

A Guide to Online Gaming

1 Age



Know what game is right for your child's age. Additional downloads can change the age appropriateness of a game.

2 Join in



Play together so that you know what your child is playing and why they like particular games.

3 Unplug



Have an unplugged night each week! Go for a walk as a family or play board games or other activities that don't involve technology!

4 Where



Keep the games console in a family room.

5 Control



Access parental controls so that you can set restrictions on age ratings or time limits.

6 Time



Set clear time limits to avoid those 'just another 5 mins PLEASEEEEEEE' conversations.

7 Safety



If your child is playing online, talk to them about what is ok to share online.