RESPONSIBLE VIDEO GAMING TIPS

SET CLEAR TIME LIMITS

Schedule specific gaming periods and stick to them to avoid excessive play.

BALANCE GAMING WITH OTHER ACTIVITIES

Make time for exercise, socializing, school/work, and offline hobbies.

PAY ATTENTION TO GAMING CONTENT

Make yourself familiar with the type and formats of games including in-game spending, gamblification of games, and other gaming content.

BE MINDFUL OF PHYSICAL HEALTH

Take regular breaks, maintain good posture, and protect your eyes with the 20-20-20 rule (every 20 minutes, look at something 20 feet away for 20 seconds).

PRIORITIZE MENTAL WELL-BEING

Notice changes in mood, sleep, or daily functioning and take breaks or seek help if gaming is causing stress, anxiety, or isolation.

CHOOSE AGE-APPROPRIATE GAMES

Pay attention to ratings and content before playing or purchasing.

PLAY IN A SAFE ENVIRONMENT

Protect personal information and be cautious with online interactions.

USE PARENTAL CONTROLS (WHEN APPLICABLE)

Set limits on time, spending, and game access for children and teens.

AVOID GAMING LATE AT NIGHT

Protect healthy sleep patterns by turning off screens at least an hour before bed.

ENGAGE SOCIALLY, NOT JUST COMPETITIVELY

Use games to connect with friends, but keep competition respectful and fun.

SCAN FOR MORE RESOURCES: