



# Unlocking Video Games

For many young people, gaming has become more than a simple form of entertainment. Modern multiple player games allow people to connect from all over the world via chat and other interactive features. While this can be a great opportunity, it has become a source of concern for parents when considering safety, screen time, and issues with in-app purchases.

## What are eSports?

eSports are video game competitions where individuals and teams play against each other in a virtual gaming league. Spectators who are not watching live from an arena can expect to see competitions streaming on YouTube and Twitch, or even on television channels such as ESPN and Disney XD. For more information, visit [esports.com](http://esports.com).

## Entertainment Software Rating Board System

The ESRB rates video games using three factors - age appropriateness, content descriptors explaining subject matter, and interactive elements. Ratings information is found on both the front and back covers of physical games and on the download page for digital games. For more information, visit [esrb.org](http://esrb.org).



## Tips to help manage your child's gaming hobby:

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**Research the games your children want to play before allowing them**

**Learn and enable the gaming system's parental controls**

**Establish rules, time limits, and proper behavior when using the gaming system**

**Agree who is approved for chatting and interactive features**

**Discuss in-game purchases and whether your child will have access to them**

**Spend time playing the games with your child**

**Create a balance by encouraging screen-free game time as well**

## Some benefits of video gaming include:

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**Building friendships with new friends around the world**

**Introducing collaboration between teammates and developing communication skills**

**Enhancing creativity, strategy and problem solving skills**