LHE
Legacy Health Endowment

WHAT YOU SHOULD KNOW ABOUT

gaming

POTENTIAL RISKS FOR CHILDREN AND TEENS

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letter from the ceo

DEAR FAMILIES,

Like many activities in which children and teens engage, video gaming poses potential dangers. We have created What You Should Know About Gaming to help parents and families better understand these dangers. Advanced game consoles coupled with high-speed internet allow your child to play games online with people all over the world. Many games feature social and interactive elements such as chat or online competitions; others can be expanded or altered by downloading player-created content on the internet. In addition, gaming can often affect young people's mental health, lowering self-esteem and self-efficacy and increasing anxiety, aggression, and even clinical symptoms of depression and anxiety disorders.

While video games feature built-in, adjustable safety and privacy settings, there is always the risk of bullying, exposure to inappropriate content, and online predators. By educating, monitoring, and limiting video game use, your child's mental, physical, and emotional health can be supported and maintained. Video games can be a great source of entertainment and learning for the whole family, but it is important for parents to fully appreciate what the experience of playing games today encompasses.

As a parent myself, helping others protect their children from potential threats to their health, safety, and well-being is a particularly meaningful part of my work. It's up to us to be informed about what and how our children play and to make appropriate choices on their behalf. Fortunately, there are many tools and resources we can use to better understand the games we bring home, as well as to help ensure that the gaming experience our children are enjoying is a safe and secure one.

The Entertainment Software Rating Board (ESRB®) rating system is one such tool, providing helpful guidance about the content and age-appropriateness of computer and video games. Parental controls are available on all new video game platforms, letting us exercise even greater control over the games our children play. When it comes to games played over an internet connection, knowing the tools to ensure our kids are safeguarded from inappropriate content and encounters with other players they would be better off avoiding is crucial.

If you have any questions or comments about safe, positive, age-appropriate gaming, please email me at jeffrey@legacyhealthendowment.org.

Thank you,

Jeffrey Lewis

President and CEO
Legacy Health Endowment

the dangerous world of online gaming

Once seen only in adults, online gaming is now a normal hobby among young children and teens. There are many new and advanced games seen on Xbox and PlayStation. New games on hand-held devices, like Nintendo Switch and cell phones, are also common. Online gaming can be a fun pastime, but it does pose serious risks to young gamers.

POTENTIAL DANGERS

scams

87% of gamers purchase in-game goods, like currency. This improves players' gaming experience but can also be a way scam artists look to steal money. Be aware of any fake websites that offer virtual goods. Make sure never to share personal information and to use a strong password for your account.

adult game material

Many adult-only games show images of blood, violence, drugs, and prostitution. Adult language is also often present. Make sure to follow Entertainment Software Rating Board (ESRB®) ratings to match the right video game to your child's age and maturity.

mental health

Poor mental health outcomes are related to the addictiveness of video games. This includes low self-esteem, loneliness, anxiety, and depression. Addiction is also more likely in males and among younger children.

online predators

- Your child must set up an online account to play video games with others. When doing so, have your child hide their real age and name from other gamers. This may protect them from predators who search the internet for young users and pose as a teen or child.

- If a predator does discover your child's profile, they may try to meet with them in person. This is often done through live conversation where predators can use technology to change their voice. This may trick your child into believing they are playing with another kid.

- A stranger may try to earn your child's trust and convince them to share personal information. The location of your home could be revealed whether you - the parent or family member - are home. Predators may try to do this by advising on how to win or offering gifts.

warning signs of cyberbullying

Cyberbullying is a growing problem that can be just as hurtful as traditional bullying. Be mindful of signs that your child is being cyberbullied. Also, make sure your child knows to use proper "netiquette" (or online etiquette) when playing games online. Gaming can be an intense hobby with emotions running high. Cyberbullies may harass other gamers with name-calling and "trash talk" that could be offensive. This language often comes from adult gamers who do not know they are playing with a child. This can impact the mental health of your child and expose them to adult topics. Be aware of the types of video games your child is playing through the Entertainment Software Rating Board (ESRB®) rating.

Uneasy, nervous, or scared about going to school

Nervous or easily startled when texting or using social media

Upset after going online or gaming

Loss of interest in previously enjoyable activities or hobbies

Unwilling to share or talk about information on their accounts

Trouble sleeping

Sudden weight changes

Depressed or anti-social

TIPS ON HOW TO PROTECT YOUR CHILD FROM ONLINE PREDATORS

- Be cautious of compliments from other players.
- This may be used by a predator to start a relationship with your child.
- Not everyone is who they say they are.
- Fake profile pictures and profile details are convincing and common.

- Do not arrange to meet with someone you met online.
- While not all people are dangerous, this could place your child in a risky situation.
- Keep communication open with your child.
  - This will encourage sharing if anything makes them uncomfortable online.

how real are the risks of online gaming?

8.5%

of American youth gamers (ages 8-18) are addicted to playing video games.

500,000

The FBI estimates that approximately 500,000 sexual predators are active on the internet on any given day.

the most commonly used devices for video game play in teens:

- 88% of boys and 57% of girls use a Gaming Console
- 79% of boys and 61% of girls use a Smartphone
- 59% of boys and 39% of girls use a PC

PSYCHOLOGICAL SYMPTOMS OF ADDICTION TO VIDEO GAMES
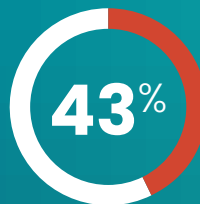
anxiety

obsession

unable to set limits

loss of relationships

anger

use as an escape from stress

43%

43% of 8–13-year-olds talk to people they have never met in real life on gaming platforms.

OVER 50%

Over 50% of children have experienced cyberbullying.

1 in 5 kids have received unwanted solicitation online

89% of sexual advances occur in a chatroom or via instant messaging.

70% of youth who were approached online did not tell their parents.

If your child has interacted with a predator, they may engage in risky behaviors, like drinking alcohol or using drugs. Your child may also distance themselves from others and become secretive.

8 ways to keep your child safe online

educate

Explain to your child that their online friends may not be who they say they are. Many predators pose as kids and can use technology to make their voices sound younger. Remind your child to never share personal information online, even with friends.

be aware

If you are not sure who your child talks with online, ask to see their gaming account. You can also watch videos recorded on the gaming device to search for inappropriate content.

be cautious

It is important to control in-game purchases on your child's account. You can do this by limiting access to credit cards and not linking them to online gaming profiles. Purchase notifications can also occur by setting up an email to your child's account. It is important to set monetary limits with your child. It is too easy to spend large amounts of money.

don't disclose

Make sure your child knows not to share personal or financial information online. This can occur when making a profile, purchasing goods, or engaging with others. Privacy is key to safety.

look out for mods

Some games allow players to modify content in ways that could change its Entertainment Software Rating Board (ESRB®) rating. These changes can be made using special cheat devices or a program called a "mod" that can be downloaded for free.

set limits

Set and discuss limits on what your child can do on the internet. Establish rules with which you are comfortable.

be involved

Keep your game console or PC in a common area of the home so you can keep your eyes and ears on the action. Ask what they are doing and with whom they are playing with online. Even better, play the game with them. This allows you to connect with your child and better understand what they are experiencing.

stay informed

Educate yourself and your child about the online world of video games and social networking sites. Use resources like this Guide to learn how to keep your child safe.

esrb® ratings

The Entertainment Software Rating Board (ESRB®) ratings describe what is seen in a game or app. This allows parents to decide which games are right for their families.

ESRB® ratings make it easy to inform parents. However, actions are still needed to protect your kids online. Learn to set parental controls, start a conversation with the ESRB® discussion guide, and limit screen time.

Visit esrb.org for more information.

applying parental controls on video games

Almost every device has parental control options. The ESRB website provides step-by-step instructions to block by age rating, control spending, limit time spent, and restrict communication for Nintendo Switch; PlayStation 5; PlayStation 4; Xbox X, S, One or 360; Microsoft Windows; Meta Quest; and other platforms, like Fortnite and Roblox.

Search "ESRB and Tools for Parents" on the internet > Click Learn More under Parental Controls > Choose the console your child owns and the parental controls you want to implement > Follow the step-by-step instructions.

early childhood

Titles rated EC have content that may be suitable for ages 3 and older. No inappropriate content is shown.

everyone

Titles rated E have content that is suitable for all ages. Some cartoon, fantasy, or mild violence and mild language may be seen.

everyone 10+

Titles rated E10+ have suitable content for those ages 10 and older. More cartoons, fantasy or mild violence, mild language, and some suggestive themes are likely to be seen.

teen

Titles rated T contain suitable content for those ages 13 and older. Violence and blood, suggestive themes, crude humor, gambling, and some use of strong language may be seen.

mature 17+

Titles rated M have suitable content for those ages 17 and older. Heavy violence, blood and gore, sexual images, and strong language may be seen.

adults only 18+

Titles rated Adults Only (AO) contain content only for those ages 18 years and older. Long scenes of heavy violence, graphic sexual images, and nudity may be seen. Microsoft does not allow AO titles on any Xbox consoles.

rating pending

Titles listed as Rating Pending (RP) are awaiting a final rating from the ESRB. The symbol appears when the game is being advertised before release.

rating pending – likely mature 17+

Titles are listed as RP but anticipated to be rated Mature 17+. The symbol appears only in advertising, marketing, and promotional materials.

top 10 tips to give your gamer

Be aware of voice-masking features. While masking can be used for safety, predators may use it to pretend to be someone they are not.

Remind kids that anything they write (or say) can exist permanently online.

Remind kids that they are playing against real people.

Use strong passwords with a mix of letters, numbers, and symbols.

Use a screen name (gamertag), not their real name.

Ignore or block any players that make them feel uncomfortable.

Do not share personal details with anyone online.

Don't click on links from strangers.

Beware of strangers. Kids should only play with people they know in real life or who are parent-approved.

Encourage them to tell an adult if they experience cyberbullying, abusive or inappropriate behavior, or any interaction that makes them uncomfortable.

top 10 video game strategies for parents

Understand your child's motivations for playing video games.

Have regular talks with your child about the games they play and their experiences, who they talk with, and how to stay safe.

It is critical to choose age-appropriate games for your kids.

That does not mean strictly following the age guidelines on a label but knowing your child and making decisions based on what is most appropriate for them.

Play the game with your child to learn it.

This allows you to spend time with them through an activity they enjoy.

Keep your parental password private.

Believe it or not, some parents ask their kids to set up parental controls.

Be aware of the use of gaming platforms on mobile devices. The extensive use of mobile devices exposes kids to gaming at an early age.

Set parental controls on Xbox, Nintendo Switch, PlayStation, Windows 10, or Apple consoles.

Periodically check your child's online activity by viewing their browser history.

Set limits with your child on how long they can play video games each day.

Check the ratings and reviews of games or apps before buying.

This helps ensure the game is age-appropriate for your child. All current information on safety and gaming features is at your fingertips on the Entertainment Software Rating Board website: esrb.org.

Be aware that there are many blogs, YouTube videos, and more that show kids how to turn off parental controls.

Your child may be gaming on multiple devices, like consoles, phones, and tablets. Be sure to set parental controls on each device. Also, consider using a Parental Control app to set additional controls across devices. Learn more about the options referenced in this Guide.

twitch for gamers

The age of web streaming is here to stay and the popular streaming website Twitch is leading the way. With more than 240 million active users on the platform, Twitch is the most popular destination to watch streamers play games and engage with their community.

On Twitch, users can watch others livestream as they play games and provide commentary throughout. Coupled with a robust chat system that allows streamers to interact with those watching, Twitch can be a magnetic platform for gamers of all ages. Teens frequently visit Twitch to watch their favorite games being played, chat with other fans, and discuss events in real time.

can my kids communicate with others via twitch?

Twitch is, at its core, a social platform. Streamers can send Whispers (direct messages) to fans, and fans can interact with each other via the built-in chat function. Many popular streamers make their own community guidelines for their streams and hire/ choose "chat moderators" to discipline users who are behaving inappropriately.

does twitch offer parental controls?

Twitch offers parental controls that moderate what a child views. These include content restrictions, time restrictions, moderating settings, PINs to lock changes to the privacy features of an account, and in-app moderation of content. If you are logged in, you can set chat filters to block discrimination, sexually explicit language, hostility, and/or profanity. You also can report and block users who violate the Twitch community guidelines.

WHAT ARE THE RISKS TO CHILDREN USING TWITCH?

A study carried out from October 2020 to August 2022 and published by Bloomberg shows that over 279,000 children were targeted on Twitch by predators. The Twitch predators enter the live chats with children and ask them to do different things, such as "perform TikTok dances", show their full bodies, or engage in explicit acts. Some predators "tip" or give donations to the users who take their suggestions.

Live predation has been a problem on Twitch for years, but there are signs the pandemic made it worse. From 2019 and 2021, the number of child sexual

abuse reports received by Twitch increased by more than elevenfold. To address this:

1. Create an open line of communication with your child.
2. Go over the importance of the terms of service.
3. Restrict the use of the platform to family areas in the home.
4. Frequently check and monitor your child's internet use through parental control apps.

discord for gamers

More than 227 million people use Discord each month, and chances are your kids are among them. Discord's explosive popularity has been fueled primarily by users who flock to the platform to connect while playing games, do homework together, hold club meetings, sing karaoke, or just hang out. It features groups called "servers" organized by topic and you can chat using video, voice, or text. Discord is designed to help video game players find each other, coordinate, and communicate while playing their favorite games online. Users can join servers that focus on specific topics, and these topics vary widely, from games like Fortnite or Roblox to general interests like science, music, second languages, or coding.

IS DISCORD SAFE FOR KIDS?

The greatest risk for kids on Discord is exposure to adult content, cyberbullying, or predator activity.

Most servers are centered on gaming and many of those games contain violence, explicit content, and mature themes. According to a Wall Street Journal article, "racial slurs, sexist comments, politically incorrect memes, and game-shaming" are common occurrences. The platform does not moderate all content and may not review something unless users report it. All open platforms come with risks, so it's important to talk with your child about what to watch out for. Common Sense Media says the safest way to use Discord is for kids to stick to private servers where they know all the members and only accept friend requests from people they know.

SOME SAFETY SETTINGS TO CONSIDER

- You can adjust your settings to restrict incoming friend requests to friends of friends or turn them off entirely.

- You can adjust your settings so that only people in your friends list can send direct messages (DMs).

- You can enable a filter that scans DMs for inappropriate content.

- When you create an account, the default settings are open, so they need to be adjusted. There is no way to permanently lock the settings, so kids could potentially change them without their parent's knowledge.

roblox for gamers

Roblox is a platform that allows users to play a wide variety of games designed by themselves or other users. It offers a wide variety of games, from traditional racing and simulations to role-playing, and users can create virtual items for other players to purchase. The app is intended to promote free-form user creation and allow players to voice chat and text with others. Globally, more than 32.4 million Roblox users are under the age of 13, with more than 40 million games and experiences offered on the platform. Roblox does not have a minimum age, but some parental controls are available.

TIPS

Roblox has multiple hidden dangers for parents to be aware of.

- Beware of "condo games". These games involve interactions between avatars (the images of players) that are sexually suggestive.
- Many users chat with one another on Discord through "Roblox Discord servers". This poses a huge risk to your child, who would be entering a public chat room. Make sure your child is not joining groups with unfamiliar users.
- Roblox has features that imitate social media apps, such as Snapchat. This allows users to send text chats and take "snaps" of their avatars to send to anyone. To limit this, ensure the communication filters are applied to your child's Roblox account.
- Roblux, the in-game currency, can be purchased with real money. Make sure to limit the amount of money your child can spend and warn them of potential scammers offering fake Roblux.

THREATS

Potential predators on Roblox are among the biggest threats to kids. Numerous stories are available online about adults grooming children for sexual exploitation, luring kids into dangerous situations, and encouraging them to share personal information. While Roblox claims to have strong safety features, explicit and harmful content is likely to bypass Roblox's filters, especially given that moderators only respond to issues after a public complaint. This demonstrates a lack of proactive monitoring of the app's content. To mitigate the risks Roblox poses to your child, we recommend the following parental controls:

- Link a parental Roblox account to your child's. This allows you to approve certain actions for your child on the app.
  - Select Create account or Use existing account (if you already one) > Go to Settings > Select Parental Controls > Add Parent > Follow the onscreen instructions to verify your age > Click Agree to link your child's account.
- Manage the amount of time your child spends on Roblox.
  - Go to Settings > Click Parental Controls > Select Screen time and set a daily limit for your child.
- Adjust the settings for content maturity, communication, spending restrictions, and private servers on your child's account.
  - Go to Settings > Click Parental Controls > Settings You Manage > Change settings as desired. Recommendations include Content Maturity, Communication, Spending Restrictions, and Private Servers.

fortnite for gamers

Fortnite is a gaming platform that increased in popularity in 2017 with its Battle Royale game. This mode allows up to 100 players to compete to be the last player standing. Since then, Fortnite has turned into a multi-game experience with games from Epic Games developers or Fortnite creators. There are thousands of games and experiences to choose from that users can play alone or with friends. Each game designed by Fortnite creators is reviewed by Epic Games to assign it an ESRB rating and ensure its appropriateness for Fortnite's audience. All games can be played for free, but users can spend money on the platform. In 2018, 61% of teens said they had played Fortnite.

THREATS

Bark, among the top parental control apps on the market, gives Fortnite a 2 out of 5 rating for several reasons. The first is harmful content due to the first-person shooter games and graphic attacks that may be depicted on the platform. The next is the in-game voice and text chat features. If your child is engaging with strangers, they may encounter profanity, sexual content, or offensive language. Predation is also a major concern on Fortnite. The chat features on this platform allow adults to develop relationships with children and potentially move conversations to apps like Discord or Snapchat.

HOW TO KEEP KIDS SAFE ON FORTNITE

Despite the low safety rating of Fortnite, Bark gave Fortnite a 4 out of 5 for its in-game parental controls. Parents can disable friend requests, set a code to password-protect changes, toggle-off mature content in chats, disable voice and text chat, and require a PIN to add friends. Follow the steps to the right to set up Parental Controls through Fortnite.

- Launch Fortnite > Click the Player Icon (image of your character) > Select Menu Icon (3 stacked lines) > Choose Parental Controls > Click Set Up Parental Controls > Set up your 6-digit Parental Controls PIN > Select the parental control preferences of your choosing. Recommendation settings include disabling voice and text chat; filtering mature language; requiring a PIN to add friends, pay for Epic Games, and view content of certain ratings; and time limit controls.

reddit for gamers

Reddit is a social news site where users create and share content. Some of this content is only suitable for those ages 18 and over and is marked as NSFW (Not Safe For Work). For some parents, this makes them wonder whether Reddit is safe for use by teens or children.

The site has communities called subreddits for different interests and any user can create a subreddit. Teens can often find communities to discuss their favorite video games or hobby. They can also find more general communities like r/mademesmile where users share content to spread happiness. There is even a subreddit specifically called r/teenagers for those 13-19 years of age to discuss topics relevant to them.

THREATS

Reddit has a variety of threats, including pornography, white supremacy, hate speech, and dark topics that a young person may find confusing, disturbing, and upsetting if they see it accidentally. Users can stumble into a group that is inappropriate for their age, and vulnerable kids could easily be manipulated. The biggest problem with Reddit is some of the content itself.

For example, NSFW (Not Safe for Work) content is seen readily on Reddit. This category can include sexual material, violence, and profanity, and numerous subreddits are devoted to it. Another example of inappropriate content that can be accessed by anyone with just one click is NSFL (Not Safe for Life), referring to explicit content that is likely to be horrific and traumatizing.

HOW TO KEEP KIDS SAFE ON REDDIT

Have regular conversations about the communities they're visiting. Ask your child about things that happen and what kind of content they see in their communities. If they are comfortable to speak with you about the positive things, they might be more likely to come to you with concerns.

Implement privacy and security settings where possible. Although Reddit has minimal privacy and security settings, some are useful. Browsers, app stores, and broadband also have parental controls you can set to encourage safety. You can consider the following as well:

On both Apple and Android, use the Reddit app without logging in. You can browse subreddits, but NSFW content will be blocked by default.

You can also:

- Collapse "disruptive" comments that contain rude or disrespectful content while browsing
- Appear invisible online
- Keep your child's account out of Google search results
- On Apple, if they want to log in so that they can interact with subreddit content, just make sure your child leaves the NSFW toggle in Settings off. You can also:
  - Limit who can follow their account
  - Turn off personalized content and information collection
  - Implement two-factor authentication for additional security when logging in

virtual reality devices

Virtual reality (VR) gaming involves a 3D, artificial environment in which games are played. VR software helps users to experience the VR environment as if it were real. These games can be played on smartphones, PCs, laptops, or gaming consoles.

33%

As of March 2024, 33% of teens owned a virtual reality (VR) device, with 13% using it weekly.

With the growing popularity of VR games and the potential harm to youth, it is crucial to implement parental controls. The ESRB website lists parental control options on Meta Quest, one of the most popular VR devices available. See the "Applying Parental Controls on Video Games" of this Guide for more information.

In a study of more than 5,000 13 to 17-year-old children in the US,

more than

44%

received hate speech/slurs

over

37%

were bullied

35%

experienced harassment on VR games.

Especially concerning is the fact that 19% of those children experienced sexual harassment, nearly 30% experienced threats, and more than 18% had personal information revealed without their consent.

addictiveness of gaming

Video game addiction, also known as internet gaming disorder, severely reduces control over gaming habits with negative consequences seen in many areas of a person's life, like self-care, relationships, school, and work.

how common is it?

1.7%-10% of the U.S. population experiences a video game addiction while 8.5% of youth ages 8-18 suffer from a gaming disorder. The reason for such a wide range is that diagnostic criteria for internet gaming disorders are not agreed upon within the medical community.

addiction

Addiction, as defined by experts, is when one cannot stop playing even if they know they should. There is a driving "need" to play, and the individual feels miserable if they are not playing. As with other types of addiction, withdrawal is experienced when not gaming. Symptoms include fatigue, headaches, insomnia, aggressive emotions, and intense cravings. Playing video games affects the brain in the same way as drugs or alcohol in that they trigger the release of dopamine, a chemical that reinforces behavior. As a result, playing video games without limitations becomes an addictive stimulus.

symptoms

Psychological: impulsive, low self-control, anxiety

Behavioral: increased money spent on gaming, increased time playing per day, offline gaming community meetings, gaming community membership

addiction causes

Many people struggling with gaming addiction play multiplayer games on the internet. These experiences offer a change from reality to a fantasy world where players can live a different life.

MMPORGs (massive multiplayer online role-playing games) provide a sense of comfort, welcomeness, and usefulness that a person may not be experiencing in real life. For many of these players, gaming is a part of their social life and is pivotal to their self-esteem.

STEPS PARENTS CAN TAKE TO AVERT ADDICTION

- Create a plan specific to gaming time. Make sure that gaming isn't affecting other aspects of your child's life like homework, exercise, proper nutrition, sleep, or real-world relationships.
- Be mindful of how video games and electronic devices are being used. Make sure that no personal information is shared with strangers online. Ensure that no unwanted messages, ads, or downloads are occurring on devices.
- Keep gaming in common areas. This will help you keep track of your child and increase your awareness of their online presence.
- Play games with them and set a good example. This allows you, as a parent, to see what they do online. It can also help you have a better understanding of the time limits you set around gaming.
- Focus on real-world games with younger children. Tactile hands-on toys, books, and art supplies are much better for your child's development than video games for entertainment.

parental control apps

bark

- Bark Premium: $14/MONTH PER FAMILY OR $99/YEAR PER FAMILY
- This plan provides the most comprehensive coverage. Its difference from Bark Jr is that Bark Premium allows parents to monitor and receive alerts from their child's social media apps, phones, computers, and tablets.
- Bark Jr: $5/MONTH PER FAMILY OR $49/YEAR PER FAMILY

- Bark Phone with built-in parental controls: $39/MONTH
- Bark monitors social media, texts, and emails on Android and Apple devices for signs of cyberbullying, self-harm, violence, sexual predators, and more. The app notifies parents of any red flags it comes across.
- No limit on the number of accounts, devices, or kids.
- Unlimited apps
- 24/7 monitoring
- Can use across every device.

qustodio

- FREE VERSION OR $54.95-$99.95/YEAR PER FAMILY (depending on plan level)
- With more than 6 million parents using Qustodio, many parents are happy with the screen time management, safety filtering, and reinforcement of positive habits this software presents. Additional controls include monitoring activity, tracking calls and texts, locating your children, and daily/weekly/monthly reports of your child's online activity.

- Available on a wide range of platforms (Microsoft Windows Kindle, Chromebook, and more).
- Provides many services for parents to monitor their child's online activity.

intego

- $39.99-$69.99/ YEAR PER MAC DEVICE
- Intego blocks problematic websites, allows for time limits to be set per user, and anti-predator chat monitoring.
- For Mac devices only, this software provides parental controls specific to this device. It also has a 30-day money-back guarantee for any parent looking to test out how the software works for their family.
- Per Mac device, but family plans (3 Macs) are available for purchase at a higher price.
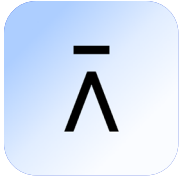
familytime

- $29-$69/YEAR PER FAMILY (depending on number of devices covered)
- FamilyTime is a dynamic application that offers innovative ways to keep kids safe online. It appeals to the parental community due to its compatibility, easy-to-use design, affordability, and extensive features. For instance, parents can block games and apps and set daily time limits. They can also do web filtering and location, call and text, and social media monitoring.

parental control apps

aura

- $11/MONTH PER FAMILY OR $100/YEAR PER FAMILY
- Aura provides both social media and gaming coverage. Parents can customize what they monitor to keep their child safe, while also setting healthy time limits and filtering content. Aura provides anti-virus, anti-malware, anti-spyware protection, a password manager, dark web monitoring, and data breach alerts.
- Can use across every device.
- 24/7 monitoring
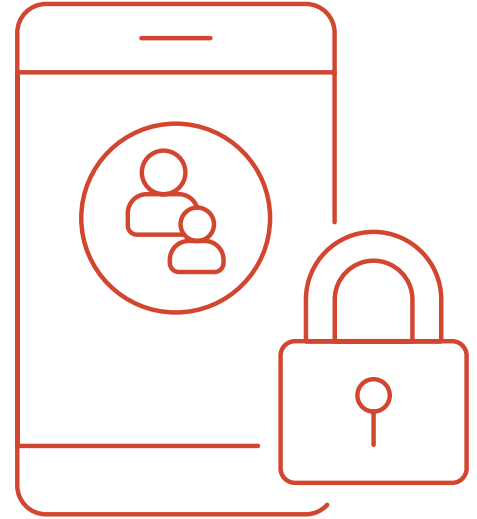
norton

- $50-$190/YEAR PER FAMILY (discount codes often featured)
- Norton Family helps parents foster a healthy balance for their children. Through location services, time limit management, and filtering of the internet, parents can establish healthy habits for their children.
- Manages home, school, and online classwork.
- Limited controls compared to apps like Bark and Qustodio.

kaspersky

- $14.99/YEAR
- Kaspersky Safe Kids provides parental controls to protect children online. Blocking access to harmful content, setting screen time limits, and tracking locations are the key features that this software presents. Parents are also able to filter what their kids can search on YouTube to ensure all results are age- and maturity-appropriate.
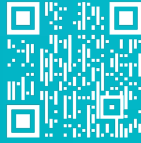
- Includes per child and per device capacity to customize each based on parental preferences.
- Reduced monitoring of sexual content, cyberbullying, and depression compared to apps like Bark.

resources and links for parents

the entertainment software rating board (ESRB®)

www.esrb.org/tools-for-parents/

commonsense media

www.commonsensemedia.org/parents-ultimate-guides

playstation

www.playstation.com/en-us/support/account/psn-safety-parents-guide/

xbox

www.xbox.com/en-US/community/for-everyone/responsible-gaming
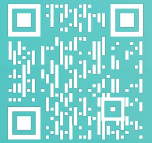
nintendo switch

www.nintendo.com/switch/parental-controls/

microsoft windows 365

www.microsoft.com/en-us/microsoft-365/family-safety
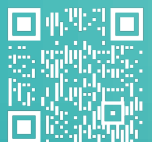
twitch

safety.twitch.tv/s/article/Guide-Parents-Educators

youtube

www.youtube.com/myfamily

apple

www.internetmatters.org/parental-controls/smartphones-and-other-devices/apple-iphone-and-ipad-parental-control-guide/
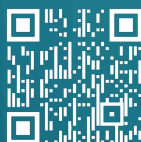
android

dataprot.net/guides/parental-controls-on-android/

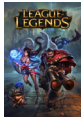# a limited list of top trending games in 2024

TOP 10 PC GAMES IN 2024

ROBLOX

Minecraft

League of Legends

Fortnite

Valorant

Call of Duty: Modern Warfare

Destiny 2

Counter-Strike 2 & GO

World of Warcraft

Diablo IV

TOP 10 PS & XBOX GAMES IN 2024

Fortnite

Call of Duty: Modern Warfare

EA Sports FC 24

Grand Theft Auto V

ROBLOX

Tom Clancy's Rainbow Six: Siege

Elden Ring

Minecraft

NBA 2k24

Destiny 2

OTHER GAMES TO WATCH FOR

- Gran Turismo
- Uncharted
- Red Dead Redemption
- Skyrim
- Dungeon Fighter
- Among Us (Phone)
- Lost Ark
- Crossfire
- Dota 2
- PUBG

glossary of terminology

1337
Extremely skilled.

143
I love you.

adn
Any day now.

adr
Address.

afk
Away from Keyboard. This means you are not playing for some time.

aimbot
Type of hack where a software tool automatically aims a weapon at opponents, usually their heads. It should not be confused with aim-assist on consoles.

aim-assist
In first-person shooter games, the system helps players shoot moving targets when using a controller on a PC.

asl
Age/sex/location. It can also stand for advanced squad leader.

bots
Short for Robot. This is a player controlled by a computer. Often bots are used to fill games and make it feel more alive.

camper
A person who hides in a corner to get easy kills by surprising others. It involves no tactics and is frowned upon in fast-paced games like Overwatch.

easter egg
A hidden video game feature. They are normally unlocked through certain ways tasks are completed, specific buttons chosen, and from access to secret game areas. They may come in the form of text, images, special scenes, and more.

farming
When repetitive actions are done to gain experience, points, or in-game currency.

fps
First-person shooter. This genre involves a point of view that a person would see in real life.

ghosting
Form of cheating where players are provided information they should not know. For example, a dead player might let others know the locations of the opposing team.

grinding
Repetitive actions performed in a game to earn a reward. Take the example of a highly expensive car in Gran Turismo. You can play the same races repeatedly to accumulate the money needed to buy that car.

gnoc
Get naked on camera.

hacker
A person who cheats in a game to gain an unfair advantage over others.
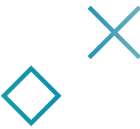
kpc
Keeping parents clueless.

mirl
Meet in real life.

glossary of terminology

mos
Mom over shoulder.

nerf
When a game developer makes a particular item or character less powerful. This may be done because they think it is too good, leading to unfair advantages.

noob
Slang for newbie and used to describe a person who is new to the game or who doesn't know how to play.

no scope
In games, sniper rifles are made such that you need to use their in-built optics to shoot properly. If you kill someone without looking through the scope, it is termed as no scoping.

p911
Parent alert.

paw
Parents are watching.

pal
Parents are listening.

ping
While playing an online game, your computer exchanges information with the server to which you are connected. The time it takes for the cycle of sending and receiving data is called ping. It is measured in milliseconds. A high ping could lead to problems like rubberbanding.

pir
Parent in room.

pos
Parent over shoulder or piece of sh**.

rage quit
When a player is not able to perform well and ends up quitting the game in anger.

rez
Short for resurrection. The term is used frequently in PUBG while reviving a fallen teammate; you are "rezzing" them.
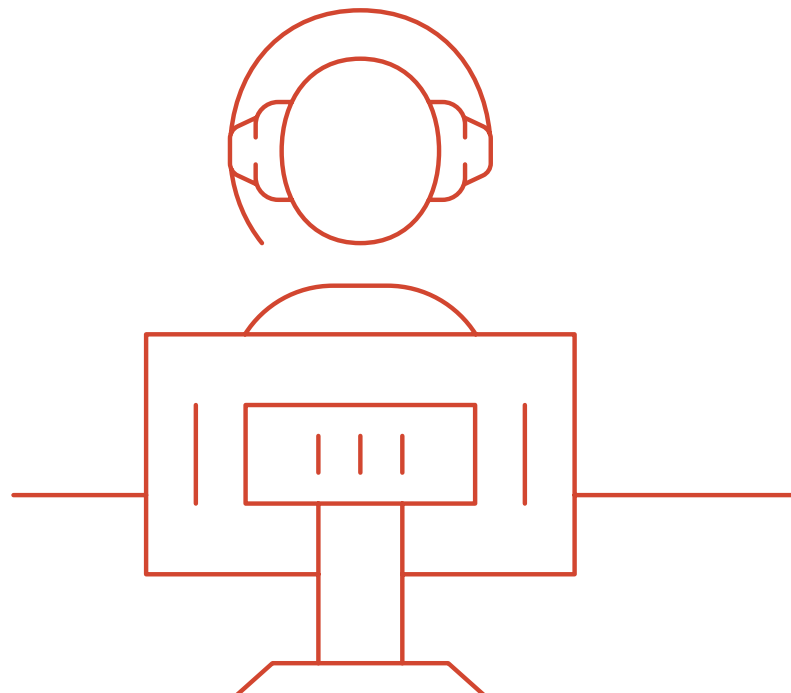
rubberbanding
When your character or vehicle is continuously moving back to previous spaces due to lag in the Internet connection.

troll
A person whose main motive is to act in a way that offends other players.

wyrn
What's your real name?

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LEGACY HEALTH ENDOWMENT MISSION

To improve the health and healthcare of all residents residing within Stanislaus and Merced Counties (19 specific cities and zip codes) under Legacy Health Endowment's (LHE) jurisdiction, by increasing access to various healthcare services and educating people about healthy lifestyle decisions.

Our objective is to dramatically improve the quality of life within the Greater LHE Community by bringing together resources, expertise, vision and the belief we can – and will – make a difference.