



ESPORTS
WALES



PLAY, LEARN AND DEVELOP WITH
ESPORTS



EDUCATION GUIDE

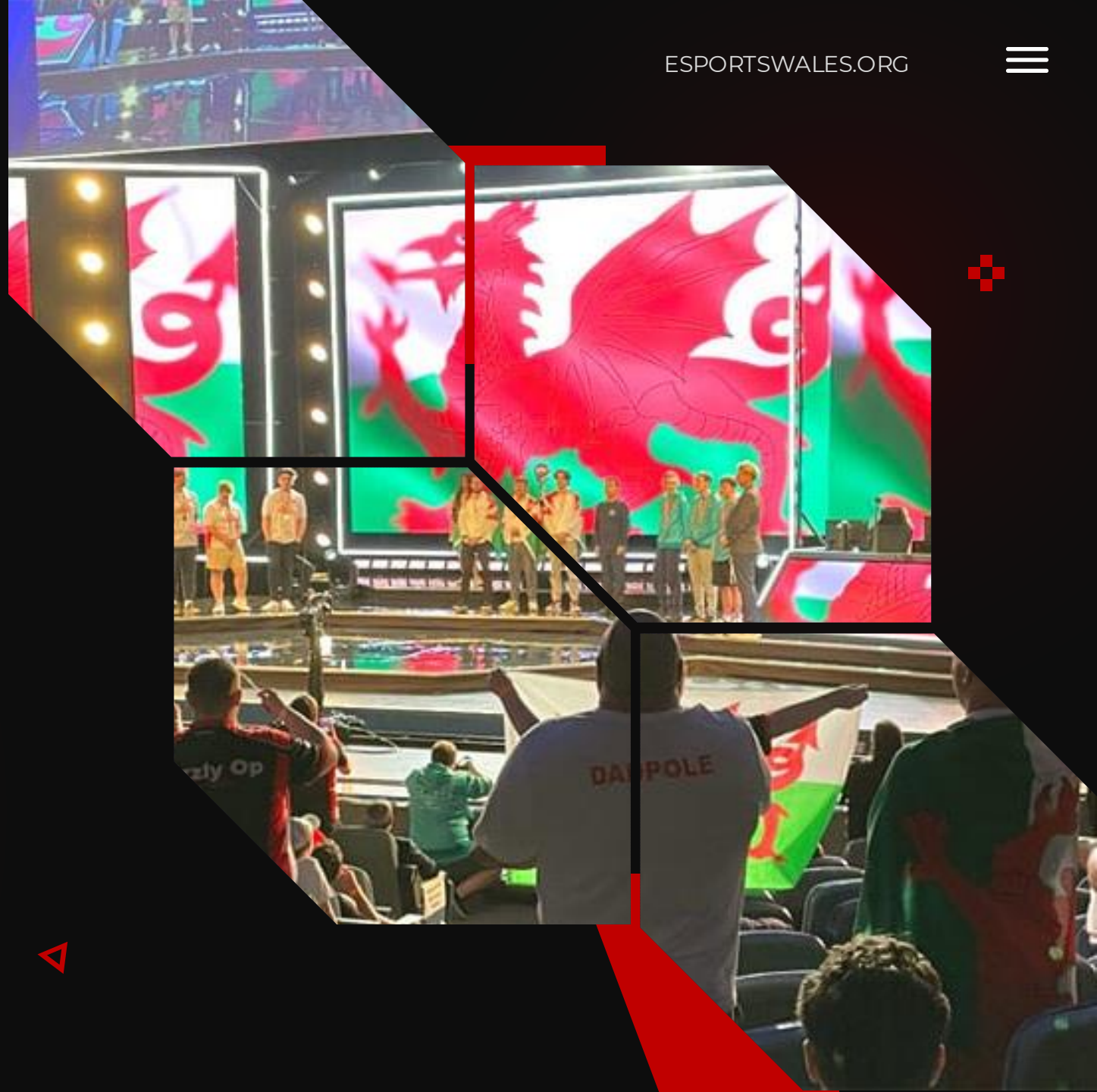
WHAT IS ESPORTS?

Esports is organised competitive video gaming where players compete individually or as part of a team.

Just like traditional sports, esports develops:

- Teamwork
- Communication
- Leadership
- Strategic thinking
- Resilience

Esports can provide pathways into careers in technology, media, events, marketing, coaching and game development.



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Why Do Young People Enjoy Esports?

More Than Just Gaming

Esports helps young people:

- Make friends and socialise
- Build confidence
- Learn teamwork
- Develop digital skills
- Represent their school, club or community

For many young people, gaming is a key part of their social life.



Just like traditional sports have football or basketball teams, esports has clubs that specialise in different games and compete in the Welsh Esports League, from strategic battles to fast-paced racing. There is truly something for everyone.



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Understanding Your Child's Game



You don't need to be an expert gamer.

Simple ways to support your child:

- Ask them about the games they play
- Watch a match together
- Learn the basics of their favourite game
- Understand match lengths and team commitments

Showing interest can help encourage open conversations and strengthen relationships.



[Click Here](#)
[Esports Game Titles](#)

[Click Here](#)
[PEGI ratings](#)



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ONLINE SAFETY MATTERS

Encourage young people to:

- ✓ Keep personal information private
- ✓ Use strong passwords
- ✓ Report bullying or inappropriate behaviour
- ✓ Block and mute abusive users
- ✓ Speak to a trusted adult if something feels wrong

Online safety is everyone's responsibility.



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HEALTHY GAMING HABITS

Esports should be part of a healthy lifestyle.

Remember to:

- Take regular screen breaks
- Stay hydrated
- Maintain good sleep habits
- Exercise regularly
- Balance gaming with school, family and hobbies

Healthy players perform better and feel better.



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POSITIVE DIGITAL CITIZENSHIP

Esports is built on teamwork and community.
Players should:

- Be respectful
- Communicate positively
- Support teammates
- Accept wins and losses graciously
- Follow community guidelines

Treat others online as you would face-to-face.





COMPETITIONS

Esports events allow players to:

- Compete in tournaments
- Meet new people
- Learn from others
- Build confidence
- Represent Wales and their community

Parents are encouraged to attend and learn more about the esports environment.



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Working Together

Together we can create:

- Safe environments
- Positive experiences
- Healthy gaming habits
- Opportunities for learning and development

Play Safe. Learn Together. Compete Respectfully

Esports Wales Parent Message

"Esports is most successful when young people, parents, educators and community leaders work together to create a safe, inclusive and enjoyable environment where everyone can play, learn and develop."





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