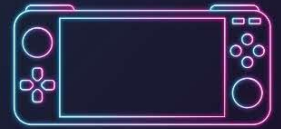




SAFE GAMING HABITS



HEALTHY SCREEN TIME LIMITS



Set screen time limit of 1 - 2 hours for recreational purposes



Set screen-free time:
Switch off devices during meals and 1 hour before bedtime

BALANCE THE SCREEN WITH THE SCENE



Take frequent breaks using the 20-20-20 Rule:

- Every **20** minutes
- Look at something **20** feet away
- For at least **20** seconds

Incorporate eye breaks into your daily routine to relax eye muscles and reduce eye fatigue



PAUSE

PLAY



PAUSE THE PIXELS. PRESS PLAY ON LIFE



A healthy gamer doesn't just level up in-game — they level up in life too.



Balance screen time with school, family, and the great outdoors to stay winning in all areas.

POSITIVE ONLINE INTERACTIONS



Your words have power — even online.
Think before you type. Be kind, not cruel.



Encouragement builds, criticism breaks.
Choose to uplift others, especially those still learning.



Be the kind of player you needed when you first started.
Help, guide, and cheer others on.

