

# Social media, gaming and your child

## Resource sheet

### Hwb online gaming

- A parent and carer's guide to the benefits and risks of online gaming  
<https://hwb.gov.wales/resources/resource/63199e08-3a41-45e8-a8ce-dfb98e071d92/en>

### UK Safer Internet Centre: social media

- Parents' Guide to Technology  
<https://www.saferinternet.org.uk/advice-centre/parents-and-carers/parents-guide-technology>
- Social media checklists.  
<https://hwb.gov.wales/search?query=checklists&strict=true&popupUri=%2FResource%2F629e1662-c5d6-4cca-b1dc-5889ebba4824>

### Video Standards Council

- <https://videostandards.org.uk/RatingBoard/>

### Ask about games

- <http://www.askaboutgames.com>

### NSPCC

- Online games: helping children to play safe  
<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/online-games-helping-children-play-safe/>
- NSPCC and O2 NetAware site – a guide to social networks  
<https://www.net-aware.org.uk/>

### EU Kids Online

- Parenting for a Digital Future from the London School of Economics and Political Science  
<http://blogs.lse.ac.uk/parenting4digitalfuture/>
- Families and screen time policy brief  
<http://eprints.lse.ac.uk/66927/1/Policy%20Brief%202017-%20Families%20%20Screen%20Time.pdf>

### Common Sense Media

- Provides independent reviews, age ratings, and other information about all types of media  
<http://www.commonsensemedia.org/>

### **Internet Matters: online gaming**

- Online gaming safety tips  
<https://www.internetmatters.org/advice/online-gaming-top-tips-for-parents/>
- What is 'gaming addiction' and how can you prevent children from developing it?  
<https://www.internetmatters.org/hub/question/gaming-addiction-can-prevent-children-developing/>

### **CEOP**

- Report online sexual abuse of children  
<http://www.ceop.police.uk/>

### **Childnet**

- Online gaming: an introduction for parents and carers  
<https://www.childnet.com/ufiles/Online-gaming-an-introduction-for-parents-and-carers-2017.pdf>

### **Other resources and further reading**

- [Ofcom, Children and Parents: Media Use and Attitudes Report](#)
- [Understanding children's attraction towards digital games and prevention of gaming addiction](#)
- [Gaming addiction recognised by the WHO](#) and on the [WHO site](#)
- [Gaming Disorder – What you need to know from Internet Matters](#)
- [Childnet International](#) – a range of resources for primary and secondary schools, children and young people, teachers and parents/carers
- [Meic](#) – the Welsh Government-funded bilingual national advocacy service for children and young people in Wales.