

What Parents & Educators Need to Know about TOXIC GAMING

WHAT ARE THE RISKS?

Gaming should be a way for children to have safe fun with their friends. But anonymity and a lack of consequences can mean that corners of online multiplayer gaming are riddled with toxicity that makes them unpleasant at best, and damaging to children at worst.

A 2019 study found 74% of players had experienced harassment in online games, and such behaviour has become increasingly normalised.

GAMING WITHOUT THE FUN

Toxic gaming takes many forms. In live, multiplayer games, players can be targeted by strangers bullying them over voice and text, or deliberately sabotaging their game. It can also be present in spaces outside of the game such as Discord and Reddit, with players gatekeeping their community and making it deliberately unwelcoming to newcomers. In extreme circumstances, it can lead to physical threats, stalking and doxing.

WIDESPREAD TOXICITY

The Anti-Defamation League's 2019 study numbers are stark. At that point, 74% of players had experienced some form of abuse, with 65% receiving physical threats, stalking or sustained harassment. Nearly a third of players surveyed found themselves doxed while playing online, which means private or personal information was shared against their will in an attempt to intimidate or silence.

BIGOTED TRASH TALK

Such toxic tactics are especially prevalent against girls, LGBTQ+ players and players from minority ethnic backgrounds. In all, 53% of respondents reported being targeted based on their race, religion, gender, sexual orientation or disability. Another survey revealed that 88% of openly LGBTQ+ players have been harassed by their communities, while over half of women report using a non-gendered or male username while playing to avoid harassment.

EXTREMIST IDEOLOGIES

Extremist groups have been known to target gaming communities and streaming platforms as a way of spreading propaganda and recruiting young players to their cause. Even in 2019, the ADL's research found that 23% of players had been exposed to white supremacist ideology, with a further 8% exposed to positive views about Islamic State. Disinformation is also a problem, with 13% hearing conspiracy theories about 9/11 and 9% exposed to Holocaust denial.

A SAFE SPACE MADE UNSAFE

This toxic environment can lead to the same feelings of fear, isolation and depression that offline bullying can. Children exposed to toxic gaming can become withdrawn, anxious or irritable. They can struggle with sleep and find it difficult to focus on schoolwork and other pursuits, even after the game has been switched off and they're no longer playing.

COPYING HARMFUL BEHAVIOUR

At the other end of the spectrum, children can mimic the toxic behaviour and language they've seen online in offline settings. If bullying or bigoted chat is normalised as a legitimate part of online gaming, children may end up emulating it offline with classmates, seeing it as harmless banter. This could make other children's lives miserable or leave them feeling isolated at school.

Advice for Parents & Educators

PLAY WITH FRIENDS

While some games rely on playing with strangers to make up the numbers, there are plenty of titles that can be played on a private server with vetted, trusted friends, sidestepping the toxic elements of the wider gaming community. If a child encounters toxic behaviour in others while playing larger games, encourage them to block and report the players responsible.

USE THE GAME'S TOOLS

Many online games provide ways to limit interaction with strangers, either through the global settings on PlayStation or Xbox, or within the game itself. Look at the options, and make it so children can only communicate with their friends. If you can't see this level of control, you can consider disabling chat completely and, where age-appropriate, using a suitable separate service for communication with friends.

TALK TO CHILDREN

Most importantly, if children are gaming online or want to start, talk to them about the risks and how to deal with toxic behaviour. Explain the kinds of behaviour they may encounter, encourage them to report and block, and let them know they can talk to you about any concerns. Where appropriate, you may even want to play alongside them to get a feel for the community yourself.

FIND THE RIGHT COMMUNITY

If your child is at an age where social media is permitted, friendly communities exist. There are online groups for LGBTQ+ players, players from minority backgrounds and girls, where they can chat and find people to play with in more welcoming environments. Not everyone is who they claim to be online, so be sure to discuss the risks of online friendships, and maintain an open dialogue with children to ensure their ongoing safety.

Meet Our Expert

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