At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one game of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about FIFA 21

AGE RESTRICTION
PEGI 3
Suitable for all ages

You don't need to be a football fan to have heard of the FIFA series of games (named after the Federation Internationale de Football Association: the worldwide governing body for the sport). Part of the franchise's massive appeal is that official licensing gives users the opportunity to play games as their favourite teams, controlling their favourite footballers. They either compete online against other players or work through a solo-player career mode. With updated editions launched annually, FIFA is playable on a range of consoles, with mobile versions available for smartphones and tablets.

Recurring Costs

FIFA's trump card is that it includes real current players; a feature no other football arcade game can offer. However, this means that a new version of the game is released every year, with updated teams, players, kits and stadia, plus gameplay tweaks and extra features. Young FIFA fans usually want to be playing the latest version, so the pressure to buy each annual update is likely to be considerable.

Online Chat

While the game of FIFA itself is suitable for children of all ages (as it does not include any inappropriate content), there *is* the issue of in-game chat. Your child can play against other people online and audio chat with them using headsets. As this communication is largely unregulated, it could mean that your child is exposed to language or conversations that are inappropriate.

Possibility of Scams

Your child may receive an email or see a message on social media or in forums which appears to be a genuine FIFA promotion, but could be a scam. Following these links would take them to what may seem like a FIFA login page but is actually a phishing attempt to capture their login name and password. Scammers often use a legitimate-sounding name, such as 'EA Admin' or 'FIFA Developer'.

In-Game Purchases

FIFA offers an array of in-game purchases. The FIFA Ultimate Team (FUT) mode lets gamers build their own team, playing matches to win coins. These coins can be used to recruit better players or packs containing random players. Some purchases can be made with in-game currency; others require real money – which can become expensive. There have been reports of parents receiving large credit card bills after their children's in-game spending.

Addictive Gameplay

Your child could end up playing FIFA for long periods of time. Matches last around 20 minutes, so playing through an entire tournament can quickly eat up a large chunk of the day. Children sometimes struggle to control their gaming behaviour, at the expense of their daily routine. This is called 'gaming disorder' and is classified as a genuine mental health problem by the World Health Organisation.

Over-Competitiveness

FIFA has occasionally been criticised for its competitive gameplay leading to disproportionate aggression and negative emotion in some players. This can be amplified by the in-game audio chat with opponents in real time. The potential for an emotional outburst can sometimes reach unhealthy levels – especially if your child's team is losing heavily or is defeated by a very late goal.

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Advice for Parents & Carers

Set out Your Strategy

As a parent, it's worth considering that – if they like gaming and football – your child's fascination with FIFA probably won't be short term. It's more likely to be the start of a relationship that could last for years, involving repeated outlay on each updated edition of the game. If you think this may pose a problem, it might be best to make your child aware of it beforehand to avoid disappointment later.

Give Abuse the Red Card

The facility to chat to other players certainly adds to the overall enjoyment of FIFA, and it's unlikely that you'll be able to convince your child to play the game without using it. It would be wise, however, to make sure beforehand that your child is aware of how to mute the audio of any abusive players and knows how to report anyone who is being offensive or intimidating.

Defend against Scammers

Teach your child to stay clear of scams. Explain why they should be suspicious of any link which asks them to verify their username and password or provide other sensitive information: game developers never send messages asking for players' login details. Console messages, emails and social media posts promising in-game content if a player inputs their login information are fake.

Control In-Game Spending

To spend real money in FIFA, a player's account must have a payment method enabled. Check whose debit or credit card – or PayPal account – is linked to the device that your child plays FIFA on. Most devices' parental controls can be adjusted to limit spending. There is also the prepaid option of Paysafecard – you can top up the balance, making it easier to control your child's purchasing in the game.

Avoid 'Extra Time'

Devices' parental controls can also be used to restrict the amount of time spent playing, if you feel it's necessary. Keep an eye on how long your child spends playing FIFA, just like you might monitor how long they watch TV for. Warning signs of over-playing include disinterest in other activities, tiredness or fatigue, neglect of personal hygiene or becoming angry when they have to stop playing.

Encourage a 'Half-Time' Break

Monitoring in-game chat is difficult, as you can usually only hear one side of the conversation. But your child's reactions will be a good general indication. Dealing with the frustrations of a game and troublesome people can be useful life lessons – but if your parental instinct is that your child is getting too upset or angry, that's the time to intervene and encourage them to take a break from the game.

Meet Our Expert

Mark Foster has worked in the gaming industry for several years as a writer, editor and presenter. He is the gaming editor of two of the biggest gaming news sites in the world: UNILAD Gaming and GAMINGbible. Having started gaming at a young age with his siblings, he has a passion for understanding how games and tech work – but, more importantly, how to make them safe and fun.

SOURCES
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