

# Esports

## Parent Guide — Everything you need to know about the competitive video game industry

### What are esports?

The term 'esports' refers to **video games played competitively** by two or more opponents. Like other organised sports, they include rules, referees and, sometimes, spectators.

Esports are **massively popular** and celebrities like David Beckham now own esports teams. Global audiences of over 200 million watch online through streaming services like Twitch, or offline in real-world arenas.

### Who can play esports?

Anyone can play, but **it takes a lot of practice** – joining local leagues and working up to the top levels.

**Multiplayer** games based around **strategy, combat or sport** are most popular in esports. This includes Call of Duty, Super Smash Bros, FIFA 21, Rocket League and Fortnite.

### What if my child wants to compete in esports?

It **can be fun and rewarding** – and offer opportunities for careers. But like any professional sport, not everyone can make it to the top. Reaching a higher level **takes a lot of time and energy**.

If your child expresses interest, be supportive but **set reasonable boundaries**. Explore what's already on offer for their age – it's likely you'll find loads of fun and exciting esports events to watch as a family.

### Are there any risks?

There are risks that come with playing or watching esports – which can be **found in many online multiplayer games**. For games and gaming events, age limits are there for a reason.

Chat functions could result in **unwanted exchanges**, and some games are **inappropriate for younger children**. Live events could also expose your child to inappropriate commentary from other gamers.

### What else should I know?

Whether your child wants to compete in esports, or simply watch, the nature of competitive gaming means that **tournaments often continue for hours**.

Discuss screen time with your child and **agree on limits together**. Their device may also have built-in tools to manage screen time with prompts to **take breaks** to help them understand when it's time to switch off.

As always, encourage them to come to you if they have any concerns.