

# Horror games

## Parent Guide — Everything you need to know about the scary gaming genre

### What are horror games?

Horror games are video games with **frightening or violent elements**. Usually they are survival-based, the aim being to stay alive through the course of the game or escape a particular location.

Many games in the genre appear **designed for younger children**, either due to their titles or characters. This can make it hard to know whether they are suitable.

### What are the different types of horror games?

Generally, these games have **cartoon violence**, and so have **younger age ratings**.

Examples include **Five Nights at Freddy's (rated 12+)**, in which you play a security guard at a pizzeria run by puppet-like creatures; and **Poppy Playtime (rated 8+)**, in which you enter an abandoned toy factory haunted by dangerous toys.

**Roblox**, one of the most popular gaming platforms among children, is rated as age 10+ but has several user-created horror-style games.

One example is **George the Killer**, based on a knifewielding Peppa Pig character. While its violence is cartoon, it can be very **unsettling or disturbing** to be chased or stabbed.

Games that contain **more realistic violence or disturbing elements** – such as Slenderman, Silent Hill or Resident Evil – have an older age-rating of **18+**.

### Why are they popular?

Horror games can take on a mythic quality for primary years – almost like the boogeyman. Children may talk in the playground about scary characters – from Huggy Wuggy from Poppy Playtime to Slenderman – **without ever having actually played the games**.

This can make the games seem more threatening to parents than perhaps they are, particularly if you don't know what they are referring to.

### What can I do?

The main risk with any horror game is the **content**, as aside from Roblox there is no chat function or multiplayer element. Remember that **you know your child best**. If you think they might find a game disturbing, **trust that instinct** and suggest that they don't play it just yet.

It's important to be aware of the conversations your child could be having about these games with their peers. They **may feel pressured into playing horror games to avoid being left out** of these playground conversations.

As always, **encourage your child to come to you** if they are feeling pressured to play something they think is frightening, or have played a game that made them feel upset.