

SAFE GAMING HABITS



LIMIT ONLINE GAMING HOURS

Playing games for long hours will negatively affect your physical and mental health. It may lead to eye strain, headaches, sleep deprivation, anxiety, and social isolation.

DON'T SHARE YOUR PERSONAL INFORMATION WITH OTHERS

They may use your information to commit crimes that causes you stress. Protect yourself from identity theft, never share your personal information online.



USE STRONG & UNIQUE PASSWORDS

It is important to create strong and unique passwords for your game accounts to prevent password reuse. That way, cybercriminals will not be able to access all your accounts if one platform suffers a breach.

