

PARENTAL CONTROLS GUIDE

To support people and their families who are facing difficulties with online gaming

WHY CAN PARENTAL CONTROLS BE IMPORTANT

Gaming disorder has been associated with impaired impulse control and decision-making (Wang et al., 2017), which essentially means people find themselves gaming often without making a 'conscious' decision to do so. They act on impulse only. To help with this, parents, other family members or friends can put controls in place to limit access to games.

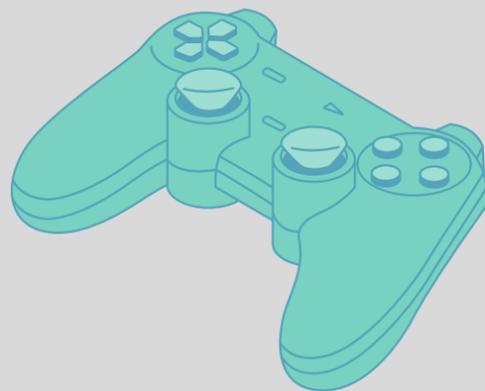


Aims of stimulus controls

1. To reduce access to games
2. A chance to stop and think
3. To implement boundaries

PARENTAL CONTROLS

- Every system or gaming device, whether it is an Xbox, Nintendo Switch, PC or iPhone, will have a set of Parental controls within settings/system.
- Settings can be set-up to schedule gaming time, restrict access to age inappropriate games (PEGI age rating), limit monthly spending etc.
- Please see information overleaf for how to set up controls on each of these devices



DISCORD

Users use Discord to communicate with voice calls, video calls, text messaging, media and files in private chats or as part of communities called "servers".

Discord doesn't offer parental controls, so there's no way for parents to restrict content or password-protect the privacy settings within the app.

- Ensure that you are regularly asking your child who they are talking to on discord asking questions such as "have you ever felt unsafe"
- Encourage them to tell you if they ever encounter a stranger trying to talk to them, looking out for inappropriate content, like swearing and graphic language and images

Encourage the gamer to only accept friend requests and participate in private servers with people they already know.

INTERNET CONTROLS

Limiting access to internet enables gamers to set limits with the time spent online and/or gaming.

Please visit the website:
<https://www.internetmatters.org/parental-controls/>

This website contains information on how to set up parent controls based on your individual device and broadband provider



TWITCH

Twitch is a live streaming platform where millions of users can watch live streams or pre-recorded video gameplay.

Useful tips to make twitch safer:

- Enable chat filters in settings to filter out discrimination, sexually explicit language, hostility and profanity.
- Block/report a user who you feel is being inappropriate or discriminatory
- Use "Automod" - From the Home dashboard, click "Settings" then click "Moderation" then click "AutoMod Rulesets". Set the appropriate level of moderation from Level 1 (lowest) to Level 4 (the highest), then click "Save" when done. This will help to detect potentially harmful messages.



Make sure the usernames used don't identify the gamer

Other top tips

Warn your child about NOT meeting people who they have only met online - especially not alone

Don't give the gamer your passwords to accounts such as Paypal, Apple ID, Google account

Do not give out your bank card details to your child and if needed ask your bank to block transactions from Apple Pay/Google Play/Steam

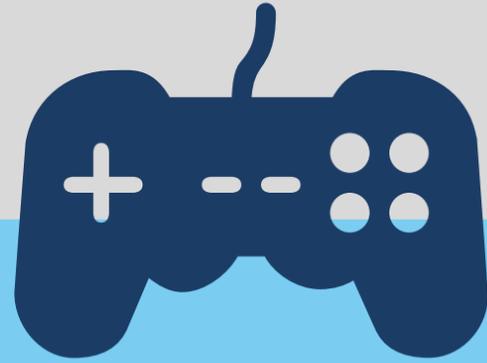
SOURCES:

[HTTPS://SUPPORT.APPLE.COM/EN-GB/HT201304](https://support.apple.com/en-gb/HT201304)

[HTTPS://HELP.STEAMPOWERED.COM/EN/WIZARD/HELPWITHSTEAMISSUE/?ISSUEID=804](https://help.steamowered.com/en/wizard/helpwithsteamissue/?issueid=804)

[HTTPS://WWW.INTERNETMATTERS.ORG/RESOURCES/TWITCH-TV-A-PARENTS-GUIDE/](https://www.internetmatters.org/resources/twitch-tv-a-parents-guide/)

HOW TO ENABLE PARENTAL CONTROLS ON DIFFERENT CONSOLES AND DEVICES



SONY - PLAYSTATION 4 OR 5

Follow the steps below to set up protections on your PlayStation 4 or PlayStation 5.

- Set up a user Family by adding child users under your existing PlayStation Network account in Account Management.
- Give permissions to yourself and any other adult account you feel comfortable with monitoring your child's activity.
- On your PlayStation 4/5, go to Settings > Parental Controls > Family Management to enable security features, such as time and spending limits, content restrictions, and web filtering.



X-BOX

Follow the steps below to set up protections on your Xbox/Windows 10 PC.

- On your Xbox One or Xbox Series S/X, go to System > Settings > Account > Family to manage permissions for child family members. On your Windows PC, manage family members under your Microsoft account.
- No matter how you choose to access family settings, you can set time limits, restrict communication, filter web browsing, and block mature content.
- To approve purchases on your Xbox, select your child's account under Family and go to Privacy & Online Safety > Xbox Live privacy > View details & customize > Buy & download. On PC, you can enable this through your Microsoft account.

MOBILE DEVICES

IOS - Apple Devices

On an iOS device, adjust Screen Time settings to set content restrictions, control multiplayer access, and schedule time limits for play sessions.

1. Go to Settings and tap Screen Time.
2. Tap Continue, then choose 'This is My [device]' or 'This is My Child's [device]'.
 - If you're the parent or guardian on your device and want to prevent another family member from changing your settings, tap Use Screen Time Passcode to create a passcode, then re-enter the passcode to confirm. Make sure you choose a passcode that's different from the passcode you use to unlock your device.



Android- Samsung, Huawei Devices

You can use the Family Link App to create a Google Account for your child under 13. You can also use Family Link to add supervision to your child's existing Google Account.



With a parent's device

1. Open the Family Link app .
2. Select your child.
3. On the "Daily limit" card, tap Set up or Edit limits and follow the on-screen instructions.



PARENTAL CONTROL ON THE PLATFORM "STEAM"

Family View

Family View is a feature for parents and families to establish their own rules for what components of Steam are accessible.

You can use Family View to limit an account's access to a subset of its content and features. With Family View, access to the Steam Store, Library, Community, Friends content and other features may be gated by the entry of a secret PIN.

To enable Family View:

1. Log into the Steam account your child will use.
2. Click the Steam menu in the top menu bar.
3. Open the Settings option.
4. Go to the "Family" tab on the left side of the window that opens.
5. Click "Manage Family View" to start the Family View wizard.
6. Step through the wizard to select the content and features you'd like to be accessible while in PIN-protected Family View.
7. Set a recovery email address. Note: This can be different than the email address associated with the account.
8. Select and confirm your new PIN.
9. You will then be sent a confirmation code to the account's associated email address.
10. Find and enter the code to complete setup.



Games commonly played on steam

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Disorder