

Gaming - Help and Advice for Parents

Concerns have increased about the amount of time our children are spending gaming as part of significantly greater screen time during Lockdown. There is also growing concern about the numerous risks associated with gaming e.g. exposure to inappropriate content, raiding, impact on mood or behaviour, addiction or increased spending through skin betting and loot boxes.

When considering issues with gaming at home, it might be useful to also refer to other pages in this section of the Parents' area of the website on Online Safety, for example 'Screen Time – Help and Advice for Parents'.

Conversation, balance and ensuring other activities are available can be good parts of a strategy. The value of a digital sunset and ensuring good sleep, food and exercise should also be remembered.

However, please find below some resources that give more specific information, help and advice on gaming.

This first webpage from the **Internet Matters Gaming Advice Hub** gives a good insight into the basics of the issue, presents both the risks and benefits of gaming and has some very good resources:

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

Childnet also provides a very good introduction on Gaming for parents:

<https://www.childnet.com/resources/online-gaming-an-introduction-for-parents>
<https://www.childnet.com/parents-and-carers/hot-topics/gaming>

Addiction to gaming:

Some parents can become concerned that their children are showing signs of being addicted to gaming. Information and advice on recognising signs and supporting children can be found here:

<https://www.internetmatters.org/resources/online-gaming-advice/online-gaming-the-risks/#addiction>
<https://www.internetmatters.org/hub/question/gaming-addiction-can-prevent-children-developing/>
<https://www.internetmatters.org/wp-content/uploads/2019/05/Internet-Matters-Guide-Gaming-advice-Teens.pdf>

Other useful sites include:

<https://www.bbc.com/ownit/curations/gaming>
<https://www.askaboutgames.com>
<https://www.askaboutgames.com/advice/video-game-guides/>
<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/online-gaming/>