

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