

GAMING AND GAMBLING:

A guide for parents and caregivers

What should I look out for?



Loot Boxes

In-game purchases that give randomised rewards.

Often used to help your progress in the game, they come in a variety of designs (llamas, chests, boxes etc.).

They advertise the chance to get rare rewards, but may not disclose that the odds of getting rare items are usually very low.



Social Casinos

Casino games that are free to play, with no money either to enter or win.

Often promoted through social media.

Players may get the impression that they would be 'good at gambling' because games are not set at real odds. Players are encouraged to spend real money in-game on extra lives, coins or gifts.



Microtransactions

Small in-game purchases.

Real money is exchanged for in-game currency to buy items to improve gameplay.

Using in-game currency can make it difficult to track spending. Designers use countdowns and attractive graphics to encourage players to spend.



Esports

Electronic sports in which people play video games against each other, either professionally or for fun.

Video games appeal to younger audiences and can offer many benefits. However, betting in esports can normalise gambling among children and young people.










Similarities between gaming and gambling

Like gambling, gaming often uses variable rewards. We learn behaviours more quickly when rewards are randomised like this - a win could happen at any time and you don't know when. This can encourage children and young people to keep spending, and make spending difficult to track.

How to support children →

Support children to manage gaming risks:

-  Turn off in-game or in-app purchases.
-  Learn about filters that are available for each device your child uses. To check your device, visit: <https://www.internetmatters.org/resources/tech-guide/>
-  Set screen time notifications so that your children know when their gaming is coming to an end.
-  Set up parent controls or a family group account, so that only you can adjust privacy and online settings.
-  Use a family group or account to review and respond to purchase requests from your children.
-  Keep track of purchases by viewing activity reports, or set up an allowance.
-  Restrict games based on age by checking the PEGI rating.

For more info, visit: www.parentzone.org.uk

IF YOU ARE WORRIED

about your child or young person's gaming or gambling –
the first step is to ask for help.



BeGambleAware.org



0808 8020 133



Support: **RCATrust.org.uk**



More info: **NSPCC** or **GamFam**

Whatever you're dealing with, help is out there.

Get in touch for one-to-one confidential advice,
information, and emotional support.