

## Gaming Advice for Parents

- 1) If you are buying a gaming device, why not print the Shopper's Checklist<<http://www.saferinternet.org.uk/advice-and-resources/parents-and-carers/parents-guide-to-technology/gaming-devices/shoppers-checklist/>> and ask these questions in the shop?
- 2) Agree with your child some “rules” about their safe and responsible use of gaming. The following is a good starting point: <http://www.digizen.org/digicentral/family-agreement.aspx> remember most popular gaming devices like the Xbox, Wii and PSP connect to the Internet so the same advice applies.
- 3) Find out what parental controls are available on your device and use them if you have to: <http://www.saferinternet.org.uk/advice-and-resources/parents-and-carers/parents-guide-to-technology>
- 4) Find out why most responsible games providers use the PEGI system of classification and decide for yourself if the rating applies to your child: <http://www.pegi.info/en/index/id/33/>
- 5) Agree an appropriate length of time your child spends playing online games. Experts recommend that all games should form part of a healthy and balanced lifestyle and recommend that games players should take five minute breaks every 45-60 minutes.