

What's my gameplan?



When do I game?

- Is it stopping me from doing other things?
- Am I ready to stop an hour before bedtime?

Which games do I choose?

- Is this game okay for me to play?
- Have we checked the PEGI rating?
- Have we checked the settings (including chat)?

Who am I gaming with?

- Am I playing by myself or with other people?
- Does a trusted adult know who I'm playing with?
- Can I mute, block and report people if I need to?

What am I sharing when I game?

- What information is it okay for me to share?
- How does the game use my data?

How active am I?

- Am I active while I am playing the game?
- Am I taking regular game breaks?
- Am I balancing my game time with other activities?

How will I behave?

- How can I be kind to other gamers?
- Can I stop when I need to?
- Who will I talk to if something upsets me?