

Go to Online Gaming



Playing video games or role-play games online is very popular for all ages. Gaming brings opportunities for fun, communication and learning various skills, but as in all areas of childhood, parenting responsibilities still exist.

How do you feel?

Is gaming online familiar to you?
Is gaming online a pleasure,
an unknown or is it a threat?

We teach our children road
safety etc. Try to approach
online safety in the same way.

Communication is Key

Start talking very early

- *Agree where play is permitted at home.
- *Agree phone/PC/tablet
 - *Agree time limits
 - *Agree forfeits or consequences for broken agreements



Knowledge is Power (and protection)

What are the game's age ratings?

Can you start the game together?

Is personal information shared?

Is gaming name obscure enough?

Who are the 'friends'?

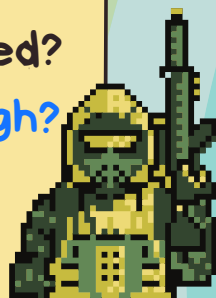
Are gifts given?

Are there purchases, who pays?

Do you need to engage airplane
mode to prevent spending?

Is game chat polite/respectful?

How do you report or block?



Nurture relationships

Stay close

Be available

Show interest

Be aware of moods,
sleep & appetite.

Encourage critical
thinking and discussion.

Have fun together
on and offline



We are here to support, listen or advise anytime. Contact us Monday to Thursday 9am to 9pm. Friday 9am to 5pm and Saturday 9am to 1pm

Go to Online Gaming



Game Stickyness

Try to understand why your child may not want to stop. Are they worried about losing gains, losing a team place, letting friends down?

Try to support self-confidence and self-regulation in real life.



Managing Endings

- *Agree number of game cycles in advance.
- *Try yellow card for ten minutes until time is up.
- *Try timers for child to remind themselves of limits.
- *Try to support planning, organisation and time-management in real life.



Specific Support

parentzone.org.uk

nspcc.org.uk

thinkuknow.co.uk

youngminds.org.uk

internetmatters.org

uksaferinternet.org

[childnetfamilyagreement](#)

[digital passports](#)

[Raising Children in a Digital Age.... Dr Bex Lewis](#)



Safety Plan

Take time to understand & discuss bullying & grooming with your child. What forms can it take? what to look out for.

Reassure your child that you are always their safe place if anything or anyone ever makes them feel unsure or uncomfortable, even online.



We are here to support, listen or advise anytime. Contact us Monday to Thursday 9am to 9pm. Friday 9am to 5pm and Saturday 9am to 1pm