



# THE DIGITAL UNIVERSE OF YOUR CHILDREN

## ONLINE TIPS FOR PARENTS

### ONLINE GAMING

Online gaming can have a positive influence on the development of your children. However, it's essential to find a good balance between gaming and other daily activities. It's also recommended to keep an eye on the content of the games played by children, to make sure they're safe. To ensure games are right for your children – why not try them out for yourself!

#### FACTS ABOUT ONLINE GAMING

- 1 83% of all children worldwide play games online.
- 2 According to the EU Kids online survey, playing games is the **second favorite online activity**. Surprisingly 'Doing homework' comes first!
- 3 Games require children to stick to rules and follow directions, they can actually **increase their capacity for self-discipline and autonomy**.
- 4 One in four 11 to 16 year old children say that **mature-rated games are their favorite**.
- 5 There is **no evidence** to prove that playing violent video games causes any **lasting increase in aggressiveness or violence**.

#### AGE APPROPRIATE GAMES

Even non-experienced gamers can select the right games thanks to the Pan-European Game Information (PEGI) age rating system, which is now used throughout most of Europe.

The PEGI label appears on the front and back of offline computer games, providing a description of the content and one of the following age levels: 3, 7, 12, 16 and 18.

The descriptive labels explain why a game has received a particular age rating. There are eight such descriptors: violence, bad language, fear, drugs, sex, discrimination, gambling and online gameplay with other people. The age levels give parents an understanding of the suitability of the game content for children, but do not take into account the difficulty level or skills needed to play a game.

With the rise in **online gaming**, PEGI recently created an online logo, which any gameplay service provider can display providing that the website meets the requirements

set out in the PEGI Online Safety Code (POSC). These requirements include the obligation to keep the website free from illegal and offensive content or any undesirable links created by users, as well as measures protecting young people while they play games.

#### TIPS FOR ONLINE GAMING

- ▶ Limit the time your children spend playing games.
- ▶ Find a healthy balance between gaming and other activities such as meeting friends.
- ▶ Decide if the content of a game is fit for your child by looking at the PEGI symbols.
- ▶ Set strict rules about making purchases while playing online.
- ▶ When playing online multiplayer games, make sure your children do not share personal information.
- ▶ Try out the games yourself and possibly play together with your child. You may find you actually enjoy it!

#### NEED MORE INFORMATION?

##### PEGI:

[www.pegi.info/en/](http://www.pegi.info/en/)

##### The 'Good Gaming Guide':

[www.pegi.info/en/index/id/media/pdf/241.pdf](http://www.pegi.info/en/index/id/media/pdf/241.pdf)

##### Videogamers in Europe 2010: Interactive Software Federation Europe:

[www.isfe.eu/sites/isfe.eu/files/video\\_gamers\\_in\\_europe\\_2010.pdf](http://www.isfe.eu/sites/isfe.eu/files/video_gamers_in_europe_2010.pdf)

##### Find out more from the Insafe network:

[www.saferinternet.org](http://www.saferinternet.org)

