

# Top tips for staying safe when gaming and balancing your time online

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Don't forget to look after your health and wellbeing, balance gaming with other activities you enjoy. Take regular breaks.



Think PEGI.  
Check out: [www.pegi.info](http://www.pegi.info)  
for more information.

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Play Fairly. Treat others the way you would like to be treated and remember if you wouldn't do/say it offline you shouldn't do it online.



Stay safe. Don't give away personal details and use strong passwords. When Playing with new friends, check with your parent/carer.

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Microtransactions and Loot boxes. Ask your parent/carer before you buy.



Know your console/device. Make sure you know how to report any worries.

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If you're worried: Speak to your parent/carer or  
Info for Parents and Carers: <https://parents.ygam.org/>  
Information for families: <https://www.taminggaming.com/>

