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.