Top 10 Tips for Heathy Gaming

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Research Institute

Empower your child to develop safe and healthy gaming habits with these practical tips. Share this advice to help them navigate the gaming world responsibly and confidently.

1

Do Not Share Personal Details

Reinforce the importance of keeping personal information private, including their full name, address, school, and other identifying details.

2

Be Aware of Voice-Masking Features

While these features can enhance safety, they can also be misused by predators pretending to be someone they are not. Teach your child to stay cautious and report suspicious activity.

3

Remind Kids About Online Permanence

Teach your child that anything written or said online can exist permanently. Encourage them to think before posting messages or talking in games.

4

Block and Ignore Uncomfortable Players

Encourage your child to trust their instincts. If someone makes them feel uneasy or uncomfortable, they should block, mute, or report the player.

5

Remind Kids They're Playing Against Real People

Celebrate the opportunity to interact with players from different backgrounds and cultures. Promote inclusivity and respectful engagement while maintaining healthy boundaries.

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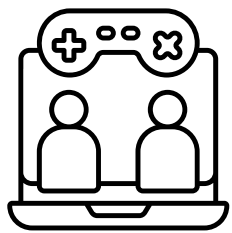
## Choose Games That Encourage Learning and Collaboration

Support games that promote problem-solving, teamwork, and creativity. Encourage your child to come to you with any concerns or uncomfortable experiences.

7

Focus on the Positives of Gaming

Highlight the benefits of gaming, such as stress relief, a sense of accomplishment, and opportunities to make friends. Some games also teach new skills, including languages and cultural awareness.

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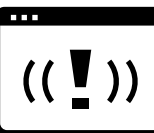
Be Cautious with Strangers

For kids under 15, encourage them to play only with real-life friends or individuals approved by parents. This reduces the risk of harmful interactions.

9

Use a Screen Name, Not Real Names

Help your child choose a gamertag that's creative but does not reveal personal information to protect their privacy.

10

Embrace Diversity in the Gaming Community

Encourage respectful behavior by reminding children that there are real people behind the screens. Treat others with kindness and expect the same in return.

Healthy gaming starts with informed and proactive guidance. By sharing these tips and fostering open communication, you can help your child build positive gaming habits that support their overall well-being.