

THE GOOD GAMING GUIDE

A PARENT'S GUIDE TO VIDEO GAMES



IN ASSOCIATION WITH



Today's video games can be a great way to bring the family together for endless hours of harmless fun.

The remarkable value of games for children has never been in much doubt. They can do everything from teach tots valuable motor skills using a mouse to helping youngsters understand such relatively complex issues as the history of mankind through games like Civilization.

The very best gaming is always safe gaming – which means games should be played responsibly. The ideal way to ensure that your children and teenagers are playing the right games – and playing sensibly – is to take an active interest in what they are playing.

But more than that, as parents or guardians you can also take direct control of just what games your children play at home – and even how they play them and for how long. Over the next few pages we detail sound advice and parental controls.

Whether your children play on a PC or one of the latest consoles – Microsoft's Xbox 360, Nintendo's Wii or Sony's PlayStation 3 – their gaming choices can be safely steered by you and in this leaflet we tell you how.

The UK's game industry also funds Ask About Games – a website offering advice, insight and further reading. Feel free to check it out at

www.askaboutgames.com

Play Safe Gaming Tips

- **Engage.** Find out what your children are playing and take an interest. Better still, join in the fun and play alongside them yourself!
- **Lighten up.** Games should be played in well-lit rooms. Darkened rooms, where games are played on old CRT (cathode ray tube) tv sets, have been known to trigger epilepsy issues amongst some children.
- **Take breaks.** Some games can be especially intense, so regular breaks are vital for healthy gameplay. Encourage your children to take regular breaks – at least five minutes every 45-60 minutes as a rule of thumb.



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GOOD GAMING IS SAFE GAMING!

• Parental Controls • Understanding Game Ratings • Playing Advice

TAKE CONTROL!

YOU CAN SET SECURITY FEATURES ON MOST GAME CONSOLES TO RESTRICT THE TYPE OF GAMES OR THE LENGTH OF TIME THAT YOUR KIDS CAN PLAY. SOUND DIFFICULT? NOT ANY MORE!



Windows Vista not only allows you to restrict access to games depending on age classifications but also by PEGI content descriptor.

To restrict access by age classifications:

1. Click on the Windows Vista Start button at the bottom left corner of the screen.
2. Click on the **Instant Search** field and enter "par" to search for Parental Controls.
3. Click on **Parental Controls**.
4. Select the user account for which you wish to set Parental Controls.
5. Click on, **enforce current settings**, and then click **OK**.
6. Under **Windows Settings**, click **Games** and then click on **Set game ratings**. Select the age rating you wish to apply. Users will be able to play games of this rating and below.

To select the types of game, as defined by PEGI descriptors, you wish your children to play:

Repeat steps 1 – 6, then select the content you wish to block under the **Block these types of content** heading.



On the PlayStation®3 guardians can set security levels to restrict access to games depending on age ratings. DVD and Blu-ray movies can also be blocked completely.

To set security levels:

1. To set game levels, from the Main menu scroll across, using the **Left/Right** buttons to **Settings** and then down, using **Up/Down**, to **Security Settings**. Press **Enter** to Select.
2. Scroll down to **Parental Control** and press **Enter**.
3. Enter your PIN Number then press **Enter**. (The default PIN Number if you have not previously changed it is 0000).
4. Select required **Security Level** by scrolling from **Off** to **Levels 1 - 11**. Press **Enter** to confirm.
5. The following settings provide a guide corresponding with PEGI ratings:

2 - PEGI 3+	7 - PEGI 16+
3 - PEGI 7+	9 - PEGI 18+
5 - PEGI 12+	
6. The PIN can be changed from the **Security Settings** menu.



The XBOX 360 allows you to restrict access to games depending on a game's age classification. You can also add a timer, restricting just how long each day or week your children can play.

To limit games played by age rating:

1. From the main Menu scroll across to the **System** tab on the right using **Left/Right**.
2. Scroll, using **Up/Down**, to the second option on this tab, **Family Settings** and Press **Enter** to Select.
3. Scroll to **Console Controls** and press **Enter**.
4. Enter your 4 digit pass code. (If you have not previously set a pass code you will need to set one on the **Console Controls** menu by selecting **Set Pass Code**).
5. Scroll to **Game Ratings** and press **Enter**.
6. Now scroll to the age rating you wish to apply and press **Enter**. Users will be able to play games up to but not over this rating.

To limit games played by time:

1. Scroll to Family Timer, and on the Console Controls menu, press **Enter**.
2. Scroll **Up/Down** to choose daily or weekly limits and press **Enter**.
3. Then scroll to the time bar **45 Minutes** and **Left/Right** to set usage limit in minutes.
4. Scroll down to Continue and press **Enter**. Exit and save the settings by scrolling down to Done and press **Enter**. When you are asked if you wish to save the settings, scroll to Yes, save changes and press **Enter**.



The Wii allows you to restrict access to games depending on age classifications. But this console also allows parents the chance to limit online communication with others.

To restrict games played by classification:

1. Use the Wii Remote to move the cursor over the Wii button in the bottom-left corner of the screen and press the **Power** button.
2. Click on **Wii Settings**.
3. Press the blue arrow **Right** to reach the Wii System Settings 2 menu options.
4. Select Parental Controls and confirm.
5. Enter your 4-digit PIN in the white box. (If you have not already set a PIN you will be prompted to do so now). Click **OK**. And again to confirm.
6. Click on **Game Settings and PIN**.
7. Now adjust the Highest Game Rating Allowed by clicking on this option. On the menu that appears next, use the blue arrows **Up/Down** to scroll to the desired setting. Once you have made your selection, hit **OK**. Click **Confirm** and then, on the next screen, Settings Complete.

If you are having difficulty with these instructions, please email us at help@askaboutgames.com

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PEGI RATINGS



The Pan-European Game Information (PEGI) age rating system was established in 2003 to help parents make informed decisions when buying video games.

PEGI operates in 29 countries and the British games industry was a moving force in establishing the system several years ago. The PEGI ratings give an indication of the type of content found in a game and its suitability.

As well as PEGI age ratings, game packaging also carries PEGI descriptors that help explain the kind of content that might be found in a

particular game. Descriptors appear as a set of icons that cover such themes as fear, bad language, violence and drugs.

Most publishers that are signed up to the PEGI rating system are also part of the PEGI Online scheme. PEGI Online extends the comprehensive PEGI age ratings scheme to the online environment.

Increasingly games are being played online against many players at a time and often across many country borders. So PEGI Online was devised to give parents greater peace of mind when their children play multiplayer games in the online arena.

For more information about PEGI and PEGI Online, head to www.pegi.info. More general games advice for parents and guardians can be found at www.askaboutgames.com

Under the current rating system in the UK, some games for older players are rated by the BBFC (British Board of Film Classification) at potentially 12, 15 and 18. It is an offence for a retailer to sell BBFC rated games to anyone younger than 12, 15 or 18 respectively.

