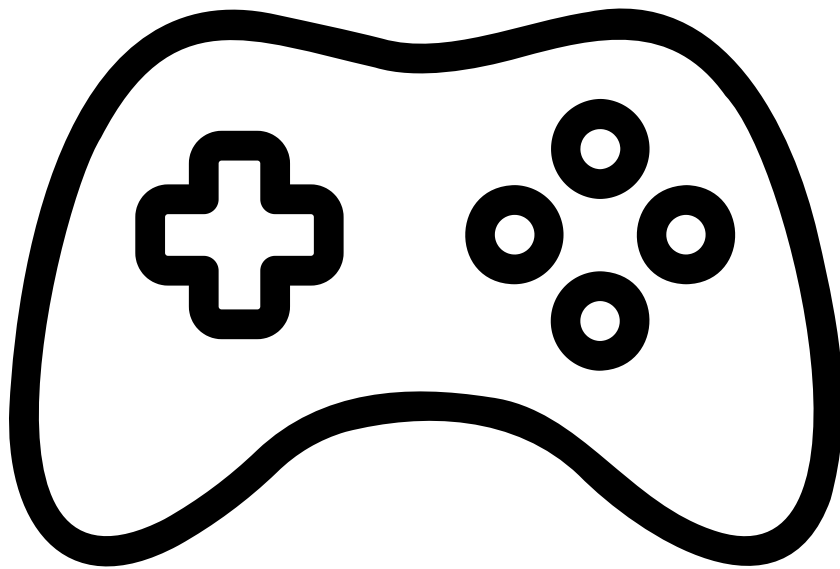


# **GAMING AGREEMENT GUIDE**

**ESTABLISH HEALTHY BOUNDARIES,  
CLEAR EXPECTATIONS, AND OPEN  
COMMUNICATION**



# WHAT IS A GAMING AGREEMENT?

A Gaming Agreement is between you and your child and serves as a set of guidelines and rules for the use of video games. Knowing clear expectations creates an opportunity for better conflict resolution, establishing healthy attitudes and habits, and a more enjoyable gaming experience for you and your child.

The importance of a gaming agreement includes:

- **Setting Boundaries:** A video game agreement helps establish clear boundaries for gaming time and ensures that it does not interfere with other essential activities, such as schoolwork, chores, or family time. By defining specific time limits for gaming sessions, the agreement helps prevent excessive screen time.
- **Promoting Responsibility:** The agreement can include expectations for the gamer to take responsibility for their gaming choices, including game selection and age-appropriate content.
- **Fostering Healthy Habits:** Video game agreements encourage a healthy balance between gaming and physical activities, outdoor play, or other hobbies.
- **Educational and Productive Gaming:** The agreement may include provisions for incorporating educational or skill-building games into the gaming routine, making gaming a more well-rounded and beneficial activity.
- **Addressing In-Game Purchases:** With many video games offering in-game purchases, the agreement can outline spending limits or require parental approval before making any purchases.
- **Encouraging Communication:** The process of creating a video game agreement involves open communication between parents and children or gamers sharing a living space.
- **Safety and Privacy:** The agreement can emphasize the importance of protecting personal information while gaming and not engaging in unsafe or harmful online behavior.
- **Maintaining Sleep:** Establishing rules around gaming before bedtime helps ensure proper sleep hygiene and prevents disruptions to sleep patterns.
- **Reducing Gaming Addiction Risk:** The agreement can incorporate guidelines to minimize the risk of gaming addiction by setting specific time limits and encouraging breaks during gaming sessions.
- **Respecting Gaming Space:** If multiple individuals share gaming equipment or spaces, the agreement can outline respectful usage guidelines to avoid conflicts.
- **Consent for Gaming:** For households with younger children, the agreement may require parental consent or supervision for playing certain games with age-inappropriate content.

As the popularity, variety, and access to video games continues to grow, a thoughtful Gaming Agreement can promote a responsible and positive gaming experience while minimizing potentially negative impacts.

# HOW DO I CREATE A GAMING AGREEMENT?

- **Initiate the Conversation:** Begin by having an open and relaxed conversation with your child about their relationship to video games and their current game usage. Explain the purpose of the agreement and that it's a collaborative effort to ensure their safety and well-being.
- **Involve Them in Writing:** Sit down together and write the agreement. Use positive language and avoid sounding overly restrictive. Within this packet, there is a list of options you could include in your agreement. You can select the agreements you would like to apply, edit them, or add your own.
- **Consequences:** Outline the consequences for not following the agreement. Ensure the consequences are fair and reasonable.
- **Sign and Display:** After both of you agree on the terms, sign the agreement together. You can also make a copy and display it in a visible place to serve as a reminder.
- **Revisit and Update:** As your child grows and matures, revisit the agreement regularly and make necessary adjustments.
- **Keep the Conversation Open:** Encourage your child to talk to you if they have questions or concerns, or if they want to negotiate certain aspects of the agreement.

# GAMING AGREEMENT SUGGESTIONS

Not all of the listed suggestions need to be used in your agreement with your child. Every parent and child are different and expectations can vary from family to family. The point of the suggested agreements is to spark intentional conversation about how gaming can be enjoyed in a healthy way and help avoid negative effects. Use the suggestions you think are applicable, delete the suggestions that don't work for you and your child, and add anything else that will meet your expectations.

- I understand that using any computer, handheld, or household gaming device is a privilege – NOT a right - and can be revoked at any time.
- My parents must know what games I am playing and the rating for each game. I will only play games that have been approved by my parents.
- I must have permission from my parents to buy new games and/or add-ons to the games.
- I must have permission from my parents before signing up for any gaming subscription service. My parents can cancel the service at any time.
- I will let other members of my family play video games with me at any time.
- I must stop gaming if my behavior breaks any family rules (i.e. becomes too angry, inattentive, mean, etc.) even if it is during a previously agreed upon time.
- Gaming time can be earned by \_\_\_\_\_
- I am only allowed to play video games if I have acceptable grades. My parents have determined that "good grades" means: \_\_\_\_\_
- On multiplayer games, I am allowed to play with the following people:
- I will alert my parents if a stranger tries to contact me through the game.
- I can play between \_\_\_\_pm and \_\_\_\_pm on weekdays and between \_\_\_\_am and \_\_\_\_pm on weekends.
- I can play no longer than \_\_\_\_ hours each day.

# GAMING AGREEMENT

## EXPECTATIONS

## CONSEQUENCES

*I risk the following consequences if I do not meet the expectations above:*

## SIGNATURES:

Child: \_\_\_\_\_ Date: \_\_\_\_\_

Parent: \_\_\_\_\_ Date: \_\_\_\_\_

Parent: \_\_\_\_\_ Date: \_\_\_\_\_