

# A Parent Resource Level Up Together

## Communicating with Your Child/Ward and Understanding their Gaming Habits

Have you ever wondered why does your child/ward spend so much time gaming? This infographic aims to provide you with some information to help you understand why your child/ward spends so much time on gaming, and practical tips to help you communicate with them about their gaming habits.




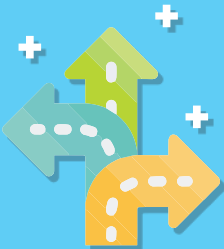

It is important for you to show interest in what your child/ward is doing and understand what they enjoy. This extends to the games that they play. When you understand why gaming appeals to them, you will get better at supporting them in building healthy online gaming habits.

### Why Do Our Children Game

After a long day at work, we sometimes look forward to relaxing by doing something we enjoy. This fulfils our basic psychological need for fun. Similarly for our children, gaming allows them to meet some of their psychological needs. They are able to connect with their friends (Love and Belonging), make their own choices (Freedom), be a hero who saves lives (Power) and relax while playing (Fun).

Children are attracted to gaming as it often fulfils some of their psychological needs in their lives.

#### 5 Basic Psychological Needs

				
<b>Survival</b>	<b>Love &amp; Belonging</b>	<b>Power</b>	<b>Freedom</b>	<b>Fun</b>
Physiological need to sustain life, health, shelter and nourishment to feel safe and secure.	The need to be connected to others such as friends and family.	The desire to matter, make a difference, be competent and respected.	The need for freedom in having choices, being independent and creative.	The need for pleasure, play, humour and relaxation.

While we generally do not need games to survive, games can fulfil a certain role that your child/ward needs in their lives, such as belonging, power, freedom and fun.

**Click Here**

or go to <https://go.gov.sg/appealofgaming> to find out more about the appeal of gaming and why our children are attracted to gaming.

## How To Connect With Your Child/Ward About Their Gaming Habits

You play a huge part in starting positive conversations with your child/ward about their gaming habits. Not sure how to start? Here are some conversation starters to try:

### Learn more about your child/ward's gaming interests



I notice that you have been spending a lot of time on that game. Can you tell me more about it and its characters?



Don't spend so much time playing online games!



#### Quick Tips

We do not have to play the online games to know what our children are experiencing. Look up game reviews on 'Common Sense Media', or search for game plays on YouTube to find out how a game is played.

What's even better? Talking to your child/ward to find out what they are playing!

### Be a role-model in the usage of your device



I notice that both of us are using our handphones a lot. Shall we both agree to put away our devices by 9pm each night?



YOU need to stop spending so much time playing games!



#### Quick Tips

Remember to take the time to have meaningful conversations and discuss with your child/ward how they would like to be supported in adjusting their gaming habits.

### Understanding that gaming is not all bad



You know... games have both its benefits and risks. Do you know what are some of them?



If you spend less time gaming, you wouldn't be doing so badly for your exams!



#### Quick Tips

Have regular and open conversations with your child/ward to learn more about their gaming interests.



# What About Gaming?

## Gaming has its benefits

- Provides children with an opportunity to find common ground with others and helps them make friends online, especially in massive multiplayer online roleplaying games
- Helps develop 3D perspective as well as skills in reading, problem-solving, and collaboration
- Provides parents with an opportunity to bond and interact with their children as they play together
- Gives children a sense of achievement when they level up or receive game rewards, like a power boost or special reward - this may seem like instant gratification but for some games, player take time to train up a particular skill to achieve this

## But watch out for some types of games

- Many games include games of chance into the play experience to entice the player to earn rewards quickly and level up in the game
- Money-free gambling simulation games available online, where the chances of winning tend to be higher, may give children the impression that it is easy to win in such gambling games – this may make them more likely to gamble with real money in the future
- Due to the convergence of gambling with digital media, it is easy for children to start playing such games or experience gambling online at a young age

### Additional point:

Exposure to inappropriate content such as violence or sexual content may desensitise our children by numbing them emotionally, impair normal functioning and lead to behaviours which may be inappropriate.

For reviews on games, you can check sites like [CommonSenseMedia.org](https://www.commonsensemedia.org) or [TechWithKids.com](https://www.techwithkids.com).

Click Here

or go to <https://go.gov.sg/CliqueClick> to read more.

## Change Takes Time

As your child/ward goes through the Level Up programme, you may not see an immediate change in their behaviour. It takes time to change gaming behaviour and build new habits. At times, your child/ward may fall back to their old behaviours, and we do expect that to happen, as it is especially challenging to change gaming behaviour. Take heart and press on in your efforts to support your child/ward!

