### Setting developmentally appropriate controls in games

#### Ages 10-13 (Setting Foundations)

**Development:**
At this age, children are still developing their problem-solving and critical-thinking skills, taking initiative, and developing confidence.

**Recommended Controls:**
- Limit playtime to encourage a balanced range of activities.
- Use cabined accounts to restrict access to certain games or features that may be too complex or inappropriate for young players.
- Be mindful of the growing need for initiative as the child matures. Being overly restrictive undermines opportunities to make mistakes and interferes with developing confidence.

**Examples:**
- Minecraft’s adventure or creative modes can benefit cognitive development. Consider limiting time spent in ‘Survival’ mode, which may contain more aggressive elements, particularly if your child suffers from anxiety.
- Kids learn from failure in a game (like running out of lives) and continue to work and build the skills they need to reach the next level.

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**Recommended Controls:**
- Loosen some restrictions, like chat functions, but maintain periodic check-ins.
- Discuss in-app purchases and instilling a sense of financial responsibility.

**Examples:**
- Games like Fortnite can provide an opportunity to discuss teamwork and strategy.
- Kids benefit from openness over in-game spending and clear rules about when purchases are OK and who’s paying.

#### Ages 14-15 (Seeking Independence)

**Development:**
Teens become more independent and better understand the consequences of their actions.

**Recommended Controls:**
- Discuss boundaries rather than setting them when possible, such as the amount of acceptable playtime.
- Talk about the themes and messages to help develop awareness of social stereotypes, manage emotional reactions to inappropriate content, and cope with hostile or aggressive behaviors like trash-talking.

**Examples:**
- At this age, games like Call of Duty can be appropriate but should be accompanied by conversations about violence and its real-world implications.
- Role-playing games can also provide opportunities to experiment with identity in a low-risk environment.

#### Ages 16+ (Preparing for Adulthood)

**Development:**
Older teens are near adults and have well-developed cognitive functions but are still building self-regulation and emotional management skills.

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**Examples:**
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- Role-playing games can also provide opportunities to experiment with identity in a low-risk environment.