



SAFE GAMING HABITS



SAFETY

- Avoid sharing personal information online
- Use privacy settings and parental controls



AWARENESS

- Be mindful of how much time is spent gaming
- Understand signs of gaming addiction



FOCUS ON BALANCE

- Prioritize responsibilities over gaming
- Include physical activity in the daily routine
- Take regular breaks



ENGAGEMENT WITH FAMILY

- Play games in common areas
- Discuss gaming interests and rules
- Set clear limits on gaming time

