

Participate in your child's choice

A great way to help what your child chooses to play is to be there when they make that choice.

Another way is to play together with your child; this will affect the selec-



Spend some time playing together.

tion of video games the child makes in the future.

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Genre Translation

Parents Guide to Violent Video Games



Key Points



Recommended maximum gaming time per day:
2 hours

- Much of the research on violent video game use relies on measures to assess aggression that don't correlate with real-world violence.

Some studies are observational and don't prove cause and effect.

- Federal crime statistics suggest that serious violent crimes among youths have decreased since 1996, even as video game sales have soared.
- Parents can protect children from potential harm by limiting use of video games and taking other commonsense precautions.

What Parents Can do

Parents can protect their children from potential harm from video games by following a few commonsense strategies—particularly if they are concerned that their children might be vulnerable to the effects of violent content. These simple precautions may help:

- Check the ESRB rating to better understand what type of content a video game has.
- Play video games with children to better understand the content, and how children react.
- Place video consoles and computers in common areas of the home, rather than in children's bedrooms.

- Set limits on the amount of time youths can play these games. The AAP recommends two hours or less of total screen time per day, including television, computers, and video games.
- Encourage participation in sports or school activities in which youths can interact with peers in person rather than online.

Video games share much in common with other pursuits that are enjoyable and rewarding, but may become hazardous in certain contexts. Parents can best protect their children by remaining engaged with them and providing limits and guidance as necessary.

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