

PARTNERS WHO WE ARE

CLOSE IN THE DISTANCE

Promoting association behind the **Gaming and Parents** project, active in media education and digital parenting. It runs a psychological listening and support service in collaboration with professional therapists, with extensive experience in the field of new digital addictions.

RAFÍPRÓTTASAMBAND ÍSLANDS

Icelandic eSports Federation, partner of the **Gaming and Parents** project. It promotes responsible gaming practices, players' psychophysical well-being, and educational resources related to competitive gaming, with strong attention to the world and culture of eSports, including within families.



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Gaming and Parents: education in Game Media Literacy and parental digital mediation

High Rollers! // Gaming & Parents
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For more information, visit our Instagram page, EPALE, and our Blog section.
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**EDUCATION IN
GAME MEDIA
LITERACY AND
PARENTAL DIGITAL
MEDIATION**



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PLAYING TOGETHER: WHY

Video games are part of everyday life. From major console and PC titles to smartphone apps, gaming is a digital ecosystem involving millions of people of all ages. In Italy, according to IIDEA (2022), 15.5 million people between the ages of 6 and 64 play video games, 35% of the population. This is not an exclusively adolescent phenomenon, but a cross-generational one. Games change; screen time does not.

Yet **when video games are discussed within families, the focus is almost always on risks: isolation, conflict, addiction.** That is not the only possible narrative.

In many Nordic and Anglo-Saxon countries, **gaming is experienced as a shared, and even educational, activity.** Schools and families use it without demonizing it, recognizing and enhancing its potential. This is where our project was born, **in collaboration with the Icelandic eSports Federation RÍSí**, which has been working for years on digital education, well-being, and conscious play. Another way of gaming is possible. Together, too.

THE POTENTIAL AND RISKS OF GAMING

Like any cultural activity, **gaming is neither inherently positive nor negative: its impact depends on how it is used and how it fits into daily life.** It can become compulsive and foster isolation, but research does not support a direct link with violence. One thing is certain: it is not a passing trend. Gaming is now central to the global audiovisual industry.

For this reason, **it is ineffective for families either to demonize gaming or to accept it uncritically.** Knowing it allows mediation: understanding limits, age ratings, content, and the needs of one's specific family context. Research also shows that **gaming can have educational value, fostering cognitive, creative, and social skills.** The difference lies in parental competence: without awareness, gaming risks becoming an isolated activity, disconnected from shared family time.

ACTIVITIES AND RESULTS

Over 24 months, Gaming and Parents will develop the following outcomes and deliverables:

- A **trilingual open-access toolkit** (Italian, English, Icelandic) for parents and educators, focused on parental digital mediation and the conscious integration of gaming in family life and lifelong education.
- **Trilingual methodological guidelines** to make the Gaming and Parents educational model replicable in new lifelong learning settings.
- A **blended laboratory cycle** of 7 sessions between Italy and Iceland, dedicated to parenting support and the practical experimentation of the toolkit and project contents.
- A **trilingual e-library** on gaming in the family, featuring selected resources, infographics, and educational materials.
- An **educational mobility** in Iceland for direct learning of the RÍSí method, eSports, and Scandinavian digital culture.