

Playing positive is possible if you have the tools you need to keep yourself happy and safe during gameplay.



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# MY POSITIVE PLAY TOOLBOX

Create your own toolkit by sorting the strategies below into the different sections of the toolbox. Once you've found a place for each strategy, see if you can come up with a few of your own!



## STRATEGIES

- Get your parent's permission before you download or play new games
- Make my profile private
- Play with people I know
- Learn how to report negative behavior and do so when needed
- Call players out when they go toxic
- Take a new player under my wing
- Tell an adult when something negative happens
- Block people who aren't playing fair
- Walk away and pause if things feel unsafe
- Gift another player an item unprompted
- Notice when I am getting tired or cranky
- Take screen breaks
- Talk to my friends or family about how playing games makes me feel



## STAYING SAFE

## INCLUDING OTHERS

## STAYING HEALTHY

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