

## What parents and carers need to know about horror games

All 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 of many issues that we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

# What Parents & Carers Need to Know about HORROR GAMES

Horror video games come in a such a variety that the genre can hard to define. The overlapping element is that these games are designed to scare or unsettle the player through gameplay, atmosphere, story, music, setting and 'jump scares'. The most common sub-genres are survival horror, action horror, psychological horror, jump-scare horror and reverse horror. These games originate from a range of developers, including smaller indie studios which release download-only titles (that is, they aren't physically sold in shops) and therefore aren't subject to age ratings.

### WHAT ARE THE RISKS?

#### ADULT THEMES

Horror games are typically made with adults in mind, which means by definition that they often feature adult themes. *Outlast*, for instance, is a popular horror game series including material such as nudity and extreme sadistic violence. Other games, like *Five Nights at Freddy's* and its sequels, have a back-story that doesn't actually appear on screen but still hints at explicit adult themes.

#### Violent Content

Not all horror games contain graphic violence (titles like *Five Nights at Freddy's* and *Phasmophobia* prefer a spookier, suspenseful aesthetic) but many do portray extreme brutality very realistically. Until *Dog* and the hugely popular *Resident Evil* and *Outlast* franchises, for instance, feature incredibly graphic violence. The safest course of action is to thoroughly research a game in advance.

#### Online Interaction

Some horror games are played cooperatively with others online. *Phasmophobia* is one of the most popular titles in this category, and while it doesn't feature an excessive amount of gore, it does place a strong emphasis on online interaction – often with strangers. *Dog* by Daylight is another game in which frequent and prolonged online communication with other players is an advantage.

#### Psychological Horror

Rather than simply loading on the blood and gore, psychological horror games try to scare the player through subtler mental and emotional means. For this reason, this type of game (notable examples include *Alien Isolation*, *The Medium* and the *Amnesia* series) can have a longer-lasting effect on players; some experience the 'fourth wall' – interacting directly with the player as if they were real.

#### Long-Term Fear Factor

Horror games are designed to be scary; most players accept this fact in advance. They can, however, include content which leaves an unwanted lasting impression. By focusing on our fears and concerns to elicit an emotional reaction, horror games can be triggering in unexpected ways for some players. It's difficult to predict when – and how – a game might have long-term effects on an individual's mental wellbeing.

## Advice for Parents & Carers

#### Beware of Jump Scares

Jump scares in video games are often no worse than they are in movies: if a young person doesn't cope well with being suddenly startled by something in a film or on TV, they probably won't be able to handle horror games featuring jump scares. Some games (such as *Five Nights at Freddy's*) are built entirely around this technique and aren't suitable for younger children or those who are easily frightened.

#### Research the Game

It's best to look into a horror game thoroughly if your child expresses an interest in playing it. Many indie horror titles are download-only and therefore aren't required to come with an age rating – so you'll need to do some background reading and judge the game's content for yourself. Check out the game's web pages, read any wikis about it (including fan ones) and watch videos of the gameplay.

#### Encourage Breaks

It's easy to lose track of time when gaming, and horror games are no exception. A short break every hour or so is important to rest the eyes and relieve the posture – especially if traumatic scenarios in the game have built up tension and stress. For horror gamers, breaks also give the added benefit of feeling more relaxed afterwards, which can mean a scarier gaming session when they resume.

#### If in Doubt, Swap it Out

If your child finds a horror game to play, but after doing some research you decide it doesn't look like the right one for them, swap it out! There are a lot of horror titles to choose from, and some will be more appropriate than others. Work together with your child to find a suitable game for them. Remember, horror games don't have to be gore-spattered and graphic to be enjoyably scary!

#### Stay Receptive

Maintaining good communication with your child is vital for safe gaming. If they see something in a horror game that disturbs them in ways they didn't expect, then they should feel comfortable opening up to you about it. Try not to simply brush it off or make light of it, and always make time to listen. It's a useful reminder that they can talk to you about any type of problem they have in the future.

#### Meet Our Expert

Clare Goodwin (a.k.a. Lunawolf) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of *Lunawolf Gaming* and is currently working on various gaming-related projects including game development and writing non-fiction books.



Around since the 80s, horror games initially gained traction as tie-ins to movies (including *Alien* and *Friday the 13th*), alongside more original creations like *Castlevania* and *Spatterhouse*. That era's rudimentary graphics and animation could never be truly frightening – but as technology improved, titles such as *Resident Evil* and *Silent Hill* brought genuine chills into gamers' homes.

Those hits ushered in a new wave of horror games, which are increasingly able to match the frightening realism of scary movies: *Dead Space*, the *Amnesia* and *Outlast* series, *The Last of Us*, and so on. Our #WakeUpWednesday guide peeks out from behind its fingers and gives trusted adults all the gory details about the risks that can be found in popular horror games.