

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? 	

For more information and advice, visit the UK Safer Internet Centre

www.saferinternet.org.uk

What's my gameplan? is part of the Somerset e-Pledge to support Safer Internet Day

2019 <http://bit.ly/ePledge2019>

