



Esports Parent & Carers Guide 2026

Everything a parent/guardian needs
to know about competitive gaming





INTRODUCTION

The British Esports Federation is the national body for esports in the UK.

Established in 2016, we're a not-for-profit organisation dedicated to promoting esports, improving standards and inspiring talent.

We offer nationwide amateur grassroots competitions like the British Esports Student Champs, cutting edge esports curriculum such as the Esports BTEC qualifications, fostering digital skills and encouraging national representation on the global stage.

We liaise with policymakers, educators, parents, students, local businesses, esports teams and many more to position esports as a force for good.

We endeavour to cultivate a supportive, inclusive and diverse community championing the values of sportsmanship, fair play and respect, working together to build a better esports future.

We want to enable everyone who engages in esports to realise their potential and to understand how esports can be a catalyst for skills, wellbeing, careers and elite performance in

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WHAT IS ESPORTS?

Esports (or electronic sports) is a term used to describe organised video gaming. It's different from standard video gaming in that esports is human-vs-human and usually has an engaging spectator element to it, like traditional sports.

Esports tournaments usually consist of amateur or professional gamers competing against one another for a cash prize.

Think of esports as competitive video gaming where skill and professionalism are celebrated. The pro gamers who play at this level know the games inside out, much like a professional footballer or athlete would in their respective fields.

Some countries class esports as a sport, others don't (including the UK). Currently, the game publishers/developers and tournament organisers set the rules, and are responsible for ensuring integrity and handing out penalties where necessary.

There are many different games played competitively, with the likes of League of Legends, Dota 2 (multiplayer online battle arena games) and Counter-Strike, Overwatch and Fortnite (shooters) - among some of the most popular titles.

Rules and strategies can differ greatly depending on the game in question. To give you an example of the different team sizes, League of Legends is 5v5, first-person shooter Overwatch is 6v6 and Rocket League (arena football with rocket-powered cars) is 3v3.

See [more esports games here](#)

Some games are played on consoles like Xbox or PlayStation, while others are played using PCs.

Matches can take place online over the internet, or at a physical event via a LAN (Local Area Network) connection. Matches can be viewed by spectators in person at a venue (usually for the grand finals) or over the internet via streaming platforms such as [Twitch](#), which broadcast the games live online.

Players will usually play for a set team/organisation, which, like traditional sports, will have their own fans and followers.

To give you an idea on the scale of esports, some of the biggest tournaments offer millions of pounds in prizes and are watched by millions of fans. Other tournaments may have a \$1m prize pool or less; amateur tournaments can often have prizes and viewers in the low thousands or hundreds, rather than millions.

CODE OF CONDUCT

The British Esports Federation takes the safety of players very seriously. As such, we have implemented several measures to protect the wellbeing and identities of those who take part in tournaments, competitions or events that we organise.

All players are expected to conduct themselves in a manner that reflects positively on the event or competition, including all individuals and organisations affiliated with the event or competition.

We expect all players to follow the behaviours and requests set out in this code. If any player behaves in a way which contradicts any of the points set out below, we will address the situation, involving parent(s)/carer(s) when needed, to resolve the issue appropriately.

Continued issues and repeated breaches of this code may result in us taking further action in line with our behaviour policy to protect the welfare of other players and our staff.

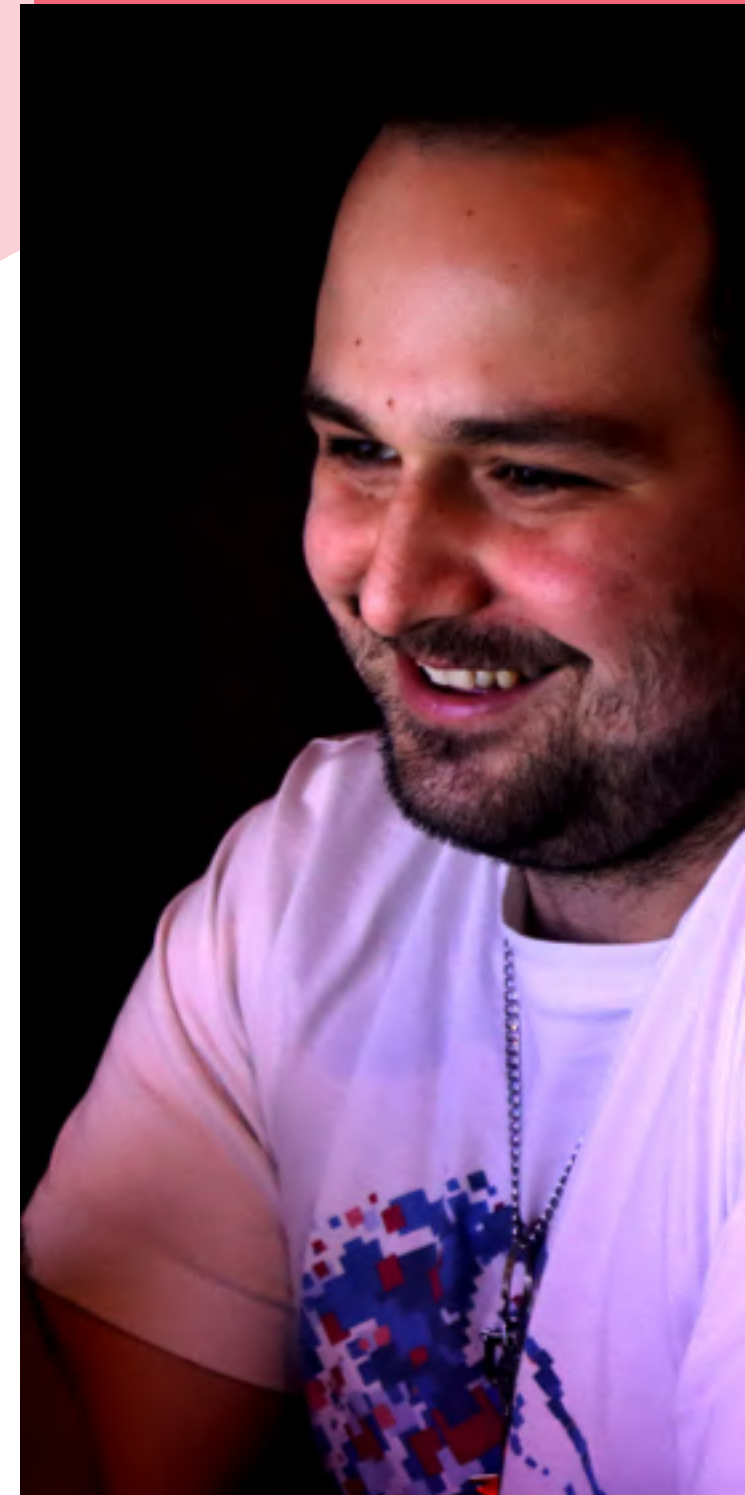
Player's and, where appropriate, their parent(s)/carer(s), must agree to:

- ✓ Play by the rules of the platform, the games and the competitions or events
- ✓ Be a good sport whether I win or lose
- ✓ Treat others how I like to be treated myself
- ✓ Be kind and fair and recognise that everyone has different levels of skill and ability
- ✓ Know that people online are real people and words can affect them
- ✓ Set a positive example with my own behaviour
- ✓ Support and encourage my teammates and others
- ✓ Speak out against those that bully, hurt, harass or abuse others
- ✓ Stop, listen, and reconsider if I'm told that my words or actions are harmful
- ✓ Respect others even if their views are different from mine
- ✓ Report any incidents of bullying, misbehaviour, cheating or concerns I have about the behaviour of anyone else during events or competitions

In addition, the British Esports Association expects players to:

- Compete to the best of their ability at all times, and act in accordance with the rules for the event or competition, including any direction given by the administrator or anyone acting on its behalf
- Not use language in relation to the event or competition that is deemed by the administrator to be obscene, rude, foul, vulgar, insulting, threatening, abusive, or otherwise offensive or objectionable
- Not harass other players through their behaviour and language whilst playing or in any chat facility, texting, apps or social media in connection with the game or event
- Not cheat. Cheating is defined as any act that gives one gamer an unfair competitive advantage over another.

See the full British Esports Student Champs ruleset [here](#).





ONLINE SAFEGUARDING

Staying safe when playing esports online is critical. This guide below helps explain to young people how to **STAY SAFE:**

Say no to sharing personal information
You will meet a variety of people online, and you should always be aware that people may not have the best intentions and potentially cause harm. For example, requesting or sending explicit or sexual images or messages, or through activity classed as grooming. Be aware of this before sharing personal data or information.

Take necessary action. Check your privacy settings are enabled and review how your information is visible online. Be aware of your digital footprint.

Avoid retaliating. If someone is being toxic or abusive to you online consider muting them, blocking them and reporting them using in-game tools.

You are what you say. Think before you write or speak. Is this something you would say to someone in real life? Consider who is on the other side of the screen.

Set limits Have a schedule and try to stick to it. Think of the 20-20-20 rule: take a break of at least 20 seconds, every 20 minutes and to look at least 20 feet away. This will help you think clearer.

Avoid use of illegal services. These are services that break a game's terms of service, for example gold mining or elo boosting. Buying accounts is usually not only illegal but in some cases these can be shut down long after the account has been bought or sold, leaving you out of pocket and without an account to play on. If you're ever unsure about anything, ask your parent or guardian, teacher or a trusted adult first.

Find new supportive resources. An example is the BBC Own It app. This features a special keyboard, combines machine-learning technology with the ability for you to keep a diary of emotions to allow yourself the chance to record how you're feeling and why. In response, the app can offer and help support, giving advice if their behaviour strays outside safe and sensible norms.

Enforce and report. Abiding by the code of conduct, you should always enforce best practice and be polite and respectful to other players. If you see anything suspicious or any form of harassment always report or reach out to a trusted adult.

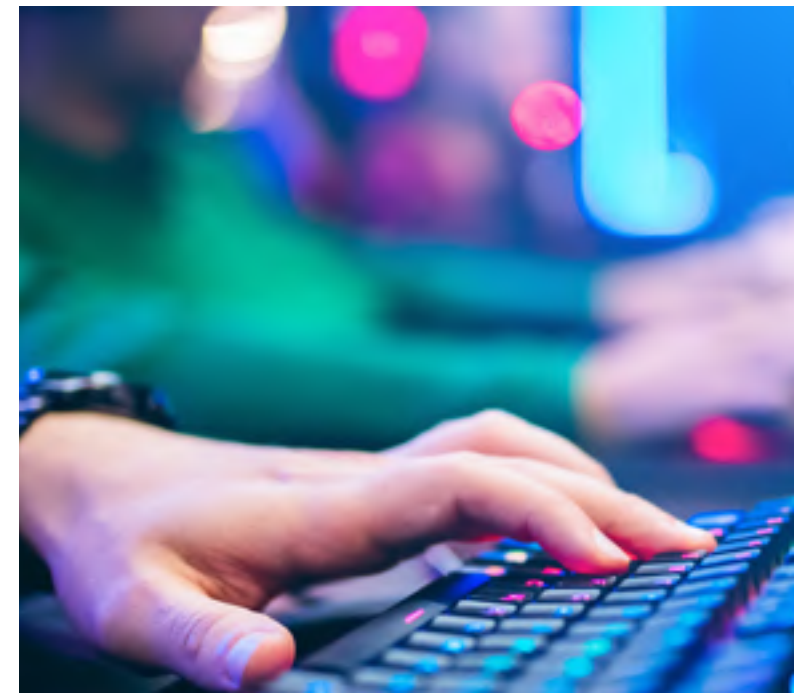
CREATING A SAFER SPACE

We have our own dedicated code of conduct and ruleset which we utilise for our online tournaments. This helps young people understand the responsibilities and encourage best practice for online behaviour.

The NSPCC also has a variety of resources that cover a range of topics; from an overview of online games, how to talk to your child about online safety, livestreaming, to parental controls. The NSPCC also created Net Aware, which is a guide to the latest social apps and online games.

There are also several other safeguarding resources available online:

- [Thinkuknow](#)
- [CEOP](#)
- [Childline - for young people up to 19 years old](#)
- [UKCIS - 'Education for a Connected World' framework](#)
- [London Grid for Learning - various online safety resources](#)



REPORT A SAFEGUARDING CONCERN:

If you're worried about a child or the behaviour of others towards a child while involved in a British Esports organised or endorsed event or competition, it is vital you report your concerns. Doing nothing is not an option.

Ways to report a concern:

1. Email the Designated Safeguarding Officer at the British Esports Association at safeguarding@britishesports.org

2. If it is an emergency because a child or children are at immediate risk, then call the Police or Children's Social Care in your area

3. The NSPCC also run a 24-hour helpline on 0808 800 5000 if you want to report child abuse and neglect, or are worried about a child and not sure what to do.

Working hours for the British Esports Association are Monday to Friday 08:30 - 17:00. The safeguarding inbox is only monitored during these times, so if you want to email over a weekend, please be aware it will take longer for us to respond. During the week there is a 48 hour response time to emails sent to this inbox.

BRITISH ESPORTS STUDENT CHAMPS

The British Esports Student Champs is our own competitive video gaming competition for students aged 12+ in schools and colleges across the UK. The Champs are open to all secondary schools, Further Education (FE) Colleges and Alternative Provision (AP) schools in the UK and are PC-based to help to promote digital skills. All the titles are team based, age appropriate, and available for all skill levels.

By taking part in the Champs students can learn new transferable skills and understand the benefits of esports. This also allows them to discover the wider careers available in the esports industry, such as coaching, designing the team branding, production, marketing, and more!

The Champs compliments the esports BTEC to give students the opportunity to put into practice the skills they gather throughout the course, and to gain valuable experience of the industry in a safe environment.

All Student Champs teams are led by a staff team leader and run under our code of conduct.

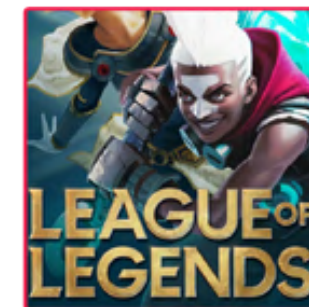
Want to get involved?
Visit the Student Champs website [here](#)



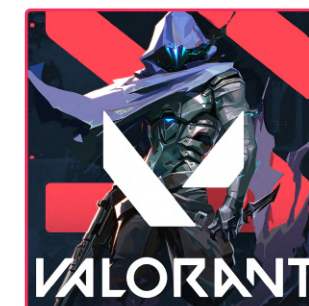
PEGI 12+
5V5
Stylised shooter



PEGI 3+
3v3
Football with rocket
powered cars



PEGI 12+
5v5
Multiplayer Online Battle
Arena (MOBA)



PEGI 16+
5v5
Team Shooter



BENEFITS OF ESPORTS

Esports engages a wide demographic of young people and is intrinsically a fun, team-building activity that promotes leadership, character development, communication and social skills.

Esports has more than 495 million viewers across the world, with about 23% of the population being aware of what esports is.

As well as this, it is estimated that 8.8m children in the UK have turned to video games during lockdown as a way to pass the time. With more children getting into gaming, it paves the way for esports to grow, and gain more of a positive following.

Young people can connect with their friends and peers outside of a learning environment, and socialise with them through esports. Having this common interest can allow children to expand their friendship groups, and gain confidence.

Esports can improve confidence, strategic thinking, problem solving abilities, reading comprehension and phonics skills and can help with the development of digital and cyber skills.

Skills can be transferred across into physical sports and school work, and esports offers a multitude of career pathways.

Gaming can also boost behaviour, concentration and attendance levels at schools - especially with esports being incorporated more into the curriculum.

Last but not least, when played in moderation, video games and esports can be good for mental health - they're fun to play and can be a huge stress reliever.

WHAT ARE THE CAREER PROSPECTS?

Esports has created many new jobs around the world - and the number is continuing to grow.

For example, Hitmarker (a gaming and esports job platform) posted over 6,600 esports jobs in 2020.

When some people think of esports, they think of pro gamers - the players that compete at the top level, earning thousands, or even millions of pounds. That's great, but esports also offers so many other jobs anyone can get into.

Like traditional sports, there are commentators, event managers, journalists, content creators, photographers, coaches, sales and marketing executives and many others.

See our esports career advice section for more detailed information on the different roles available and how you can get started.

Having an interest or skills in esports can also pave the way to other careers.

For example, the video games industry was worth about \$60.6bn in 2020, and with the global games audience estimated at around 2.7bn people.

This offers many more career options, like games development, publishing, streaming and more.

These jobs also provide a lot of career security as the industry is always expanding, and pay reasonably well.

Although the pay differs depending on location and hours, generally someone in a full-time esports entry level job will, on average, earn between £15,000 and £18,000 per annum. As experience is gained, the pay rises.

Richard Huggan, managing director at Hitmarker, said: "If a job is publicly advertised anywhere online then you can be 99.9% certain that you'll find it on Hitmarker. This is especially useful for people looking to get into the industry because they have a venue where they can see every job in every English-speaking country at every level."

He added: "Esports is no longer just 'for the players', pretty much every modern profession you can imagine now exists in this industry."

Further information:

- <https://hitmarker.net/>
- <https://britishesports.org/careers/>
- <https://readyesports.com/what-esports-jobs-are-available-other-than-gaming/>



ACADEMIC PATHWAYS: PROVIDING STUDENTS WITH THE SKILLS TO SUCCEED

It's our mission at British Esports to foster and inspire future talent - and qualifications are paramount. The most prominent esports qualifications at the school and college level in the UK are the BTEC Nationals in Esports, which British Esports launched in conjunction with education provider Pearson in April 2020. Since then, more than 200 institutions in the UK and around the world are approved to teach the course; culminating in over 18,000 students



ESPORTS CAREER PATHWAYS

TRANSFERABLE SKILLS DEVELOPED THROUGH PARTICIPATION IN ESPORTS:
Teamwork • Leadership • Communication • Strategic thinking • Problem solving • Decision making
Analytical skills • Cyber skills • Ability to multi-task • Dexterity • Improving processing ability and reaction times

ROLES IN ESPORTS

Professional Player
Coach
Shoutcaster / Host
Analyst
Journalist
Observer
Admin (referee)
Broadcast / Production
Community / Social Media Manager
Team / Player Management & Operations
Streamer & Influencer
Video Editor / Photographer

ACADEMIC LINKS

Computer Science
ICT
Sciences
Technology
Engineering
Mathematics
Creative Media
Business Studies
Entrepreneurship
Games Development
Sport

CAREERS IN TECH / DIGITAL / STEM INDUSTRIES

Cyber Security
Software Development
Big Data & Analytics
Cloud Solutions
Network Engineering
Mobile Technologies
Digital Engineering
Artificial Intelligence
UI / UX Design
Network Management
Virtual Reality
Software Engineering

GENERAL ROLES

Marketing • Sales • Advertising • PR • Branding • Merchandising • Media
Event management • Social media • Design • Business development



Additionally, British Esports launched its suite of leadership qualifications in partnership with Leadership Skills Foundation (previously Sports Leaders UK), where students can now, for the first time ever, gain recognition of the key leaderships skills that are developed through esports through either the Level 1 or Level 2 Leadership Qualification from the age of 11+.

For higher education and university students interested in studying esports, students can then choose to study a Higher National Certificate (L4 - HNC) or Higher National Diploma (L5 - HND) in Esports or an Esports undergraduate degree (L6). There are now over 70 course options from over 30 university or higher education providers available in the United Kingdom, accessible via UCAS.

In 2025, we also launched new esports coaching and safeguarding courses online as part of our mission to improve standards and support the professionalisation of the esports industry, in collaboration with UK Coaching, 1st4sport, NSPCC, UNICEF UK and the National Crime Agency.

ESPORTS AT UNIVERSITY

COMPETITIVE LEAGUES

At university students can also take advantage of the competitive spirit by joining esports and gaming societies! Many of these societies and clubs will often run their own in-house tournaments and offer opportunities for students to get involved in several areas from playing in the team, to production, to management.

A popular university esports league provider is National Student Esports (NSE)

These leagues offer a variety of tournaments for different titles and all focus on three core aspects: community, competition, and careers. These leagues are a great stepping stone to gathering competitive experience and a taster of the industry.

FURTHER READING:

- [Rise of Collegiate Esports in the UK](#)
- [How to set up your esports society](#)
- [Interview with NUEL founder Josh Williams](#)
- [Esports journalism at University of Chichester](#)

STUDYING ESPORTS

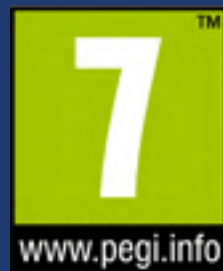
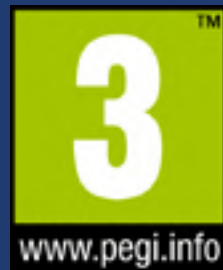
Many different universities are now offering courses in esports within higher education.

These courses range in a variety of topics (some universities focus on more particular areas than others) e.g. production, events, team management, and marketing.

It is best to research which university may be best for your desired area of interest within esports. All university esports degrees will have a heavy focus on experience and the industry itself to ensure all students are prepared for finding the right role for them after their degree.

Find out more about esports degrees here.

There are five age ratings:



ARE THERE ANY AGE RESTRICTIONS?

Each game has its own age rating. Pan European Gaming Information (PEGI) is the single video games age rating system that is in force across Europe. This means it is illegal for a retailer to sell a video game to someone who is below the game's official PEGI age rating. However, some minors ask their parents to buy the game for them. Please check a game's rating before buying.

However, it's important to note that online games are not subject to a legally enforceable age-rating system and voluntary ratings are used instead of PEGI and the International Age Ratings Coalition (IARC). In the UK, PEGI age ratings only currently apply for boxed video games.

We advise you look at a game's content and age rating before deciding if it is suitable for your child to play it.

These ratings are only applicable to boxed games and not games purchased directly online. Before you give your child permission to play a game, we recommend you do research on the advised ratings by the game publishers.

Please note that PEGI ratings only analyse the game for its contents and does not take into account the built in chat functionalities. Please be aware of how your child could be contacted by other people through specific in-game chat functions and therefore the potential risk this brings.

We advise you look at the content of the game as well as the age rating before deciding if it is suitable for your child to play. You need to understand whether the content is age appropriate or not.

British Esports have their very own Games page, which breaks down a lot of the competitive titles and their advised age ratings here.

WHAT ABOUT ENTERING TOURNAMENTS?

WHAT TOURNAMENTS ARE AVAILABLE?

With the esports industry continuing to grow, there are now more tournaments than ever to participate in: from amateur and grassroots to professional leagues.

Esports tournaments range from online to offline (or LAN). For online tournaments the players will participate remotely, and for offline LAN tournaments these matches will take place in the same area as the other players, such as on a stage.

Each tournament is different and reading the entry information and ruleset is important. This information provided by the tournament organiser will highlight any restrictions, costs, or location of any tournament. Individuals can sign up for any tournament as part of a team, or individually. This will depend on the rules of the tournament itself.

If your child is interested in or has received an offer to play for an esports team/organisation, always read any contracts carefully and understand the age restrictions for a specific game or tournament. If you are unsure of anything, please seek professional legal advice - [there's some info on this here.](#)

WHAT ABOUT ATTENDING AN ESPORTS EVENT?

Esports tournaments take place all over the world, and will be held in a variety of venues. Some will be closed events, however others will



have a live audience which you can purchase tickets to watch in the venue. Prices of tickets vary depending on the event and sometimes will have tiers, such as standard or all the way up to premium tickets.

Please note, some events which contain PEGI 16+ or 18+ games may allow tickets to be sold to those younger than that, and/or require a parent or guardian to accompany a minor.

Always check an event's age restrictions before buying tickets.

Many events will also be streamed online as well via [Twitch](#).

LOOKING AT ORGANISING A TOURNAMENT?

If your child is looking to run their own esports event or tournament, there are a few things to consider, e.g. setting up the tournament, inviting teams, streaming, and promotion. We have our handy checklist which helps them [PREPARE NOW](#) for their future event. We would always recommend any parental support or supervision to assist them if able, to ensure the event goes smoothly.

If your son or daughter is looking to get involved in more esports tournaments, we'd always recommend they get involved in our [British Esports Student Champs](#) where they can learn more about esports whilst representing their school or college!



HOW CAN MY CHILD GET A CAREER IN ESPORTS?

As the esports industry has grown, so has the variety of career options available. If you're looking for a career in esports, there are many options available today, aside from being an esports competitor. Esports players and teams now require much more support than in previous years as the industry has matured. Esports now offers several viable career options and many of the skills developed in these roles can be transferred to other careers in tech, digital and STEM industries, from software development, to network engineering, marketing, design, branding, cloud solutions and much more!

What kind of jobs are there in esports?

Professional player
Shoutcaster/host
Coach/analyst
PR/Marketing executive
Product manager
Sales/partnerships manager
Admin/referee
Organisation owner/manager
Broadcast/production crew
Event manager
Agent
And more.

How can I start a career in esports?

Work experience:

A good place to start is to reach out to teams, organisations, tournament providers, broadcasters and other companies that are involved in esports. Try and contact a senior person or someone you want to work with in particular. The bigger the company you go for, the more likely you'll be able to book in some work experience, but going for a smaller organisation has its upsides, especially if you're looking for a more hands-on role.

Find a niche:

Being an all-rounder has its benefits, but focusing on one area and specialising in it can go a long way.

Read up on the various job roles you can get involved in and try to identify an area you are passionate about.

If you have great communication, writing and social media skills, for example, you could hone in on journalism, PR and marketing. Maybe look into each area and do some work experience to help decide what you want to go into.

Become a volunteer:

There are several companies that are often on the lookout for paid-for and unpaid volunteer positions.

You could volunteer as event staff, tournament admins, casters, hosts, writers, editors, and so much more – just keep your eyes peeled for opportunities.

The benefits of volunteering include gaining valuable experience, getting involved with an event for free and having something to add to your CV. Prospective employers will likely be impressed if you have volunteered or completed work experience placements and have a glowing review from whoever you volunteered with.

Just dive in:

A great way to learn, perfect your skills and improve is to just start doing whatever it is you want to get paid to do.

If you want to be a pro player, put the practice in and try to join a local team to start with.

If you want to be a journalist, start a blog, write regularly and promote your content on social media.

If you want to be a caster, get casting! Several impressive UK casters started with the likes of The NUEL and NSE, and have built their career from there.

Consider studying a degree, becoming an apprentice or taking another further education course to specialise in a specific area, for example marketing or business studies. There are many colleges and universities across the UK that now run esports courses, so this can be an option as well to further your knowledge of the industry.

Keep your eyes peeled:

Once you know what you want to do and have built up some experience, sign up to job alerts online, follow the kind of companies you want to work for and check for job openings.

It's a good idea to just generally be on the lookout for jobs. Try and get into a routine and check once a day or once a week. It can be hard to stay motivated at this time, but if you keep on working at it and talking to people, jobs will come up.

Internships are also a good option, but be clear with the length of time you are available to work and salary expectations before applying.





HOW CAN MY CHILD BECOME PRO?

There is no easy solution to what it takes to be a professional player. A lot of the time it can come down to a combination of things as well

as a pinch of luck. With this being said, there are things that your child can be doing to help them progress further in their competitive career. Such as:

PRACTICE, PRACTICE PRACTICE

Putting the time into developing your own skills and knowledge is key. It can help drastically improve your mechanical ability and decision making skills. We always recommend practicing in moderation, as part of a healthy lifestyle.

COMPETE

Although there are integrated ranked systems in some games, it's important to see where you compete against other aspiring professionals. See if there are any tournaments you're able to enter with friends. By doing this you're able to build more of a portfolio or gaming CV of your achievements which helps when approaching esports teams. The majority of esports titles will have regular online tournaments which they are able to take part in with your friends or others throughout the community.

BUILDING A BRAND

It's hard to stand out from the crowd. You can dedicate time into building yourself a brand through areas such as social media and content. This makes a player more attractive to organisations and esports teams.

Remember to stay safe online. Be aware of the age specific guidelines for each of the profiles your child uses and remember to stay safe online and be aware on how open your profile is on social media.

REVIEW

The ability to analyse and critique your own gameplay is vital in helping you review and improve your game. Going through your previous games and noting down your mistakes, can help prevent doing these again. Learning how to win, and lose are important skills to learn.

With most games having built in ranked systems, it allows players to see where they sit and whether they have the capability to go pro. For example in League of Legends top players fall within both the Master and Challenger tiers. If your child sits several ranks below these top bench marks, then it is unlikely they will become a professional in that game. However, there are still other ways they can follow their passion and become actively involved in the industry.

Morgan Ashurst, Marketing Manager at British Esports comments:

"From playing competitively for 5-6 years in Call of Duty, despite having a huge passion and determination to make it professionally, I could never break past the semi-professional stage.

"Whilst this was a hard pill to swallow at first, the amount of knowledge I had on the industry as a whole, and the transferable skills in branding myself as a competitor allowed me to then pursue a career in Marketing within the esports industry."



FURTHER READING:

- ☐ [How to be a good teammate](#)
- ☐ [Pro Gamer - Job Spotlight](#)
- ☐ [Advice on how to go pro](#)
- ☐ [Interview with former Heroes of the storm player James 'Bakery' Baker](#)
- ☐ [Interview with British fighting game legend Ryan Hart](#)

PARTNERS & PILOTS

At British Esports we have partnered, and worked on a variety of events and tournaments. Many of our pilots have led to valuable case studies and knowledge that helps guide how we work.



AOC SPORT

We are proud to be partnered with [AoC Sport](#) to strengthen the links between traditional sport and esports. Many of the member colleges take part in our regular Student Champs, but we also work on dedicated tournaments and pilots for AoC Sport colleges.

For example, we organised a FIFA Cup for students to participate in during lockdown both in [2020](#) and [2021](#). With lockdown affecting students' abilities to partake in their college sport activities, the FIFA Cup enabled students to continue to represent their college online in a national competition, from home, promoting teamwork, communication and sportsmanship. For the 2021 FIFA Cup [over 20 percent of England's colleges were involved.](#)

We also ran a NBA 2k20 tournament for students from colleges and academy teams playing in AoC Sport's physical basketball leagues. [You can find out more information about the tournament winners here.](#)

We also work on the annual Esports in Education Summit with AoC Sport in order to help spread awareness of the benefits of esports and how it can be utilised within education. [Watch the September 2020 summit back here.](#)

COLLEGE DEVELOPMENT NETWORK

To further our engagement in Scotland, we have partnered with CDN to set up a variety of events and tournaments.

In November 2020 we ran the Scottish College Cup in Rocket League. The [Scottish College Cup](#) aims to provide an avenue for Scottish colleges to learn more about esports and the benefits for students to get involved within an education setting.

We also organised the first ever [Esports in Education conference](#) in Scotland in March 2021, which hosted a variety of panels and keynotes. [You can watch back the entire conference here.](#)



ALTERNATIVE PROVISION (AP SCHOOLS)

One of our major pilots has been organising a [Rocket League tournament for Alternative Provision \(AP\) schools](#). We partnered with PC providers to loan kit (PCs and game keys) to enable these students to discover esports and its benefits.

Many of the schools who took part in the AP Champs saw positive results in their students, such as [improved attendance, behaviour, and concentration](#). We aim to run the AP Champs annually.



FURTHER LINKS:

- [Interview with St Vincent Sharks head coach](#)
- [Opinions of the Champs from students and teachers](#)
- [Glasgow College Clyde case study in esports](#)
- [Esports is for all: the inclusion of disabled people in esports](#)



HOW TO HAVE A BALANCED LIFESTYLE

Playing video games is a sedentary activity, however when played in moderation as part of a balanced lifestyle it offers many positive benefits. We've started to see more professional esports teams invest heavily in areas of physical activity to help improve overall performance.

An example of this is from GiantX who earlier this year produced a [Gaming for Better whitepaper](#) that provides unique insights into the gaming and esports industries through expert opinion and scientific background.

Playing for a few hours a day is fine. We recommend taking regular breaks, encouraging physical activity/exercise, eating healthy and sleeping well - this is proven to actually boost a player's performance in game.

Doing simple wrist, back and hand exercises can also prevent repetitive strain injury (RSI) which some pro players have been known to develop.

- ◆ [Keeping fit and healthy: Exercise, sleep and dietary advice for esports players](#)
- ◆ [8 ways esports players can improve their wellbeing and performance](#)
- ◆ [How often should you practice? Info and guidelines](#)
- ◆ [Physical fitness and esports performance - tips and advice](#)

HOW TO BE A GOOD TEAMMATE

BY [URSZULA KLIMCZACK](#)

1.

KNOW YOUR ROLE

DO'S: Mastering a role you're in is critical in achieving a team goal. Remember, a team is as bad as its worst player.

DON'TS : Try not to be the smartest person in the room.
2.

HOLD YOURSELF ACCOUNTABLE

DO'S: Always focus on your strengths and make sure your teammates know them.

DON'TS : Work on improving your weaknesses. Instead minimize their impact on your performance.
3.

TRUST YOUR TEAMMATES

DO'S: If you don't feel ok with strategies or game plans don't fit well with you make sure you find solutions to these issues.

DON'TS: Hide things or talk behind others backs.
4.

COMMIT TO THE GOALS

DO'S: Follow your team goals if you want to succeed as collaboration wins it all.

DON'TS: Being in a team just to get paid is a waste of your time, but also others time.
5.

EMBRACE YOUR ENVIRONMENT

DO'S : Make sure you're hyped about what you are doing.

DON'TS: If you stay up late, are in a bad mood that you have to practice - you will never achieve success.
6.

AVOID POLITICS

DO'S: Be always open about what you feel and what you want to bring to the table.

DON'TS : Never hold feelings or allow others to speak for you. We all have different ideas of how to succeed as a team.
7.

CELEBRATE SUCCESS

DO'S: If you're proud of your work as a team, you should look forward to celebrating your results.

DON'TS: The worst thing you can do is refuse to celebrate with the team.

I'VE HEARD ABOUT 'GAMING ADDICTION' AND 'CYBER BULLYING'...

GAMING ADDICTION

Whilst esports has its benefits, it's important to be aware of some of the risks that may arise. We've already covered areas such as staying safe online and safeguarding, but what else is there to know about?

In 2019 the [World Health Organisation added 'gaming disorder' to its International Classification of Diseases \(ICD-11\)](#) as a pattern of gaming behaviour characterized by "impaired control over gaming, increasing priority given to gaming over other activities to the extent that gaming takes precedence over other interests and daily activities, and continuation or escalation of gaming despite the occurrence of negative consequences".

For extreme cases, in October 2019 the National Health Service (NHS) announced the opening of a [specialist gaming addiction treatment centre in London](#).

That is certainly not the case for the vast majority of gamers, who enjoy playing in their spare time or getting involved within esports without being addicted to it. Internet Matters breaks down more information surrounding gaming addiction, gambling, what to be aware of and the effects on mental health [here](#).

It's worth remembering addiction comes in many forms, and of course is not exclusive to gaming.

If you believe your child is addicted to video games, please seek further advice with your local GP or Doctor.

GAMBLING & LOOT BOXES

The Department for Digital, Culture, Media and Sport published a report looking at immersive and addictive technologies. They have recommended the UK Government regulate video game loot boxes under gambling law and ban their sale to children, but largely praised esports.

Loot boxes are in-game digital packs that players can buy (usually with real money) in order to gain random in-game items.

Some gaming publishers like Epic Games have started to move away from loot boxes, removing both 'Loot Llamas' from Fortnite as well as 'Crates' from Rocket League. Whilst a lot of games still have these available, there are parental controls that can be set up around some games. It's worth researching this depending on what game your child plays.

If you believe your child may have a gambling problem, help is available. Take a look at the Gambling support page from the NHS [here](#). They also provide additional support routes that can be found through the likes of [GamCare](#), the [National Centre for Behavioural Addictions](#), the [Gordon Moody Association](#) and [Gamblers Anonymous UK](#).

CYBER BULLYING

In terms of cyber bullying and digital safety, the internet of course allows many people to easily interact with one another - this can be a good thing and a bad thing. Like real life, it's a good idea to understand what games your child is playing and who they are regularly interacting with. Cyber bullying is of course a wider topic not exclusive to gaming that can affect people on social media and other technologies.



INCLUSIVITY & DIVERSITY



In esports, everyone is welcome. [Inclusivity and diversity](#) are very prominent factors that the esports industry promote - allowing anyone of any ability or background to get involved.

It is worth noting that there are some areas of toxic behaviour within esports (as there is in any industry), but the vast majority of the industry works to promote inclusivity for all.

DISABILITY:

The esports industry is continuing to find ways to be more inclusive, especially to those with disabilities. The industry has seen students with disabilities being able to actively compete in esports tournaments and events.

Generally, adaptive equipment is used for those with physical disabilities that affect arm movements (and thus are unable to use traditional gaming equipment), but standard equipment is still utilised by people with disabilities. In-game there are also settings that can be changed according to an individual's needs - for example turning off strobe lighting.

Steps are being taken to give more opportunity for people with disabilities to compete, and get into the industry, starting with participation in tournaments. First students with complex additional needs to take part. In addition to pupils from the [National Star College](#) took part in the [AoC FIFA Cup 2021](#), and were the first students with disabilities to take part. As well as this, the [St Vincent Sharks](#) in the British Esports Championships compete with SEN (Special Educational Needs) players.

The moral is, even if your child has a disability, there is always a way they can get involved in esports!

For more information, read our piece about the [inclusion of disabled gamers in esports](#).

WOMEN IN ESPORTS:



Gaming and esports has generally been seen as 'for boys', but this is definitely not the case. There are several women within esports that are players, coaches, managers, content creators and more! Roles within esports are gradually being filled by more

women, but every career path is achievable for anyone.

LGBTQ+:

In esports, everyone is welcome regardless of how they identify. There are several groups across the UK (like [London Gaymers](#)) that have created safe and welcoming communities for people who are LGBTQ+. The esports industry is full of allies too, and welcomes individuals in all aspects of the industry.



ETHNIC MINORITIES:

The sports industry is striving to be inclusive of all communities including those from ethnic minorities. In esports as a whole, you see people from all different cultural backgrounds competing without discrimination. Groups like [Black Girl Gamers](#) and [BAME in Games](#) are just a few groups across the industry that promote diversity and inclusion. Things like BLM (Black Lives Matter) are

In 2019, the British Esports Association launched the [Women in Esports initiative](#) to promote diversity in all sectors. The initiative has created a supportive community that celebrates women, as well as welcoming non-binary and femme-identifying individuals too. Toxic behaviour towards women has been a prominent issue within gaming and esports, but [several initiatives](#) and campaigns across the world work to reduce this. The esports industry is ever-evolving and becoming more welcoming to all every single day.

An example of a UK LGBTQ+ streamer is [Layla 'TK Layla' Abbott](#), who is an openly transgender woman and has built herself a supportive community in esports.

Layla said: "When I have my streams, I always say that they are a positive space for people to just be themselves in, and that is literally what I want my community to be...I want to have a community that's oozing out as much openness as possible!"

important topics to discuss, and promote within esports, as well as showing that the industry is no place for discrimination. This just reiterates how inclusive esports is, and how the industry is developing all the time.

WHAT CAN I DO TO SUPPORT MY CHILD'S INTEREST IN ESPORTS?

There are so many different things you can do to interact with your child's interest! We've put together this handy little acronym to cover just some of the ways you can support your child.



GET INVOLVED

Why not try playing the game with your child? Get them to teach you the basics - it can be lots of fun for you both! Taking them to an event can also be a great way to get involved and learn more

ASK QUESTIONS

Try and learn more about by asking your child questions about their interests or about the games they are playing. This shows you are genuinely interested and willing to learn about their passions.

ENJOY YOURSELF

You're not going to be a pro at the games or know absolutely everything, so embrace that! Spend time with your child having fun, and enjoying your time together!

MAKE A CONNECTION

Interact with your child on a regular basis to make this connection with them. By becoming interested and supportive of their interest, the connection between you can grow!



By showing genuine interest in what your child is doing, your relationship can develop and it can boost their confidence knowing their parent is supportive.

Anne Fish, mother of professional VALORANT player BenjyFishy, is a prime example of how parents can get involved in esports with their children.

She said:

"I was aware of Benjy watching League of Legends tournaments as he would ask to stay up and watch them, but I wasn't that familiar with esports in general. He started playing Fortnite and in 2018 signed for a small team called Cryptik, at that point I did more research."

"If your child is interested in pursuing a career in esports I would recommend doing some research and find out more about the esports industry. There are a lot of transferable skills that gamers have to offer in all industry sectors and career fields, for example teamwork, leadership, communication, analytical skills to name a few."



"Life is too short and if your child has a passion for a particular activity you should, in my opinion, give them every opportunity to achieve their dream."



CONTACT US

Have any questions this guide hasn't addressed or want to find out more?

You can contact the British Esports Federation on these emails below:

GENERAL ENQUIRIES & QUESTIONS:

info@britishesports.org

BRITISH ESPORTS CHAMPIONSHIPS:

champs@britishesports.org

SAFEGUARDING:

General safeguarding enquiries and to report an issue:

safeguarding@britishesports.org

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