Online gaming can offer many positive experiences. It can give children and young people the chance to escape into a virtual world, to learn, and to connect with others.

However, there is a risk of children and young people viewing inappropriate content in games and being contacted by adults seeking to exploit them.

This week your activity pack for parents and carers to deliver to their children explores how they can stay safe while gaming:

- **4-5s**
- **5-7s**
- **8-10s**
- **11-13s**
- **14+**

Download Welsh language versions of our activity packs from **Welsh Government's Hwb**.

Gaming : a video guide for parents and carers

Our new video guide and **accompanying article**, developed in collaboration with **The Association for UK Interactive Entertainment (Ukie)**, helps parents and carers to understand:

- How in-game chat works;
- How it might be abused by others, and;
- What they can do to help keep their children safe whilst using in-game chat

Access the video

New from Parent Info: active gaming and Roblox guide

Gaming can be an active experience for children and young people. A new Parent Info article explores **how active gaming** works and the games available that help them stay active.

Parents and carers asking for advice on Roblox? Share **Parent Info's guide** which takes a look at how the platform is used and how it can be made safer for children.