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# Esports – a guide for parents

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## What are esports?

Esports are video games played competitively by two or more opponents – increasingly by professional gamers for monetary gain in front of audiences both on and offline. They are organised competitions based around multiplayer games of strategy, combat or sport, with rules, referees and spectators.

## How can I ensure my child can't access inappropriate games?

Check the PEGI standard ratings (Pan-European Game Information) for games that your child is interested in. Here are [easy-to-follow instructions](#) to help you set parental controls.

## How do I know if the games my child watches online are age-appropriate?

There is no statutory restriction to enabling underage children to view age restricted video games online. However, responsible esports organisations request a user's date of birth and use a PEGI rating as a guide. Talk to your child to find out what games they are playing, and watching, online and check the PEGI rating.

## How do I know if my child is addicted to gaming?

It is important to look at the context. Watch out for significant behaviour or personality changes and whether it is affecting their school work or their social life rather than counting the number of hours they spend gaming or watching games.

## Are there tools to help me to manage my child's gaming?

You can [set controls](#) to manage the amount of time your child spends on games, whether they can chat with other players and which games they can access.

**Top tip:** Give your child a five-minute warning when their time is nearly up. This can help avoid frustrating arguments and allows them to finish the game, or level they are on.

## How can I stop my child running up bills whilst gaming?

You can control and monitor in-app purchases using the parental controls for specific consoles. Make sure your credit card details are not saved onto any accounts to prevent accidental purchases. PEGI provide guidance on their [website](#).

## For more information:

British Esports Association

<http://www.britisheports.org/advice-and-information.html>

Top Tips for if your child wants to become an esports professional

<https://playfaster.vodafone.com/>

PEGI ratings and parental controls

<https://pegi.info/page/parental-control-tools>