



SAFETY



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



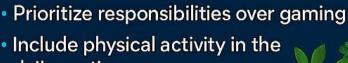


AWARENESS

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



FOCUS ON BALANC





daily routine







ENGAGEMENT **H FAMILY**



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



