



What healthy gaming looks like

Balanced gaming

Gaming is something that can take up a lot of your time if you let it. And because it's so fun, it's tempting to want to play all day everyday, but you've got to remember to balance it with other things in your life.

Check out a few ways that gamers make sure they keep it balanced and healthy.

Exercise

"I'm sitting on my laptop all day for school... so I'll go outside for an hour and go for a walk or a run, then come back and play some games, then eat dinner and do some homework after that."

— Sam, 17, action-adventure



No game days

"I have no game days. For me that's Tuesday, Thursday or Sundays - I just won't play."

— Sam, 17, action-adventure

Other commitments

"You've got to make sure you've done everything that you need to do like chores, it makes it more fun when you can just relax knowing you've done everything."

— Peri, 16, VR horror



Take breaks

"I have to remember to take time to drink water. I take 20 minutes, in between matches... Oh and never turn down dinner!"

— Iluka, 16, first-person shooter



Time management

"Usually I just plan the time I need to do the homework and plan when I can play my games."

— Iluka, 16, first-person shooter





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continued

Managing your emotions

Emotions run high when you're gaming! It can be a great feeling when you win... but it can also be really frustrating or upsetting when you lose.

Make sure to keep a few things in mind while you're playing.

You're going to lose sometimes

"You definitely gain a lot of resilience when you lose."

— Hamish, 16, first-person shooter



Be respectful in the chat

"Have banter but...no-one likes a toxic chat!"

— Sam, 17, action-adventure



Excuses, excuses...

"If you lose, don't just say 'oh they're hacking' or 'oh they're using something' when the fact is... the person that beat you is probably just better than you."

— Hamish, 16, first-person shooter

Relax, it's supposed to be fun!

"At the end of the day it's a game. It's pixels on a screen."

— Sam, 17, action-adventure



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continued



Help your parents understand

Your parents want what's best for you, but there's going to be things about gaming that they might not understand. Here are some ways that our experts bring their parents along for the journey.

Help your parents understand the games you play

"Just talking to them and explaining to them about games."
— Mitchell, 17, simulator

Play a game with your parents

"It gives the parent an opportunity to actually experience gaming firsthand with their child as well."
— Hamish, 16, first-person shooter

Let them know that you're playing with other people

"Try and have a conversation or even show them why sometimes you can't just pause an online game and that you would be letting your teammates down if you left."
— Iluka, 16, first-person shooter



Talk about the benefits

"Some games can be educational and some have education settings. Sims for example can be really creative."
— Justin, 17, racing

