

COMMUNICATE SAFELY

GAME OVER



GAMING AND ONLINE ADDICTION



**COMO
JOGOS E
DEPENDÊNCIA
ONLINE**

WHAT IS IT?

ONLINE ADDICTION

Children and young people like gaming. Gaming is a fun way to spend time, and it is also socially important, as it can encourage team spirit and develop certain skills. Parents often feel that their children spend too much time gaming, but in some situations it can be the time used by children and young people to enjoy themselves, in addition to curricular and extra-curricular activities.

Parental concerns are numerous, from cyberbullying, online predators to online shopping. It is very important for parents to establish a dialogue with their children about online safety, to explain the risks that can happen on the Internet, which also occur in online games.

Online games can have several benefits, but it is essential to realise that there are some associated risks and that children and young people need to be aware of these risks in order to protect themselves. While playing, children and young people have a sense of escaping the real world, and in some games they feel part of a community, reinforcing the social character of online games.

However, just like in the “real world”, children and young people need guidance and mentoring to avoid becoming victims of cybercrime situations. With parental support and guidance, children can develop their creativity, cultivate relationships with friends and improve their strategic thinking. Gaming can also help them have the perseverance and resilience to achieve certain goals and improve their communication skills.



POSITIVE ASPECTS /BENEFITS

HELPS LEARNING

At an early stage, there are numerous games that help with learning how to read and write, as well as with mathematical reasoning. Gaming is increasingly used in learning.

INCREASES MEMORY, BRAIN SPEED AND CONCENTRATION

Many games require strategy, are immersive and therefore require problem-solving and memory skills. Certain games increase players' resilience and ability to concentrate.

MULTITASKING

Some games require players to do multiple actions simultaneously and quickly.

DEVELOPMENT OF STRATEGIC AND ANALYTICAL SKILLS, QUICK THINKING, PROBLEM SOLVING.

TEAMWORK

Some multiplayer games promote teamwork and confidence through the actions and responsibilities each player has in the game.

HINTS/ SUGGESTIONS

Teach your child not to share personal details

(name, birth date, address, school, email, etc.).

Children and young people should not give their real name, age or location in games.

It is important for children and young people to pay attention to chat conversations,

so that they do not share personal information. If they feel uncomfortable with the conversation, they should block the user/player and ask their parents for help.

Have an antivirus installed and updated,

so that children do not download fake games with malware.

Strong passwords

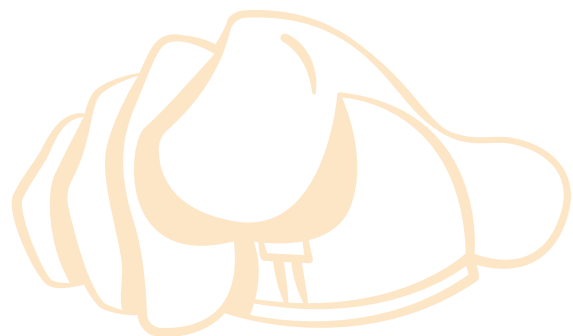
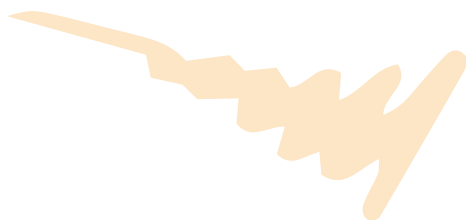
It is important that children have strong passwords with combinations, so that other players or hackers cannot guess the passwords. They should never give their passwords to other players or virtual friends. Have different passwords for each game.

Have the camera switched off and covered,

in case it is not needed for the game. Any devices with camera and audio can be controlled by hackers and the images can be shared on other websites.

Fake games

There are fake games, so it is important to download games from official and secure sources, or choose paid versions.



Cyberbullying

It can also occur in online games, when players create “rumours” about other players, when they offend in chats or when they purposely “kill monsters” or “destroy moves”, annoy players, slow down the game, etc. They are called “griefers”. In some games it is possible to block the chat, and all of them allow you to block these players and report the situation.

Online Predators

Games are used a lot for older people to come into contact with children/ minors. It is very easy to attract younger ones and gain their trust. In some situations, they put children “against” their parents, saying that they are the only ones who understand them. It is essential for children to understand that this situation is a real risk and that it does not only happen to others.

Be careful with online shopping.

Many games are partially free, but then you have to keep buying new services. Do not allow your child to access your credit cards online or to create online cards for purchases.

Parents should always have to authorise the installation of games

on minors’ devices. Always install games from safe and credible sources and websites.

Take an interest in the games your children play,

and find out if you can play with them.

Set up separate accounts for children of different ages

at home, in order to customize interactions.

Keep minors’ devices in shared spaces

(e.g. living room).

Call Online Safety Helpline 800 21 90 90 (free call)

TAKE NOTE

ONLINE ADDICTION



The World Health Organization (WHO) has added “gaming” to the section dealing with “Disorders due to addictive behaviours”



Important to limit and regulate the time children are gaming.



Not every child who games a lot is addicted. Only when gaming comes at the expense of other parts of life and there starts to be an obsessive compulsive behaviour it is considered disease and addiction.



If you are worried about the excessive use of online games and your child’s behaviour, seek specialized help.



GAMING CAN BE FUN!

TAKE AN INTEREST IN YOUR
CHILDREN'S ONLINE GAMING HABITS.

ONLINE **SAFETY HELPLINE**
800 21 90 90

PROJECT



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