

Seven ways to stay safe and ace your online gaming, with Dr Radha



LIFE HACKS

BBC RADIO

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RADIO Listen to Dr Radha on *Life Hacks*, Sundays, 4-6pm, Radio 1 www.bbc.co.uk/radio1

LEVEL UP!

1 Don't register for a game without asking a trusted adult first. Then play it with them nearby, so they can see and hear what's happening.



2 Switch off any settings that aren't appropriate - like chatting with strangers or in-game spending.



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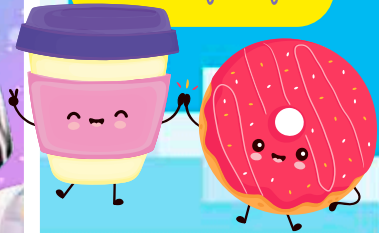
Only ever tell your password to a trusted adult.



4 Never give out personal details, like where you live, how old you are, what school you go to or your real name. Get creative and invent a random username!

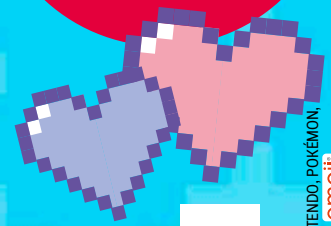
7 Tell a trusted adult if something is worrying you. Gaming should feel fun and safe, and if something is happening in the game that means it doesn't feel safe, follow advice to block, remove and report it.

5 Take lots of screen breaks. There's more to life than gaming!



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Be kind. Be the type of person you would like to meet online.



For more help and advice about gaming safely, visit Childline: www.tinyurl.com/childlinegaming

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