

ONLINE GAMING

Friends

1. Gaming online is a great way to connect with your real world (IRL) friends. Get together to complete mission or create new worlds.



2. You can make new online friends but never give away personal information! If they want to meet IRL always speak to a parent first!

3. Some people may wish to be your online friend and may say things about them that is not true, if you dont know them IRL, then you dont really know them!



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Addiction

1. Have your parents said “your addicted to that game!” They may be right. Game developers design their games to be addictive in different ways:



Loot Crates



Time



Rank & Reputation

2. If you think that you may be starting to show signs that you have an addiction there are some small things you can do:



Spend time outdoors



Talk about it



Limit your time

3. If you use gaming as a distraction for other issues this can be helpful but can also lead to gaming addiction. If this is the case speaking to your GP can be beneficial.

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Trolls



1. We are not talking about a game troll. When gaming online if another person is bullying you or making you feel bad. Remember being bullied is not your fault. If you feel you are being bullied, speak to someone you trust: Parents, Friends, Youth Worker or even Childline.

2. Remember just because you are online doesn't mean you can do, or say whatever you want. You could end up being the troll! To avoid this, before you speak or type something online -



T- is it True?

H- is it Helpful?

I- is it Inspiring?

N- is it Necessary?

K - is it Kind?

3. Check your online privacy settings. Make sure you can only play with your friends who make you feel good (or at least don't make you feel bad if you fail in a game). Gaming online should be fun, if it is not fun you can take a break.