



Get to know gaming

How you can set controls and restrictions



Whether they're heading for a different time, a distant galaxy, or another dimension, you don't need to understand the worlds your children enter for their gaming adventures to know how to protect them when they're there. Here's a handy guide to setting and agreeing the restrictions you do have control over.



Manage gaming time

Left to their own devices some kids will play until their eyes close. Even though there are many benefits to gaming, it's a good idea to set a time limit on how long they're allowed to play each day – to make sure they have a good game-life balance. If gaming is impacting on everyday life such as missing meals or sports practices then it's worth having a conversation to set some boundaries.



Disable chat, messaging and sharing

You can never be completely sure who your kids are interacting with on open platform games. They might be friends, but also strangers, trolls, or online bullies, so it's best to stay aware of the dangers and disable chat, messaging and sharing if you're unsure.



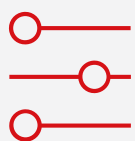
Restrict browser access

The internet is an amazing place but it's easy for kids to find themselves viewing content that isn't age appropriate. If they're gaming on an internet-accessible device make sure you've turned on the right parental settings on your browser.



Set passcodes

Use passcodes to make sure any settings you've put in place can't be changed, and keep these somewhere they won't be found.



Set monthly spending limits

Gaming can be a useful platform in helping kids learn how to control their money and spend it wisely. But temptation can get the better of anyone, especially when caught up in the moment during a game. Talk to them and agree a fair amount for them to spend each month by getting them to track any previous purchases and set a limit accordingly.



Set alerts

Take a look in the settings of devices and platforms and you'll find you're able to set alerts and receive emails that inform you when your child has bought something while gaming. It's a simple but effective way to keep track of what they're spending.



Use prepaid cards or gift cards

Rather than allowing in-game purchases or monthly subscriptions on your debit or credit card, you can use prepaid cards or gift cards that allow your child to have a specific amount to spend. Then, once it's gone, it's gone.



Take an interest

Talk to them about the game they're playing, join in (if they'll let you!) and learn what it is they're up to and why they love it so much. There's no better way to understand gaming. You never know, you might enjoy it!

