

## LEVEL UP

AN INTERNATIONAL SCHOOL PARENT'S  
GUIDE TO ESPORTS AND VIDEO GAMES

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### Overview & Summary

- DAIGON wants to help International School Staff and Parents **meet students where they are**, as playing video games has become a standard practice among children across the world.
- DAIGON helps provide students with dedicated time for video games during their week. Setting these clear boundaries helps **build a balance and create a structured approach** that allows specific time for gaming as well as other activities.
- Your children's **safety and privacy are our top priority**. DAIGON curates its selection of games to fit the appropriate ages, our platform can only be accessed through accounts delivered to students directly through their international school, and we educate students about online safety.
- **Peer-reviewed research** has shown that playing video games/esports improves cognitive, creative, social, teamwork, and communication skills as well as mental health.
- Many **universities** now have competitive Esports programs and the \$365bn video game industry provides many **career path opportunities** in every field
- International Schools are in DAIGON's DNA. **With DAIGON, elevate your child's gaming experience, and put your mind at ease**



### DEFINITIONS

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**Esports:** Esports are organized, competitive video game tournaments. Think of it like a virtual version of a sports league or tournament, but with video games as the main attraction.

**Gaming:** Gaming refers to playing video games on a computer, console, or mobile device. It's a popular form of entertainment for many people, including children and adults.

## Meet Your Children Where They Are

**Playing video games has become a standard practice among children** across the world. For example, in the UK, [The Online Nation Report 2021](#), found that **91% of 3-15 year-olds reported playing games on console, desktop, or smartphone devices.** Similarly, in the US, a [pew research study](#) found that **72% of teens ages 13 to 17 play video games** on a computer, game console, or portable device.

DAIGON's mission is all about **meeting students where they are and structuring their game time** so that they can take more out of their gaming experience. In the following sections, we'll be discussing how structuring their game time effectively can help them reap the benefits of gaming and esports and lead to opportunities for their future.

## Structuring Their Game Time

DAIGON helps **provide students with dedicated time for video games** during their week. Not only is their experience during that time more structured with a clear objective of why they are playing and what they are playing for, but it is also more supportive as they join a community within their school with peers to play with that share their interests. **Setting these clear boundaries helps build a balance** and create a structured routine that includes time for gaming as well as other activities.

### SCREEN USE VS SCREEN TIME

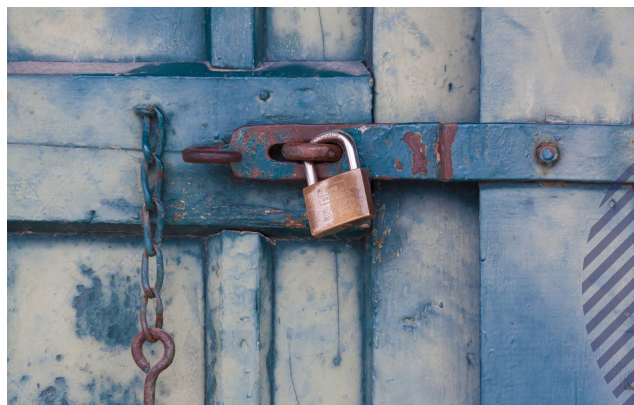
As [ParentZone](#) – a parenting organization dedicated to improving outcomes for children in an increasingly digital world – explains: “it’s important to remember that not all screen time is equal. Try to see your child’s time spent online in terms of screen use, rather than screen time: **consider what they are doing, rather than just how long they spend doing it.** The internet can offer important opportunities for social interaction, creativity, education, and most importantly, play. Time spent playing games [...] is definitely not a waste of time.”

At DAIGON, we want your children to be doing more with their time on screens so that it leads to them spending less time on them overall.

## Keeping Your Children Safe

Your children’s safety and privacy are our top priority. DAIGON curates its selection of games to **fit the appropriate ages**, using age ratings such as [PEGI](#) to inform our selection process.

Moreover, access to DAIGON’s **platform access is closed and private.**



We work **directly through your child's school** and we only work with international schools. If your child ever participates in one of our competitions they will be interacting only with international school peers from DAIGON's **closed network** and **following their school's privacy protocols**.

Finally, educating your children about online safety and online best practices is an integral part of all of our programs. We want to make sure we are helping your children avoid scams, protect their privacy online, and share mindfully and respectfully, during their time with DAIGON and beyond.

## The Benefits of Esports & Gaming

Despite some of the fears and skepticism around video games, **peer-reviewed research has shown that playing video games has a wide variety of benefits**. Below we will discuss the different proven benefits and dispel some myths about video games while providing a few useful links to the relevant studies. **For an in-depth summary of this section, please refer to [this paper](#)**.

### Cognitive Skills

Gray, P. (2015, February 20). Cognitive benefits of playing video games. *Psychology Today*. <https://www.psychologytoday.com/us/blog/freedom-learn/201502/cognitive-benefits-playing-video-games>

#### Key Findings

- Playing action video games for only a few hours a week was enough to improve a person's **ability to filter out irrelevant information**, as well as their **multitasking skills**.

- Playing 3D video games was associated with **improved memory recall, logical reasoning, and spatial awareness**.
- Playing just one hour of an action video game was enough to **improve a person's ability to pay attention to a specific task**. This improvement in attention was seen both in the short term, as well as after several weeks of gaming.

Feng, J., Spence, I., & Pratt, J. (2016). *Playing an action video game reduces gender differences in spatial cognition*. *Psychological Science*, 18(10). <https://doi.org/10.1111/j.1467-9280.2007.01990.x>

#### Key Findings

- Just 10 hours of playing action video games can result in **substantial gains in both spatial attention and mental rotation**.

### Creativity

Gray, P. (2019). Evolutionary functions of play: Practice, resilience, innovation, and cooperation. In Smith, P. K., & Roopnarine, J. L. (Eds.), *The Cambridge Handbook of Play: Developmental and Disciplinary Perspectives* (pp. 84-102). Cambridge University Press.

#### Key Findings

- Playing video games can produce a marked, **significant increase in creative thinking**, particularly in the category of flexibility.
- Even a short amount of time playing video games can **put people into a highly creative frame of mind**, which is similar to findings from previous research that other forms of play can also **enhance creativity**.



## Mental Health

Granic, I., Lobel, A., & Engels, R. C. M. E. (2014). The benefits of playing video games. *American Psychologist*, 69(1), 66-78. <https://doi.org/10.1037/a0034857>

### Key Findings

- The authors argue that gaming may be among the most efficient and effective means by which children and youth **generate positive feelings.**
- The authors reference several studies that have shown a causal relation between playing preferred video games and **improved mood or increases in positive emotions**

Johannes, N., Vuorre, M., & Przybylski, A. K. (2021). Video game play is positively correlated with well-being. *Royal Society Open Science*, 8(2), 202049. <https://doi.org/10.1098/rsos.202049>

### Key Findings

- The authors found a small **positive relation between play time and well-being.**

## Social Skills

Harrington, B., & O'Connell, M. (2016). Video games as virtual teachers: Prosocial video game use by children and adolescents from different socioeconomic groups is associated with increased empathy and prosocial behavior. *Computers in Human Behavior*, 63, 650-658. <https://doi.org/10.1016/j.chb.2016.05.062>

### Key Findings

- Prosocial video game use was positively associated with the tendency to maintain **positive affective relationships, cooperation, and sharing** as well as **empathy.**

## Teamwork, Communication, and other transferable skills

'Esports: Engaging Education' report by Digital Schoolhouse-Ukie research. A study of over 2,000 students aged 12 to 18 from 20 schools across the UK based on the results from the Digital Schoolhouse Esports Tournament.

### Key Findings

- The survey found that **82% of players say they're more likely to participate in other team sports** as a result of taking part in the DSH esports tournament.
- **All transferable skills increased** with Communication (74%) and Teamwork (80%) coming on top.
- **94%** said that taking part in the tournament made them **more interested in computers/computing.**

# Preparing Your Children for the Future

Hundreds of universities across the world have launched competitive esports programs. In North America, **over 200 universities** (the University of California, Berkeley, the University of Toronto, or the University of California-Irvine...) now offer **over \$16 million in scholarships each year**, and the numbers keep growing every year. Universities have clearly started to recognize the importance of supporting their students passionate about gaming. At DAIGON, we want to act as a gateway to these university programs and make sure students in international schools can also be competitive for admission to these programs.







## Our International School Focused Mission

DAIGON was born from a gaming friendship, formed across borders, between two **international school alumni** and joined by two **former international school management software founders**. We want to be an Esports & Gaming partner not just for International School Students and Staff, but also **for International School Parents**.

**With DAIGON, elevate your child's gaming experience, and put your mind at ease**

Moreover, the **Global Video Game market** is projected to reach **over \$365bn in revenue** in 2023. That's **bigger than the digital music market, video-on-demand market, and video advertising market – combined**.

As the gaming industry keeps booming, so do job opportunities and career paths. For students interested in video games, there are job opportunities in the industry in every sector (STEM, Business, Creative...). Some of the top job categories include Art, Game Design, Production, and Engineering.

At DAIGON, we want to encourage your children to explore their passion and by doing so, allow them to start exploring the possibility of having a successful and fulfilling career in an industry they are passionate about.

