



HALEWOOD
ACADEMY

Getting to Grips with Online: Gaming Edition

This week's session focuses on all you need to know about gaming: from Gaming Disorders to walk-throughs on different types of consoles.

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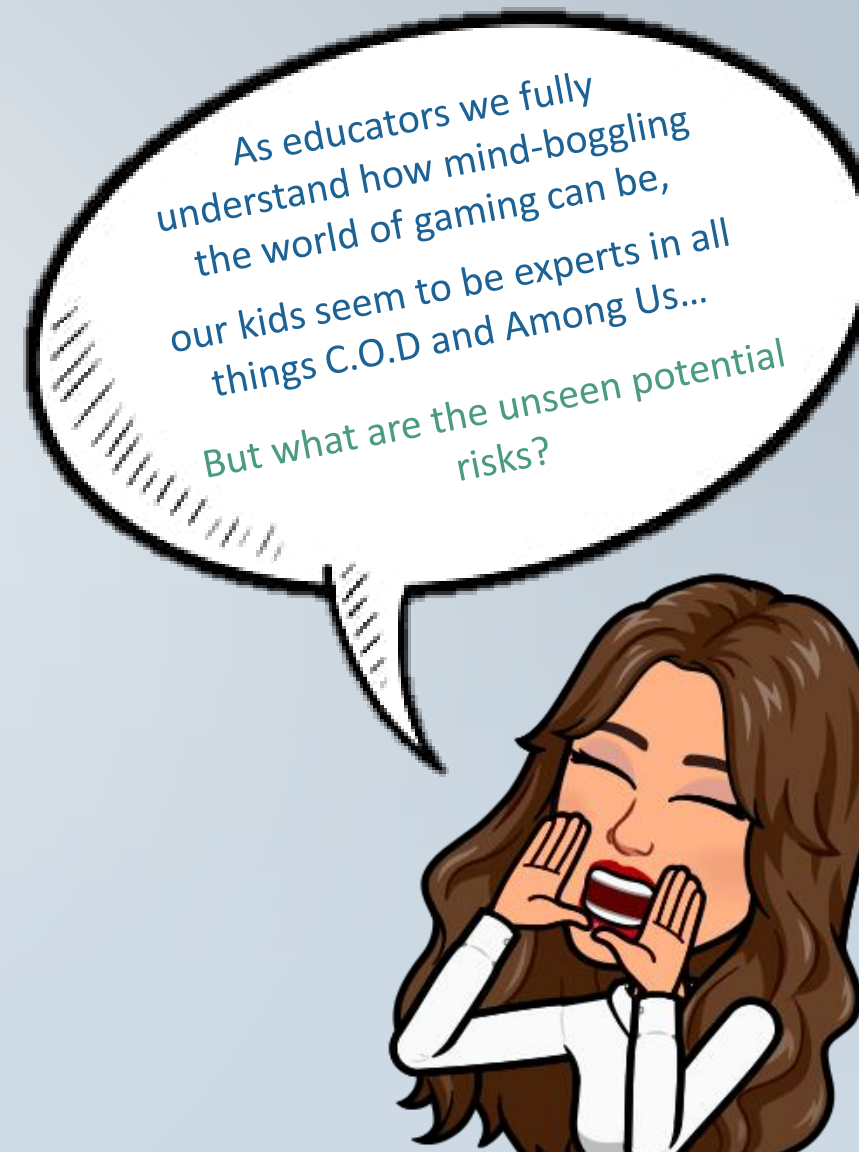


Online gaming is simply the playing of a video game over the Internet, usually with friends. Online games can be played on any number of devices from dedicated video games consoles such as PlayStations, Xboxes, and Nintendo Switches, to PCs, laptops and mobile phones.

Online gaming provides many benefits. Unfortunately, it also comes with some risks. As well as developing gaming disorder, the ability to play and chat online with others around the world can leave children open to scamming, grooming, and online bullying. Loot boxes and skin betting have also received widespread attention for encouraging similar behaviour associated with gambling.

For these reasons, it's important that trusted adults educate themselves around what online gaming is and how they can ensure children play safely.

Interested in a Webinar on understanding the basics of online gaming?
Follow the link > [National Online Safety: An Introduction to Online Gaming](#)



Parenting vs Policing Gaming

Let's begin by talking about the difference between Parenting and Policing your gaming children.

With concerns about escalating screen-time, the impact of violence, unexpected costs and interloping strangers it can be tempting to lock down video games to limit their negative impact. While some sensible boundaries are helpful, they are only a short term solution for how we guide children towards gaming health.

If you want to turbocharge your care of a child who loves playing video games, the best thing to do is to and games you want to play yourself. This can sound like strange advice until we consider how hard it would be caring for a child who loves books without reading ourselves or guiding a child who loves music without sharing our favourite songs.



Video Game Diet

Gaining an understanding of what video games are, what they are like to play and the different experiences on offer, enables you to encourage a varied gaming diet. Similar to how we don't worry about plate-time but what's on the plate, we can differentiate between different types of screen experience.

Playing Fortnite offers exuberant excitement and connection to friends. Playing Mario Kart connects us to the players sitting next to us. Roblox can be a place for children to play at having a job or surviving a storm. Minecraft can be a tranquil escape from a busy day at school. Alto's Adventure can be a way to calm anxiety or jangling nerves.

Parents and carers can expand these experiences. Kingdoms Two Crowns, Reigns and Life is Strange teach players to trust their instincts in game-worlds built to encourage risk and hunch taking. Florence, Abzu, Journey and Brothers Tale of Two Sons are a gentle way for children to learn about their own emotional responses to challenging situations as well as appreciating how people experiencing them first hand may feel. Eco and One Hour, One Life encourage the altruism of building something that other players benefit from.



Gaming Disorder

What is it?

Gaming disorder is defined by the World Health Organization as a pattern of persistent or recurrent gaming behaviour so severe that it takes “precedence over other life interests”.

Symptoms include impaired control over gaming, increased priority to gaming and continuation or escalation of gaming despite negative consequences – such as the impact on relationships, social life, studying and work life or spiralling financial costs.



Gaming Disorder

In 2018, the World Health Organisation included gaming disorder as part of its International Classification of Diseases. Those with the disorder are categorised as having impaired control over gaming, increased priority given to gaming over other activities, and continuing to game despite the occurrences of negative consequences. Naturally, a gaming disorder can affect a person of any age, with children as much at risk as anybody of developing symptoms if left unchecked. While some or all of the symptoms may appear, they must be consistently prevalent for a period of at least 12 months to be considered an 'Internet Gaming Disease' or IGD, but that time may be decreased if symptoms are severe.

Talk to other parents

It can be difficult to gauge just how much gaming time is too much. To understand what is normal, talk to other parents about their children's gaming habits. This should give a more robust idea of what is healthy and what might be a cause for concern.

Encourage other activities

It is important for you to encourage other activities. Engaging in real life sports or social activities and clubs, are excellent ways for kids to spend time with their friends and peers away from video games. Learning instruments or new languages are also a great long-term project.

Establish routines

An established routine can encourage regularity and moderation if you think a child might be gaming too much. Allow an hour or two in the evening when their friends are online and once everything else like meals, homework and housework have already been done. Try to set consoles up in family rooms and keep mobile phones and tablets out of bedrooms at night.

Seek support

If you need to get help for your child, there may be specialist organisations or clinics who can help to treat gaming disorder and provide the necessary advice and support. However, this should only be considered as a last resort in cases of long term and persistent problems.



Excessive play

Children might be dedicating an excessive amount of free time to playing games or disrupting sleep patterns or social interactions in order to get an extra game here and there. A few extra hours a week is normal, but if it becomes a regular, daily pursuit, it could be a problem.

Social disinterest

Spending time with family and friends or engaging in other activities and hobbies will fall by the wayside with gaming disorder. Life and fulfilment begins to orbit around playing video games, where the same enjoyment just can't be found in other pursuits or social activities.

Mood changes

Getting angry or defensive when asked to stop gaming or becoming irritable when not playing are both warning signs of a gaming disorder. There's a difference between being upset when losing (which is quite normal) and being angry to the point of physical aggression.

Gambling problems

Online gambling may become a problem with young ones or teenagers who might have access to their own money. Many games contain features called loot boxes or microtransaction that have been likened to gambling. Because they can be so addictive, children could be pouring huge amounts of money into games without even realising, or they may be too ashamed to admit it.

Let's Talk About DISCORD



With over 14 million daily users, Discord is one of the most popular communication tools for gamers. It allows you to create or join what are known as 'servers', where different users can talk in groups via text message or voice call. There is also the option to send direct messages and make video calls.

INAPPROPRIATE CONTENT

Your child can access almost any chat server on Discord. This means they can easily be exposed to content and conversations that are inappropriate, upsetting or potentially harmful.



SEXUAL IMAGERY

Despite there being guidelines in place to prevent it, users are able to circulate adult content. This can include sexualised images, pornographic videos and provocative discussions. It's important to stay alert and know the risks that your child could be exposed to.



RISK OF CYBERBULLYING

Interactions on the platform are largely unregulated. This means other users can easily say and show things to your child that might be offensive and upsetting. The competitive nature of gaming can lead users to make abusive and harmful remarks about your child.



HIDDEN CHARGES

Though the basic platform is free, your child will be encouraged to sign up to premium subscriptions, which give extra perks, such as animated emojis and free games. The two options are known as 'Nitro Classic' (which costs \$4.99 a month) and Nitro (which costs \$9.99 a month). Prices are only converted to pound sterling during the payment process.



RISK OF CYBERCRIME

Cybercriminal groups have been linked to the platform due to reports of hackers sharing stolen data. It's also possible that your child may be encouraged to share the data of their friends, either through peer pressure, or 'for fun', without realising the consequences.



STRANGER DANGER

To create an account, you only need to display a username and profile image. This makes it easy for someone to hide his or her real identity. Predators from anywhere in the world can join a chat server, message your child and quickly leave to avoid detection. Forbes reports groomers have been targeting children susceptible to online coercion on the platform.



Let's Talk About DISCORD




Use these seven tips to help protect your child when using Discord

1 BE WARY OF WHAT'S SHARED

Whatever your child says or shares on the platform can be seen, heard and shared with a much larger audience. Be careful to make sure your child understands this and does not say or share anything that could be deemed offensive, harmful or put themselves or others at risk.

You can find Discord's own guide for parents here: <https://blog.discordapp.com/parents-guide-to-discord-c77d91793e9c>




2 IMPROVE SECURITY SETTINGS

To help protect your child, make sure they set strong passwords. You should consider using the 'two-factor authentication' function for extra protection. It's also important to remind your child to never to share their personal information, or the details of another user.




3 CHECK THEIR FRIEND LIST

You can restrict who is able to make 'friend requests' to your child in the 'Friends' tab. It's a good idea to deselect the default option that allows anyone to connect. Of course, you should also talk to your child about why it's a risk to allow strangers to connect with them through such platforms.




4 REPORT & BLOCK SUSPICIOUS USERS

Make sure your child knows how to report and block abusive or suspicious users. If you do find your child suffering repeated abuse, contact the platform directly using the email: abuse@discordapp.com. It's a good idea to teach your child how to screenshot any negative interactions too.



5 BE WARY OF NSFW CONTENT

Public forums on the platform are a potential venue for inappropriate content that you should be wary of. There is a Discord mascot known as 'Wumpus', which is supposed to represent anyone under 18. Anyone who posts content unsuitable for under-18s, should mark it NSFW (Not Suitable For Wumpus).



6 SHOW RESPECT TO OTHERS

It's important you actively teach your child to treat other users with respect and behave online the same way as they would offline.

Take the time to read through Discord's Community Guidelines with your child. Find them at: www.discordapp.com/guidelines



7 TURN ON SAFE MESSAGING

You should encourage your child to activate the 'Safe Direct Messaging' option. This will scan and delete any direct messages sent to your child containing explicit content.



What About US

While **Among Us** is a largely safe game, it's still vital to be aware of any potential risks children may encounter.

Inappropriate chat



While **Among Us** can be enjoyed locally via wi-fi, it is commonly played online. Between rounds, players come together to discuss who they think the Imposter is with a text chat, and it's here where children will come into contact with others. There is a profanity filter on the game as standard, but it can very easily be disabled and (like any unmoderated chat groups) children can be exposed to inappropriate, sexual or explicit language.

Risk of hacking



Among Us has been the target of hacking activity. Indeed, only recently the game's developer, InnerSloth, tweeted advice that users play private games or with people they trust, in response to hacking issues. As yet, there has been no breach in player accounts. However, if a big enough hack were to take place and player details were accessed, it could lead criminals to having access to credit card data and other personal credentials.

In-game purchases



Among Us is currently available on both PC (via the gaming service Steam) and mobile devices. On the PC, the game costs a flat amount of £3.99 and has some in-game purchases, whereas the mobile version is free to play but contains adverts and in-game purchases. You can pay to remove the ads or purchase in-game cosmetic items. While these amounts are relatively low, there's still the possibility that young ones could accidentally spend lots of money on the game without realising it, as the process is complete in a couple of taps if a card is connected to your store account.

Use of external apps



Many players use external apps like Discord to voice chat with each other while they're playing. The problem with this is that it is unregulated by the game. Usually on Discord, players will only talk to other people they know in private chats, but a stranger could add a child on an external app: pretending to be interested in playing **Among Us** with them, when in reality they could be attempting to bully, groom or extort.

Among Us is one of the most popular games of 2020. A space-themed social deduction game where 4-10 players take on the guise of Crewmates, who must complete various tasks around their spaceship while randomly selected imposters must try their hardest to sabotage the others' efforts.



What About US

Here's some safety tips to ensure your child enjoys the experience in a safe and controlled environment.

Play with your children

Playing with your kids is one of the best ways to understand the game, and what makes it so popular. Among Us is free on mobile and is incredibly easy to pick up and play. It's also a great way to bond with your young ones - unless of course you're the Imposter or vote them out of the spaceship! You can do this by picking 'Local' on the main menu then 'Create Game'.

Use private lobbies

ENTER LOBBY 

Among Us uses private lobbies to let players keep track of who they're gaming with. Using a uniquely generated code that can be given to friends prior to a game starting, it gives parents peace of mind knowing who their kids are playing with. To get a game code, simply select 'Host', choose the game settings, press 'Confirm', then send the six-digit code at the bottom of the screen to friends to invite them.

Deactivate credit cards



Having your credit card automatically paired with any online accounts that can be accessed by children is asking for trouble. A solution could be setting them up with their own account with no credit card attached. They can still ask you when they want to make a purchase, but it's totally up to you as and when that transaction happens.

Use an alias

By default, your name on Among Us will be set to whatever name your device recognises you as. If this is your child's real name, you'll want to ensure they change it before hopping into a game. This is really easily done by clicking 'Online' on the main menu, then simply typing in a new name at the top of the screen.



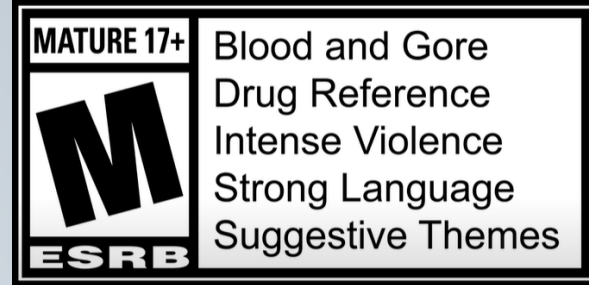
Talk about the risks



It's a good idea to talk to your child about the risks associated with online gaming, especially when there are chat options and an ability to communicate with others. Try to maintain an open dialogue with your child: talk about their experiences of the game and who they're playing with. This will help you to stay on top of how they're feeling and ensure they know they can come to you if ever they feel upset or uncomfortable about anything they've experienced.



We've All Heard About **CALL OF DUTY**

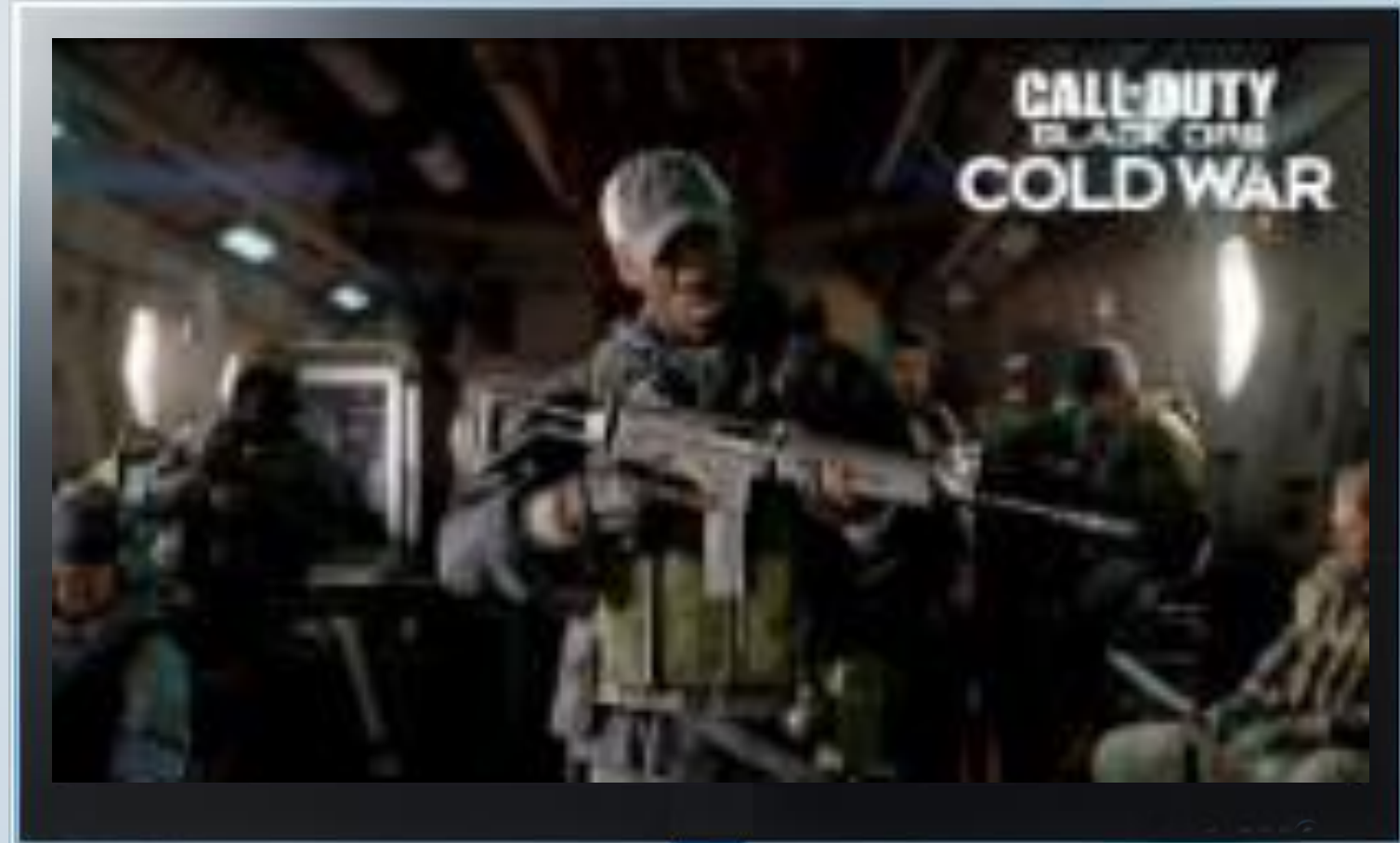


WARNING: If you are the faint of heart, do not watch this multiplayer reveal trailer.

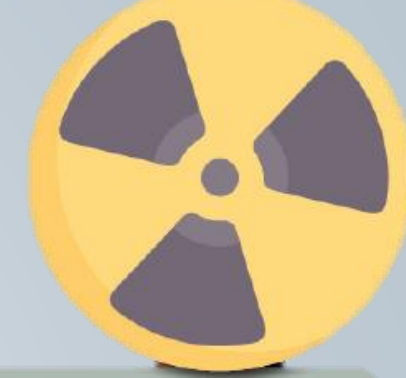
This is from the latest Call of Duty game, released in 2020, 'Black Ops Cold War' and has been given an age rating of 18 by the BBFC (British Board of Film Classification).

Yet our children who are all between the ages of 11-16 often talk about playing CoD...

Whilst we understand that some children may be mature enough to access some of the content within the game we would suggest you look into a few of the safety tips to protect your child from emotional/psychology distress.



We've All Heard About **CALL OF DUTY**



Discuss Time Limits



It's not possible to pause a multiplayer game of CoD, so it's a good idea to agree with your child a limit of matches they can play in one session. In 2018, the World Health Organisation recognised 'gaming disorder' as health condition, so it's important to monitor how long your child spends on the game.

Remove Violence & Profanity



At the beginning of the game, players are given the chance to disable the graphic content. You also have the option to do this in the game's settings. You can change the profanity setting in the content filters tab, so that the bad language doesn't appear in the game. In addition, there's an option to change the zombies mode to a more cartoonish rendering, making this mode slightly less frightening.

Disable Communication Features



It's important to talk to your child regularly about who they're interacting with online. If you have serious concerns, you can disable the voice chat function in the game's audio settings and disable the text chat function in the content filters section too.

PLAY
SAFE

Block Unsuitable Content..and Users



You can prevent your child from viewing any user-generated content by changing the settings via the in-game options menu, so unsuitable content won't show on screen when your child is playing. If your child feels that they've experienced cyberbullying in the game, there is a facility within the game to report offensive behaviour.

Monitor & Limit Spending



To avoid your child incurring hefty CoD point costs, it's best not to link their device to your bank account. Alternatively, you could allow limited access by setting up parental controls on their console. To keep a rein on spending, it's a good idea to use a gift voucher or a Paysafe card (if they're using an Xbox or PlayStation).



What parents & carers need to know about...

XBOX SERIES X|S

The Xbox Series X and Series S are the next-generation video game consoles from Microsoft. They offer improved graphics, sounds and much quicker loading times. Parents should note that the two versions available are quite different.

Safely Setting up Your Xbox Series X / S

Xbox Series X

Xbox Series X is a larger device, with a disc drive, twice as much storage and higher performance chips. It can play the new Xbox games at the highest resolution and with the best visuals. It enables you to run games from disc or digitally.

Xbox Series S

Xbox Series S is a smaller, disc-less version of the console which plays all the new games but with reduced visuals or possibly frame-rates. Because it doesn't support discs you can't play old games from discs and must purchase new games digitally. It also has smaller storage, offering 500GB which is about half that of the Xbox Series X.

Apply Family Settings

Both Xbox models offer important family controls that should be set-up before your family starts using the system. Although this can take a little time, it ensures that children have their own accounts and sets limits on spending, interactions and age ratings. If done correctly, children can now circumvent these controls and require the parent's password to alter.

Setting Age-Ratings

You can set a limit that stops any older rated games being played without a password being entered. This is not only a good way to ensure children are playing appropriate content but is a good chance to talk about the games they are playing.

Managing Spending

You can set a limit on spending via the family settings. This means that any additional purchase requires your password. Another alternative is not to put credit card details to your account and instead add credit as they need it using the book-token-like cards in-store or online.

Managing Online Interactions

Another important area of the Family Settings is specifying how and when your child can interact with online. Modern consoles enable players to share text, voice, images and video with each other. You can set whether they can do this, and also apply a password before they can add new friends.

Setting Limits on Play-Time

You can specify the time of day and how long the console can be used to play without needing a password. Talk to your children and agree how long is appropriate, then setting together so it's something they understand and accept. On the Xbox Series X|S you can also limit time on a particular game, which is a good way to encourage children to play a wide range of experiences.

Creating Guest Account Password

An important step on the Xbox Series X|S set-up is specifying a passcode for your own account and password to access the Guest account. This ensures that all users need to access the system with their own account and related limits and settings.

Game Subscriptions

In addition to buying individual games digitally or in-store, you can also subscribe to services that offer access to 100+ soft games for a monthly fee. Xbox Game Pass is often bundled with the Xbox Gold subscription you need for playing online. Most of the bigger Xbox games are provided as part of the service, as well as a wide range of indie and demogames that often offer additional and well-being based experiences.

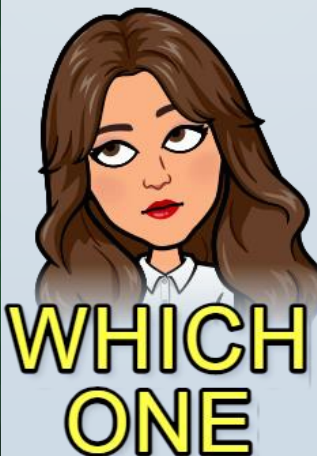
Types of Accounts

Set-Up Parent Accounts

Setting up a parent's account is important so you can manage the console for your family. After downloading the Xbox app to aid set-up, connect to the internet and while the console updates, use the app to start specifying settings. Once updated, create a parent user account with an email address you regularly check and password specified.

Set-Up Child Accounts

Setting up child accounts is important to be able to limit play-time, spending and apply age ratings automatically. Separate accounts for each child user can be set-up. It's a good idea to specify a password for the guest account so children cannot access this also. You can also download the Xbox Family Settings app to help you adjust these settings in the future without having to access the console directly.



What parents & carers need to know about ...

PLAYSTATION 5

The PlayStation 5 is the next-generation video game console from Sony. It offers improved graphics, sound and much quicker loading times. It also has a new controller with motion- and force-feedback features for a more immersive experience. Parents should note that there are two different versions available that support discs or digital downloads.

Safely setting up your Playstation 5

PlayStation 5 Blu-ray

PlayStation 5 Blu-ray is the larger of the two consoles, although not by a lot. It enables you to play games on disc or by digital download. Although all new games are available digitally, the disc drive is still useful to watch movies from discs as well as play most existing PlayStation 4 games you own. It also enables you to purchase second-hand games on a disc, which is often much cheaper.

Family Settings

Both PlayStation 5 models offer important family controls that should be set up before your family starts using the system. Although this can take a little time, it ensures that children have their own accounts and sets limits on spending, interactions and age ratings. If done correctly, children cannot circumvent these controls that require the parent's password to alter.

Setting Limits on Play Time

You can specify how long, and at which times of day, the console can be used to play without needing a password. Talk to your children and agree how long is appropriate, then set this on their profile, so it's something they understand and accept. You can set different time limits on each of the users on the system.

Managing Spending

You can set a limit on spending via Parental Controls. This means that any additional purchase requires your password. Another alternative is not to put credit card details into your account and instead add credit as they need it using the book-token-like cards in-store or online. A nice feature on the PlayStation 5 is setting an amount of pocket money to spend on games each month.

Setting Age Ratings

You can set a limit that stops any older-rated games being played without a password being entered. This is not only a good way to ensure children are playing appropriate content but is a good chance to talk about the games they are playing.

PlayStation 5 Digital

PlayStation 5 Digital is slightly smaller as it doesn't contain a Blu-ray drive. This means the console is cheaper but can only run games you download via an internet connection. Unlike the Xbox Series X and the cheaper Series S, the digital-only PlayStation 5 is just as powerful as its more expensive disc-and-download counterpart.

Downloading the PlayStation App

The PlayStation 5 uses the same PlayStation app as the PlayStation 4. This is a super-easy way to tweak the user settings for your family without having to log on to the console. It's also a good way to keep track of what different people are enjoying on the system. The app can also be used as an easier way to log-on by scanning the QR code.

Creating Guest Account Password

An important step during the PlayStation 5 set-up is specifying the default settings for guest accounts as well as a passcode for your own account. This ensures that all users need to access the system with their own account and related limits and settings.

Managing Online Interactions

Another important area of the Parental Controls is specifying how and who your child can interact with online. Modern consoles enable players to share text, voice, images and video with each other. You can set whether they can do this, and also apply a password before they can add new friends.

Game Subscriptions

In addition to buying individual games digitally or in-store, you can also subscribe to services that offer access to hundreds of games for a monthly fee. PlayStation Plus is needed to play games online with other people and offers a set of games you can immediately download for the new system. PlayStation Now enables you to stream (and download) a wider set of games.

Types of Accounts

Set up Parent Accounts

Setting up a parent's account is important so you can manage the console for your family. After plugging your console in, connect to the internet and wait for updates to finish. Once updated, create a parent user account with an email address you regularly check and password specified.

Set up Child Accounts

Setting up child accounts is important to be able to limit play-time, spending and apply age ratings automatically. Separate accounts for each child user can be set up. It's a good idea to specify a password for the guest account so children cannot access this also.



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Thank you for taking the time to participate in this session. Should you have any further queries regarding how to support your children with Online Gaming please do not hesitate to get in touch.

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