At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one platform of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

Since the dawn of video games there have been questions asked about their potential link to violent or disruptive behaviour in people, and in particular, young people. These questions certainly haven't been without merit; violent content and graphics seemingly get more and more common as technology progresses. But what's the truth when it comes to the science? Thankfully, in today's age we actually have a much more solid idea of what the link between the two looks like, and whether or not we should be concerned. In this guide, we'll look at the arguments both for and against the idea that video games cause violent behaviour.

Do Video Games Actually Cause VIOLENT BEHAVIOUR?

FOR

VIOLENT AND MATURE THEMES

There's no getting around the fact that yes, some video games do carry violent or more mature themes and to the casual observer, they can be quite startling. Use of weapons, bad language, mature content or scary images are worrying things to introduce to a young mind at the best of times, and even more so when they can be interacted with.

Realistically this comes down to the judgement of carers as to whether they think it's appropriate for their young ones, but a great place to start is the ESRB (Entertainment Software Rating Board) rating of a game. Not only do these ratings carry a recommended age, but also give an idea of what kinds of things will be in the game.

ANGER EXHIBITED DURING OR AFTER PLAYING GAMES

Many parents notice an increase in their young one's anger or agitation after playing a video game. This is very common. However, it shouldn't be forgotten that video games are an interactive medium and, unlike a film or TV show, you have direct control over what is happening on the screen, making it much more personal.

In 2011, a study into The General Aggression Model (GAM) suggested that video games can stimulate and encourage feelings of violence and aggression in players, and gives players an opportunity to learn and practice aggressive tendencies, which translate over into the real world. While this study was debunked due to its flawed process, parents should still be vigilant if they see a child exhibiting signs of aggression while playing, and encourage frequent breaks from screen time.

RELATIVELY UNKNOWN LONG-TERM EFFECTS

Because gaming is such a new form of media, not many studies can confidently predict what the long-term effects of gaming on young minds will be. While it's widely assumed by scientists and researchers that there will be very few negative side-effects, it's still one of the great unknowns. Despite this, gaming should be treated the same as any other new media, and enjoyed in regulated amounts.

AGAINST

HISTORICAL HYSTERIA

Modern video games are a cultural phenomena, and we're still getting to grips with gaming as an entertainment medium. If we look back through history however, there's an emergent pattern of media blaming new technologies for a whole host of things.

For instance, when radio first became popular, people would blame it for earthquakes and droughts. It's good to keep an open mind when something new and popular appears on the scene like gaming. Just because it isn't understood, it doesn't necessarily mean it's dangerous.

ALMOST EVERY MODERN SCIENTIFIC STUDY

As studies into whether video games make people violent become more common, we've come to understand a great many things about how the processes and measuring the outcomes should be carried out. As such, almost every modern study on the subject has turned up an inconclusive outcome finding a link.

In a thorough joint 2019 study between the Universities of Oxford and Cardiff in Royal Society Open Science, scientists concluded that "there was no evidence for a critical tipping point relating violent game engagement to aggressive behaviour." The study asked both teenagers and their parents to monitor and feed back on their aggressive thoughts after playing video games in an attempt to give a well-rounded result.

MISUNDERSTOOD OUTSIDE FACTORS

It's easy to see why people link violent video games with real world aggressive behaviour, and there is certainly some truth in the fact they can make young people upset in the short-term. After all, nobody likes the feeling of losing whether it's in the real world or a virtual one. But we shouldn't mistake causation for correlation when assessing what this means.

Sometimes outside factors can contribute to shifts in behaviour that could be exacerbated by gaming, but not caused by it. If you're concerned over recent mood swings or aggressive tendencies in loved ones, there's no substitute for talking it out and trying to get to the route of the problem. A lot of people use video games as an escape from everyday life, and taking this away without proper thought could make things worse.

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#WakeUpWednesday

SHOULD WE STOP BLAMING VIDEO GAMES FOR VIOLENT AND AGGRESSIVE BEHAVIOUR?

Weighing up the pros and cons before letting our young ones play a video game should always be at the forefront of our minds, but the evidence of the negative impressions they leave has been debunked time and again in recent years.

It's likely that the argument around violence and video games will continue for some years, and there's certainly work to be done on both sides when it comes to researching the actual repercussions. While modern scientific studies have started to lean heavily towards there being zero or minimal connections, it's still vitally important to listen and do your own research with an open mind. If there's concern about growing behavioural issues in your kids, talk to them and encourage breaks, or play with them and try to experience the games yourself. You might just find something you like in the process!

Meet our expert



Mark Foster has worked in the gaming industry for 5 years as a writer, editor and presenter. He is the current gaming editor of two of the biggest gaming news sites in the world, UNILAD Gaming and GAMINGbible. Starting gaming from a young age with his siblings, he has a passion for understanding how games and tech work, but more importantly, how to make them safe and fun.

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