

## **prävention@home** **Ein digitaler Elternabend in einfacher Sprache.**

### **The digital parent-teacher-meeting offers tips for parents and children on smartphones.**

When children and adolescents play digital games on the smartphone, the computer or the game console, it's called ‚gaming‘.

Games are fun and children should play. As in every other aspect of life it is important with gaming to know what the game is and how much you play.

Digital games can be time-consuming.

Many games lure with rewards: „If you play today, you'll get extra points. If you play again tomorrow, you'll get more points. If you don't play every day, your extra points expire. ‘

There is an immense impulse to play every day. That is pretty time- consuming for children and adolescents.

Gaming companies try to make their games so fascinating, so that children and adolescents forget about time.

The tasks aren't too easy and not too difficult. They are just right. Players are losing themselves in the game. They stick to it and keep playing and playing and playing. In this time, they won't do their homework, won't help at home, stop meeting friends in real life, won't exercise, won't go out for fresh air... If it gets too extreme, the child won't want anything else. Only gaming.

Online games can cause stress.

Not the extra points alone lure children and adolescents into spending much time with gaming.

Almost every game offers the feature to chat with friends online. Either you play in teams or against each other. This way a game is even more fun! And we want to do fun things often.

Every time you meet with your friends online to play, it increases the pressure on you to play, no matter what. Even to compete with your friends.

Online games can be a money trap.

In the beginnings of gaming, you could purchase a game and it was yours. Online games nowadays use tricks. The games initially cost less or are even free.

Kids and adolescents start playing and are having fun doing so and while playing they are being offered opportunities to keep playing. Or the game suggests them awesome features and extra points. But those cost extra.

The costs are low, but they keep coming and sum up to a much bigger amount.

Kids and adolescents easily lose count on what they've already spent.  
Gaming also has positive aspects.

Games are not only bad. People can learn when they play, it's always been like that. And that's the same with digital games.

For example, a racing game teaches the child what happens, when it drives too fast in a turn. It is better for a child to learn that while playing a game, instead of racing with a real car and flying out of a real curve. Players also learn their actions have consequences.

If they do something right, they get a reward. They get points or a prize if they win for example.

The other side of it: They fail at something and feel the negative consequences. Points are subtracted, they don't win or probably don't achieve the next level.  
It's important for children since they are in a state of learning. They instantly get a result or feedback.

Have your child show you the games.

Many games are violent or even brutal. Have a look at the games your child likes to play. Then you can decide whether it is good for your child, or it might be harmed by it.

Set up 'gaming rules' at home.

Make sure that your child doesn't only play online games all the time. You can set the time when your child is allowed to play online.

In the end of this video, I'll show you websites that offer adequate online games for children.

Other than that, you can show your child that there are a lot of other fun things they can do.

These tips are just suggestions. You can decide for yourself what you want and can apply to your everyday life.

It is important for you to know what your child is doing on the smartphone. Talk to your child about smartphones and online games.

You can find more videos on smartphone topics on my website. Take a look!

You can find good online games for all ages on:

[spieleratgeber-nrw.de](http://spieleratgeber-nrw.de) [kindersoftwarepreis.de](http://kindersoftwarepreis.de) [spielbar.de](http://spielbar.de) [schau-hin.info](http://schau-hin.info)