

VANTA

A PARENT'S GUIDE TO ESPORTS



Contact us  support@vantaleagues.com

TABLE OF CONTENTS

What is esports?.....	1
What are the benefits of esports?.....	2
Esports and online safety.....	5
• issues with gaming online	
• cyberbullying	
Esports and health/wellness.....	8
• mental health	
• physical health	
The gaming community.....	9
How does Vanta Leagues work?.....	10



PARENTS' GUIDE TO ESPORTS

What is it? Why should you let your gamer play?

WHAT IS ESPORTS?

Esports derives from the phrase “electronic sports,” and refers to the organized, competitive side of video gaming. Esports is much different from traditional gaming, as it allows players to be a part of a safe, structured environment where they can grow as both a player and a person. Over the past several years, esports organizations have developed throughout the world in schools and universities, and even among professional communities. The opportunities within the space for both kids and adults are endless, and will only continue to grow.



CHECK US OUT!



WHAT ARE THE BENEFITS

of esports for youth?



DEVELOPMENT OF TEAMWORK SKILLS

Esports allows individuals to foster skills related to teamwork and collaboration. Though different from traditional sports, esports gives players an environment in which they can comfortably develop connections and navigate what it means to be a part of a competitive team.



UNCONVENTIONAL AVENUE FOR SOCIAL INTERACTION

Historically, gaming has been an industry that allows all different types of people to participate. Esports gives individuals the opportunity to develop strong social skills and connections, even if they typically have a hard time in this aspect of their lives. Video games offer a level playing field, and the barrier to entry is very low. Teams can be successful with minimal interaction, which allows kids who are less social to integrate themselves at their own pace.



WHAT ARE THE BENEFITS

of esports for youth?



COLLEGE SCHOLARSHIP OPPORTUNITIES

Over the past several years, several colleges and universities have been developing their esports curriculum to offer collegiate competition. Along with these leagues being developed, many schools have also begun offering scholarships to talented esports players. These scholarships are widespread, and are currently offered in [over 150](#) schools across the US.



DISCOVERY OF STEM CONCEPTS AND EXPOSURE TO GAMING RELATED CAREERS

Esports offers students the chance to engage and fall in love with games, potentially opening their eyes to STEM fields such as software engineering, information technology, mechanical engineering, and many more. Those who are involved in organized gaming may also discover interest in esports careers such as production, shoutcasting, managing, or marketing. The opportunities in esports are endless and growing day by day.



WHAT ARE THE BENEFITS

of esports for youth?



ENGAGEMENT IN AN ACTIVE AND SUPPORTIVE COMMUNITY

Generally, the gaming community is regarded as one of the most progressive spaces to be a part of. This gives kids the opportunity to thrive and be comfortable in their skin, and allows them the chance to meet others (from all over the world) who are doing the same.

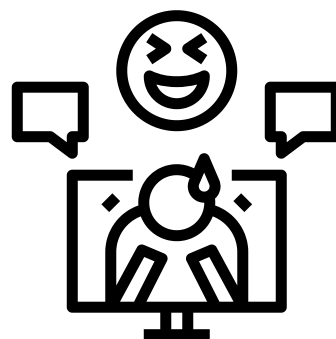


DEVELOPMENT OF MOTOR SKILLS

While many people believe that video games have no positive effects on coordination and physical ability, it is shown that those who play games consistently have better hand eye coordination than those who don't. The skills learned in gaming can even apply to [effectively performing surgery!](#)

ESPORTS AND ONLINE SAFETY

Issues with gaming online

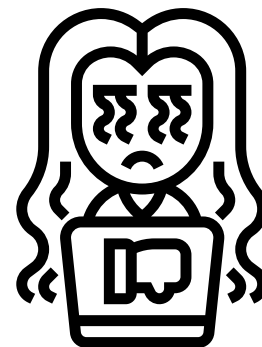


1. According to [a study](#) by The National Center for Education Statistics (NCES), about 15% of students say that they had been the victim of cyberbullying in 2019
2. 56% of LGBTQ students were cyberbullied in the same year, according to [The Cyberbullying Research Center](#)
3. In 2019 when many students across the world were taking classes from home, [Google surveyed parents and teachers](#), and teachers found that the top issue for students was cyberbullying, ahead of privacy and inappropriate content



ESPORTS AND ONLINE SAFETY

Why is cyberbullying so prevalent?

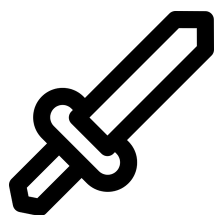


1. Cyberbullying sometimes allows the bully to stay anonymous, especially in online gaming
2. With the prevalence of smartphones, it's easy for bullies to maintain access to the people that they are harassing
3. The internet allows bullies to access people they may not normally be able to - through their devices by going online



ESPORTS AND ONLINE SAFETY

How can organized esports help prevent cyberbullying?



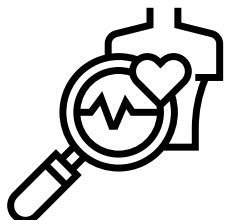
When esports sessions are supervised by coaches, kids are unable to bully each other without repercussions. Trained coaches or moderators can be highly effective on the prevention of cyberbullying



By playing in an organized environment, kids can learn the appropriate ways to behave in a gaming environment and they can take these skills into the rest of their lives.



ESPORTS AND HEALTH / WELLNESS



PHYSICAL HEALTH

Gaming can cause a large amount of strain to be placed on the body including strain on the eyes, hands, and back. Many esports organizations integrate physical wellness into their training programs to ensure that players are taking care of their bodies while playing and competing in a gaming setting. On their own, most players will likely not learn these techniques, and may face long term consequences because of it.



MENTAL HEALTH

Oftentimes overuse of video games can cause a lack of mental well-being and can [increase the severity](#) of depression, anxiety, and other pre-existing mental disorders. Esports offers an avenue for gamers to shed some of the problematic aspects of gaming (loneliness, addiction, etc.) in favor of a more organized, social version of their favorite activity. This can mitigate the negative effects that video games often have on mental health.



THE GAMING COMMUNITY



EMPOWERMENT

The gaming community empowers kids to be their true selves, all while learning a new skill. The balance between anonymity in an online setting and being known by your team and your coaches allows kids the chance to open up at their own pace. For girls especially, the gaming community offers an environment in which they can learn to be empower themselves as they partake in a traditionally male dominated activity.



FAMILY

As with traditional sports, parents can engage with their kids by watching their weekly games, checking in on their progress, and inquiring about their teammates, practices, and coaches. Some esports organizations also offer [robust parent communities](#) in which parents can interact with each other, attend events, and bounce ideas back and forth.



FRIENDSHIP

Participating in esports is the perfect way for kids (or adults!) to develop lasting friendships. It is a [proven fact](#) that teams are [stronger and more competitive](#) when the players on the squad are friends. Similarly, the act of being on a team and competing together fosters friendships. Being put through highs and lows with a group of people, especially in competition, is a surefire way to a deep connection.

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SO HOW DOES VANTA LEAGUES WORK?



ORGANIZED

Vanta Leagues offers a structured approach for youth gamers ages 9-14. All of our sessions are supervised by not only a coach, but also a moderator. Practices follow a strict curriculum, and screen time for your gamers is highly optimized. We foster teamwork and healthy competition through our weekly games.

COMMUNITY

In addition to our paid offerings, we offer several community benefits. Players can enjoy open gym nights, scrimmages, camps, off-season tournaments, game nights, a private Minecraft server, AMA events, and more.

HOLISTIC DEVELOPMENT

Besides developing the gaming ability of players, Vanta Leagues also fosters good practices in social emotional learning, digital citizenship, collaboration, and problem solving. Through our specially developed program and curriculums, coaches are able to teach their players general life skills alongside their in-game development.

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