

# Parents' guide: Gaming advice to support pre-teens

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## What to think about:



### Ways games can benefit children

If your child is a keen gamer, **steer them towards games that will help them to develop life skills** like problem-solving or supplement their learning.



### Be aware of game content and themes

It's important to **stay on top of what themes are featured in the games** they play so that you can be aware of how these might influence their view of the real world.

## What to talk about

### Discuss what they enjoy playing

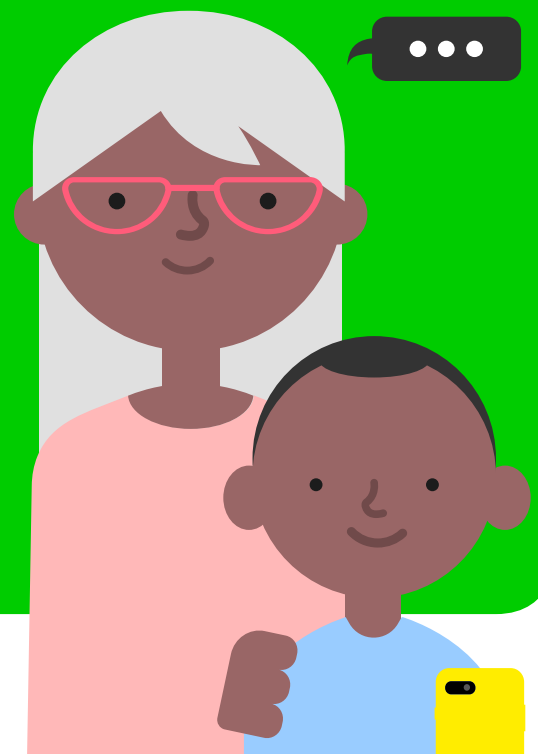
**Have regular conversations** about the games they play so you can create an environment where they feel they can come to you if something goes wrong.

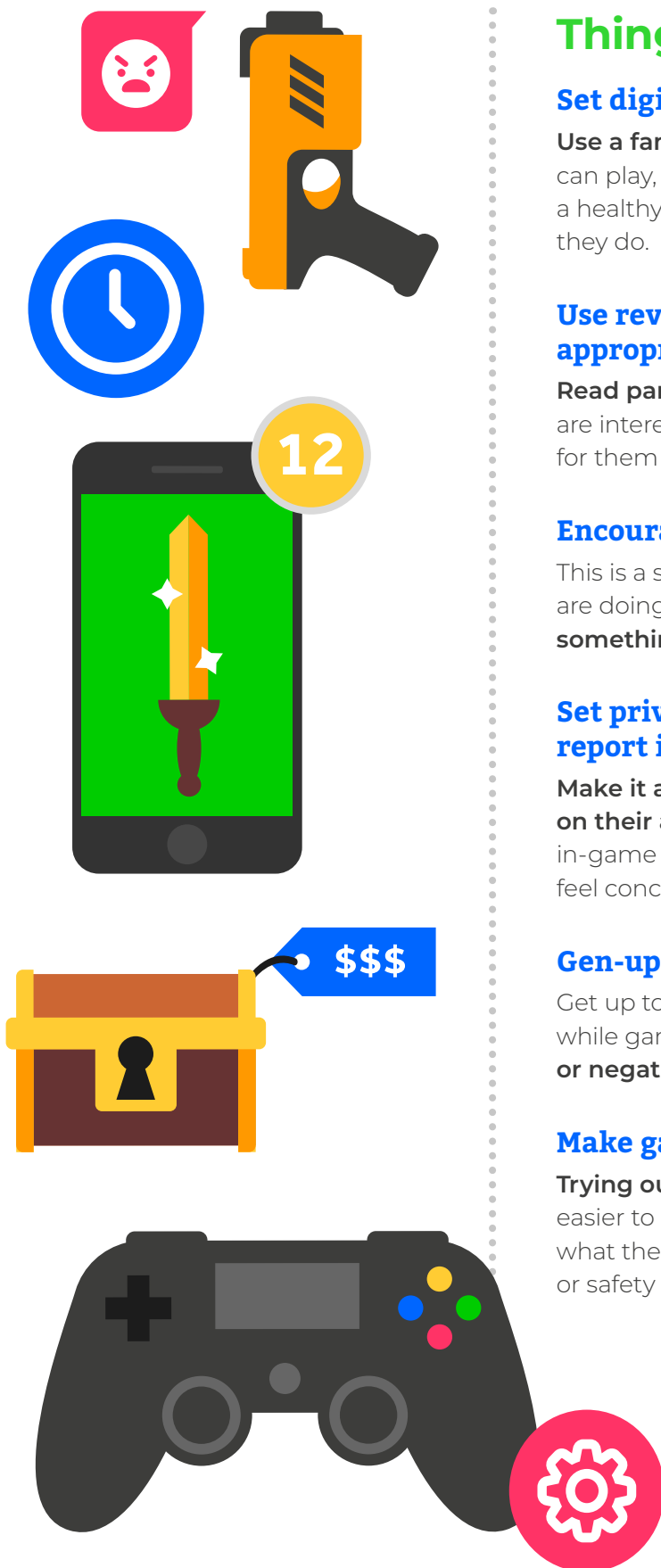
### Talk about potential risks

Help them understand the **importance of keeping personal details private** and tell them that not everyone online is who they say they are.

### How to cope when things go wrong

If they see something that upsets them or are targeted by another player in a game, it's important to talk about how to handle this situation. **Advise them to come and talk to you or a trusted adult for support.**





## Things to do

### Set digital boundaries

Use a family agreement to set rules on what they can play, when and how long for to help them strike a healthy balance between gaming other activities they do.

### Use reviews and sites to pick appropriate games

Read parents and expert reviews of games they are interested in to help you choose the right games for them to play.

### Encourage them to play in shared spaces

This is a simple way to stay engaged in what they are doing while gaming and **step in if you feel something's not quite right.**

### Set privacy settings and learn how to report in-game abuse

Make it a habit to review their privacy settings on their account and teach them where to report in-game abuse so they can take action if they feel concerned.

### Gen-up on the lingo

Get up to speed on how players communicate while gaming to **spot the signs of cyberbullying or negative behaviour.**

### Make gaming a family affair

Trying out new games with children makes it easier to relate and can give you a better sense of what the game is about and prompt conversation or safety measures to help them stay safe.