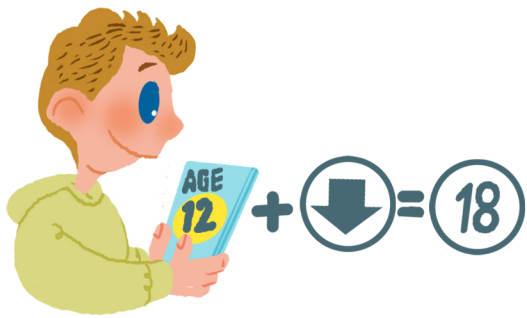


A Guide to Online Gaming

1 Age



Know what game is right for your child's age. Additional downloads can change the age appropriateness of a game.

2 Join in



Play together so that you know what your child is playing and why they like particular games.

7 Unplug

Have an unplugged night each week! Go for a walk as a family or play board games or other activities that don't involve technology!



3 Where

Keep the games console in a family room



6 Control

Access parental controls so that you can set restrictions on age ratings or time limits.



4 Time

Set clear time limits to avoid those 'just another 5 mins PLEEEEAASSSEEEEE' conversations.



5 Safety

If your child is playing online, talk to them about what is ok to share online.

