



VIDEO GAMES

Video Game Ratings

All video games for consoles e.g. Xbox, Playstation use the Pan European Gaming Institute (PEGI) ratings. These are **3,7,12,16,18**. Before games are released they go through rigorous testing to ensure that they are suitable for specific age ranges. In addition, there will be an icon(s) included on the rear of the case which specifies the content included in the games. The average age of the gamer is 32 years old and it is important to understand that many 16 and 18 rated games will include sexual references, bad language and other adult themes.



Playing Online

Users can also play online with others and this is extremely popular with children. However parents need to be cautious, as users can play with people that they don't know and also there can be cyberbullies (often known as 'trash talk'). It is important to look at the parental controls on consoles to restrict what your child can do.



Screen time

Some games have elements where users are committed to play for lengthy periods of time. It is important that your child has limits of how long they can play.

Mobile Gaming

In addition to consoles, many children play games on their tablet and smartphone. Age ratings are related to the online store they purchase the games from (App Store (Apple) or Play Store (Android)). The same caution needs to be exercised as with video games and also parents need to be aware that many games include 'In App Purchases' where users can be additional content. Ensure that your controls on your device are set, so your child cannot use this feature.