/online-gaming-advice/the-basics/>

How to set parental controls on popular devices, apps and platforms -

<https://www.internetmatters.org/parental-controls/gaming-consoles/>

