GAMING SUPPORT

YOUNGMiNDS

fighting for young people's mental health

Internet Matters

https://www.internetmatters.org/resources/online-gaming-top-tips-for-parents/

Young Minds   Parental Support for Gaming -
https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-gaming/

Top Tips to help your child stay safe whilst they are gaming (go to the 'Internet Matters' link above for more info on these tips!);

1 Learn about games they like to play

2 Find out about who they play with

3 Use Airplane mode to avoid accidental purchases

4 Use ratings to choose age-appropriate games

5 Agree digital boundaries

6 Encourage them to think critically about what they share and do

Childnet International

For more support you can

also visit www.childnet.com

Help children use gaming as a way to build on their skills and have fun in a safer way.