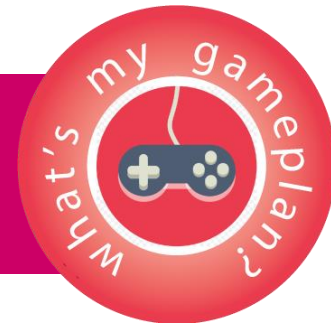


# What's my gameplan?



A **gameplan** is an agreement that families can use to help them game safely and positively. What will you agree together?

Questions to ask	We have agreed...
<p><b>When do I game?</b></p> <ul style="list-style-type: none"> <li>• Is it stopping me from doing other things?</li> <li>• Am I ready to stop an hour before bedtime?</li> </ul>	
<p><b>Which games do I choose?</b></p> <ul style="list-style-type: none"> <li>• Is this game okay for me to play?</li> <li>• Have we checked the PEGI rating?</li> <li>• Have we checked the settings (including chat)?</li> </ul>	
<p><b>Who am I gaming with?</b></p> <ul style="list-style-type: none"> <li>• Am I playing by myself or with other people?</li> <li>• Do my parents know who I am playing with?</li> <li>• Can I mute, block and report people if I need to?</li> </ul>	
<p><b>What am I sharing when I game?</b></p> <ul style="list-style-type: none"> <li>• What information is it okay for me to share?</li> <li>• How does the game use my data?</li> </ul>	
<p><b>How active am I?</b></p> <ul style="list-style-type: none"> <li>• Am I active while I am playing the game?</li> <li>• Am I taking regular game breaks?</li> <li>• Am I balancing my game time with other activities?</li> </ul>	
<p><b>How will I behave?</b></p> <ul style="list-style-type: none"> <li>• How can I be kind to other gamers?</li> <li>• Can I stop when I need to?</li> <li>• Who will I talk to if something upsets me?</li> </ul>	