

POWER UP YOUR PLAY



**Five days
Five minutes
Five challenges**

WELCOME CHALLENGER!

Your mission starts here...

Over the next five days, you'll complete **five fun missions** with your parent or carer. Each mission helps you level up your gaming knowledge and become an even smarter, safer gamer.

Along the way you'll:

- ✓ Teach a grown-up about your favourite games
- ✓ Complete fun challenges
- ✓ Learn new things about video gaming
- ✓ Discover ways to stay safer online
- ✓ Earn your Power Up Legend certificate

Your mission includes:

-  Exploring your favourite games
-  Becoming an age-rating detective
-  Learning about online friends
-  Taking on a smart spending challenge
-  Creating your family gaming pact

Complete all five missions to unlock your certificate at the end!

READY?

Let's power up your play!

Name:

Class:

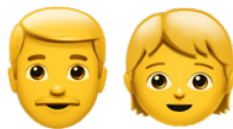
School:

Before you start



Parents and carers:

Please take a minute to read this page before starting the challenge.



Around three quarters of children in the UK play video games online. Gaming can be a great way to learn, create and socialise, but it is important that children have the right support to help them stay safe while they play.

The good news? You don't need to be a gaming expert to help children have safer and more positive gaming experiences.

Simple actions can make a big difference, such as checking your child is registered with the correct age on their gaming

platforms, chatting regularly about who they're gaming with online and changing safety settings together.

This challenge has been designed to help start those conversations at home. Over the next five days, you'll complete five short activities together, each taking around 5-10 minutes.

The aim isn't to test your knowledge or add to your to-do list. It's simply about creating opportunities to talk, listen and learn together.

How it works



Your mission: A challenge for your child to lead.



Parent power-up: A simple action parents or carers can take to help support safer video gaming.



Let's chat: A conversation starter.



Mission complete: Tick the box when you've completed the mission together.

Mission tracker

☐

Day 1 complete

☐

Day 2 complete

☐

Day 3 complete

☐

Day 4 complete

☐

Day 5 complete

Day 1: Become a gaming guide



Your mission

Today, you're the expert!

Show your parent or carer your favourite game.

Tell them:

☐

What the game is called

☐

What you do in the game

☐

Why you enjoy playing it

☐

Who you play with

☐

Whether you play online



Parent power-up

Ask your child questions about the game and let them teach you how it works.

Ask your child questions about the game and let them teach you how it works.

Taking an interest in the games your child plays can help you stay informed about their online world and make it easier to have regular conversations about who they're gaming with online.



Let's chat

What do you enjoy most about this game?



Mission complete

☐

We completed today's mission together

Day 2: Age rating detective

 Your mission

Find the age rating for your favourite game.

Game: _____

Age rating: _____

Parent power-up

Check what the age rating means and discuss why games are designed for different age groups.

While you're talking, take a moment to check your child is registered with the correct age on the gaming platforms they use. Correct age information can help ensure the right safety features and protections are in place.

 Let's chat

Would you recommend this game to a younger brother, sister, cousin or friend? Why?

Mission complete

☐ We completed today's mission together

Day 3: Friend check challenge

 Your mission

Take a closer look at who you're gaming with.

Show your parent or carer:

- ☐ Friends you know in real life
- ☐ Friends you've met through gaming
- ☐ Who you play with most often

Parent power-up

Talk to your child about who they enjoy gaming with and what makes somebody a good online friend.

Regular conversations can help you stay informed about who your child is gaming with online and help them feel comfortable coming to you if something worries them. Checking these settings are right for your child can help create a safer video gaming experience.

- ☐ Who can send friend requests
- ☐ Who can message them
- ☐ Who can join their games

 Let's chat

What would you do if someone you didn't know wanted to join your game or start chatting?

Mission complete

☐ We completed today's mission together

Day 4: Smart spending challenge

 Your mission

Tell your parent or carer about something you can buy in one of your games.

Can you find:

- ☐ An item or upgrade
- ☐ The price
- ☐ Whether you think it's worth it

Parent power-up

A few simple checks can help prevent unexpected spending and keep gaming accounts secure. Check whether:

- ☐ A payment card is saved to the account
- ☐ Spending controls are switched on
- ☐ Passwords are being kept private

Let's chat

Have you ever wanted to buy something in a game? What was it?

Mission complete

- ☐ We completed today's mission together

Day 5: Family gaming pact

 Your mission

Work with your parent or carer to create your gaming pact.

Choose three promises:

- ☐ We're set up with the correct age and only play age-appropriate games
- ☐ We tell an adult if something worries us
- ☐ We ask before making purchases
- ☐ We take regular screen breaks
- ☐ We are respectful towards others online

Or let's come up with our own!
Our promises:

1. _____
2. _____
3. _____

Parent power-up

Regular conversations and clear family expectations can help create safer video gaming habits.

Use what you've learned this week to agree how you'll continue talking about gaming, checking account settings and supporting safe online play together.

Let's chat

What's one new thing you've learned this week?

Mission complete

- ☐ We completed today's mission together

CONGRATULATIONS

You're officially a



1 Check

your child is registered with the correct age on their gaming platforms

2 Chat

to them regularly to stay informed about who they're gaming with online

3 Change

safety settings to protect them from risks

Small actions can make big differences. By staying involved, talking regularly and checking the right settings, families can help create safer and more positive video gaming experiences.

Before you finish, answer these three questions together:

One thing I've learned this week:

One thing I'll keep doing:

My favourite game right now is:

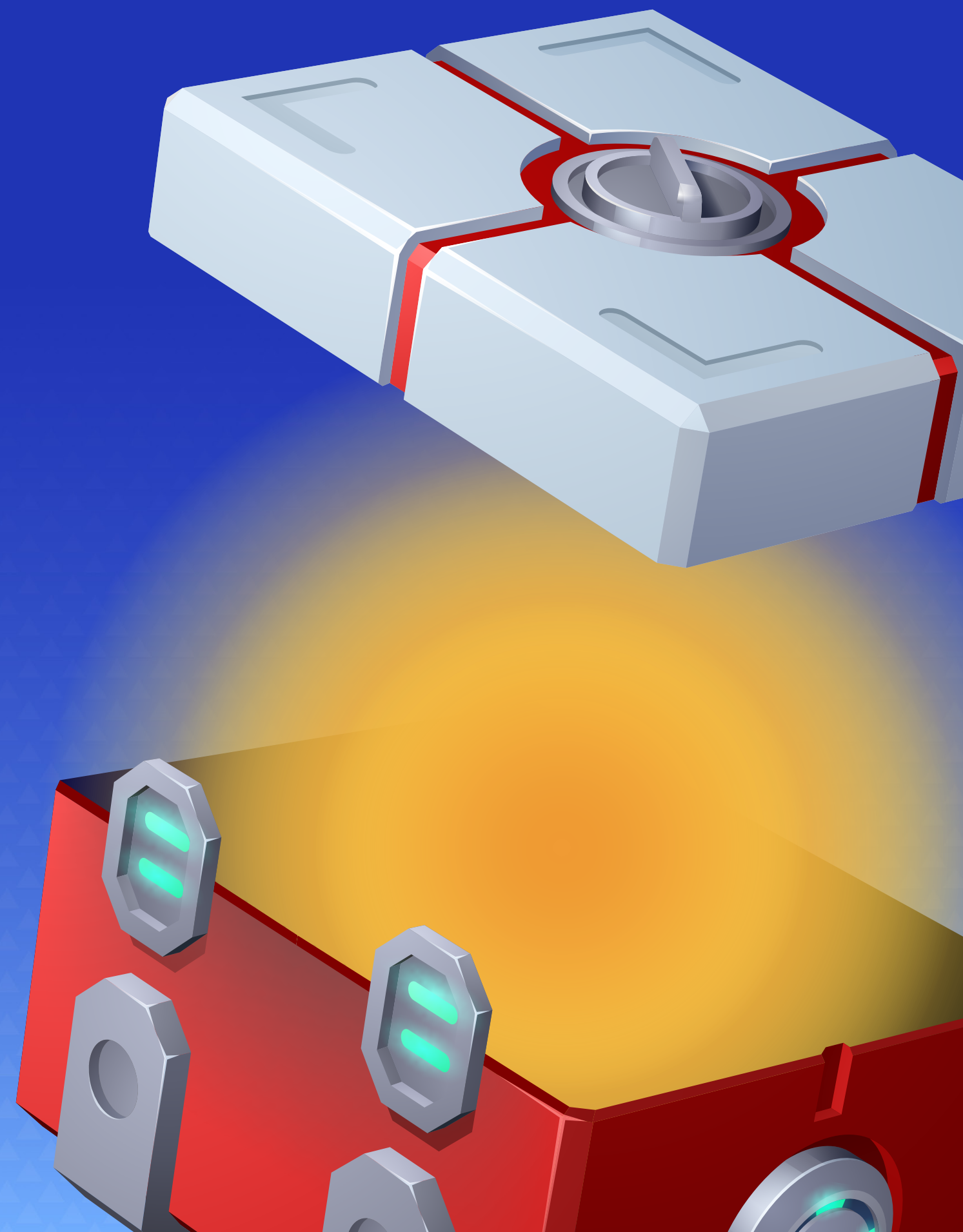
Parent/Carer declaration

I confirm that _____ and I completed the Power Up Your Play challenge together.

Name:

Class:

School:





PARENTS & CARERS



Tell us what you thought of
the Power Up Your Play
challenge.