GOOD GAME PLAYBOOK FOR TEENS

YOUR GUIDE TO FAIR, MINDFUL AND FUN GAMING

WELCOME TO THE GOOD GAME PLAYBOOK

Video games are more than just fun. They're a way to connect with friends, compete and show off your skills. But even the best gamers face challenges sometimes.

This Playbook is here to help you:

- Handle online interactions
- Make the best decisions for your physical and mental health
- Stay in control of your experience

You decide how to use this Playbook.

It's here to help you enjoy gaming in a way that works for you.

SAFETY INSIGHTS

Game chats are built with player protection in mind.

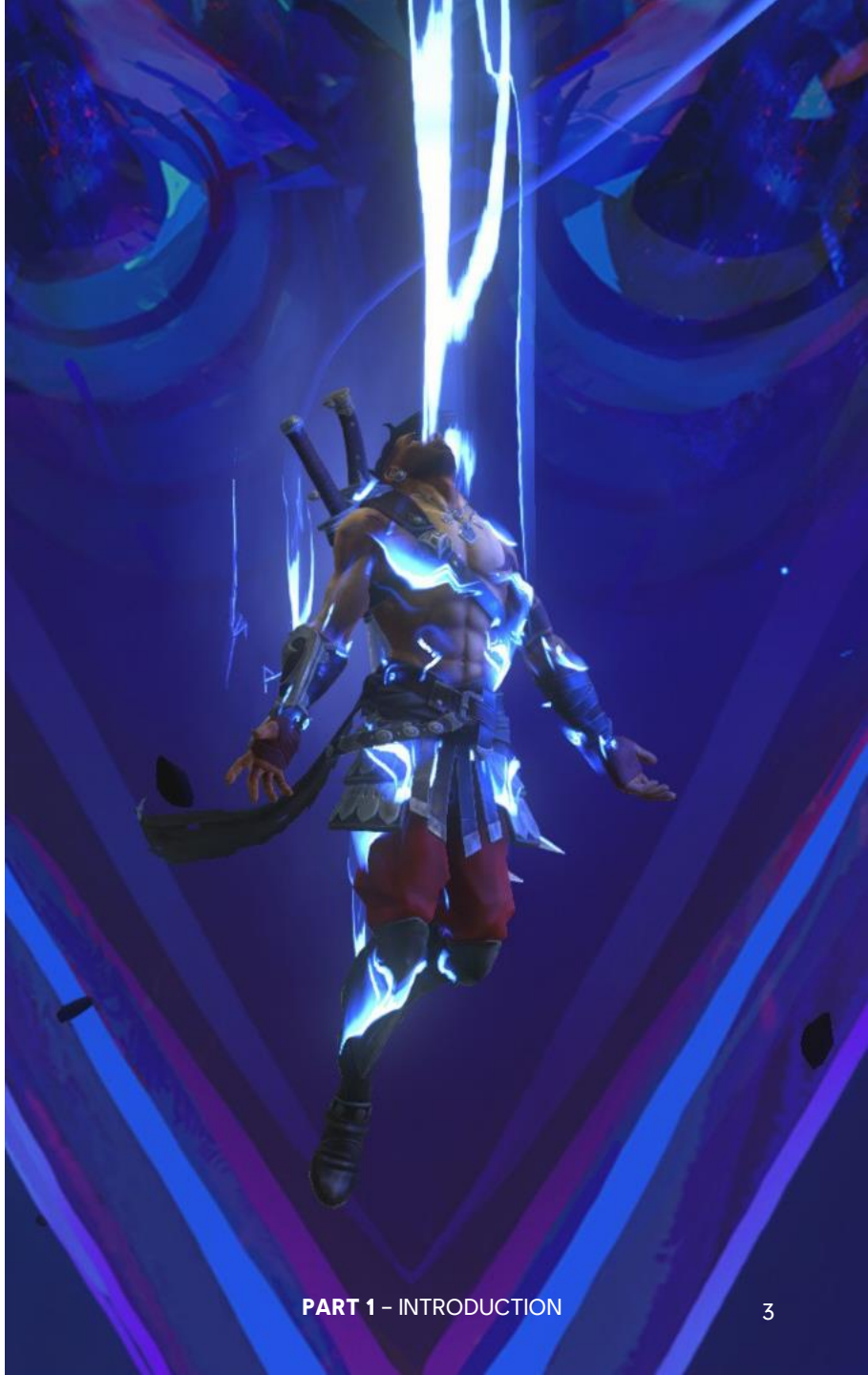
Game chats benefit from content filtering, customizable preferences and safety options. Taking the discussion outside of in-game chats allow **ill-intentioned actors to try to scam you** and avoid detection.

Smart players handle money the right way.

Using your parents' credit card without asking might feel quick and easy, but it can hinder your freedom later. Handling your expenses smartly shows your **maturity** and your **readiness for independence**.

Beware of unknown links.

Not every link is what it looks like. Some can hide **viruses, scams, or ways to steal your account.** If you don’t know where a link comes from, it’s smarter to ignore it, report it and keep your game secure.



BALANCE IS KEY: HAVE FUN, STAY HEALTHY

To feel your best, watch out for the following signs:

- Skipping sleep, meals, or homework.
- Losing interest in friends or other hobbies.
- Losing control, like continuing to play even when you're angry, tired, or not enjoying it anymore.

What will help you:

- Set your own playtime limits in advance.
- Make time for important things like eating and sleeping.
- Stay involved in other hobbies you like.

BALANCE IS KEY:
HAVE FUN, STAY HEALTHY

Sleep matters more than you think.

Not enough sleep can **lower your focus, mood, memory**, and ultimately, your **performance in-game**.

Staying active is important for seasoned players.

Physical activity **improves your concentration** and **performance** while helping you **manage stress** better.

Your body and brain are part of the game: don’t burn them out!

It's no secret that professional players pay close attention to their health, stress management and lifestyle. That’s why many of them bring health professionals on board to help them stay balanced and perform at their best.

ONLINE FRIENDS, REAL PRECAUTIONS

Stay in control of your own info.

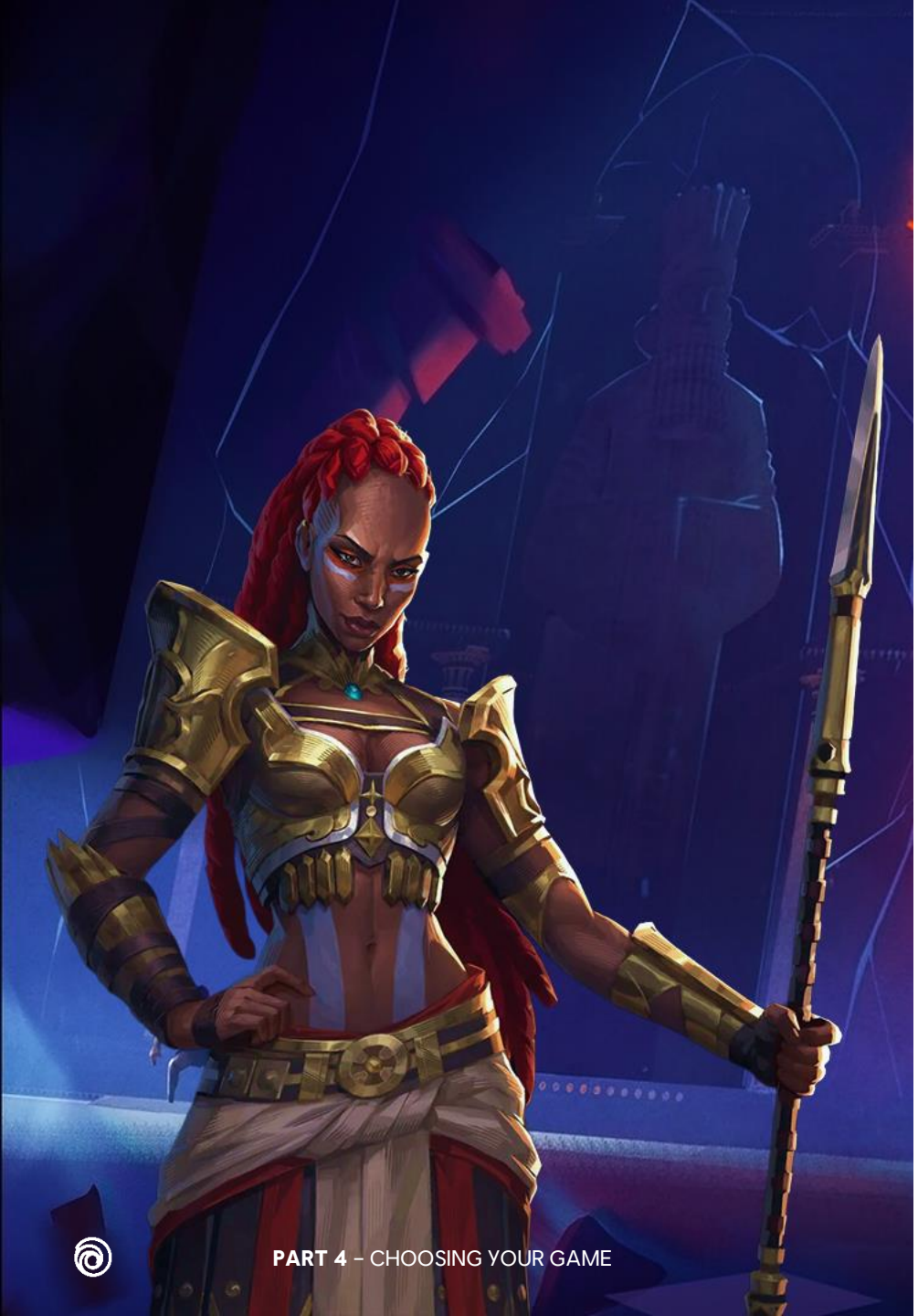
Sharing things like your name, school, or phone number might seem harmless in the moment, but online, you never know who's watching. **Some people may even pretend to be someone else to get information about you.**

Once that information is out there, it can spread in ways you don't expect. Keeping it private is the easiest way to avoid problems later.

If something feels wrong, speak up.

Some players don't play nice. If someone makes you feel uncomfortable, it's totally fine to cut the conversation and **share what happened with someone you trust IRL**.

Using mute, block and report isn't weak: it's how you keep the fun going.



OWN YOUR GAME

Some games just don’t hit right.

Not every game feels good for everyone. Pick the ones that match your vibe, so you can **enjoy the fun instead of dealing with stress,** boredom, or wasted time.

Use ratings to your advantage.

Age ratings help you **choose games that keep the fun high** while avoiding the ones that drag you down.

Keep the upper hand.

When you choose games that work for you, you **stay in control of your time, your energy, and your progress**. That’s how you keep the fun going, without losing your flow.

TOXICITY: WHAT TO DO IF YOU'RE BEING TARGETED

Words can have real-life impact, even if it's "just online". Here are some tips if you are being targeted by toxic players:

Avoid replying.

If you do, toxic players get what they want - your attention! They want to make you mad because then you lose your focus and the game. Show them that **you are better than them.**

Use in-game tools.

You can protect yourself by using tools such as **mute and block** and help identify toxic players by **reporting them**.

And if things get serious.

Harmful behaviors (e.g. threats, hate speech, etc.) require special intervention. Hit the "report player" button. It's safe and anonymous. **Check how to use player reporting features on Ubisoft website.**

BEING TOXIC = BEING THE ODD ONE OUT

Toxic players are a small but loud and annoying minority.

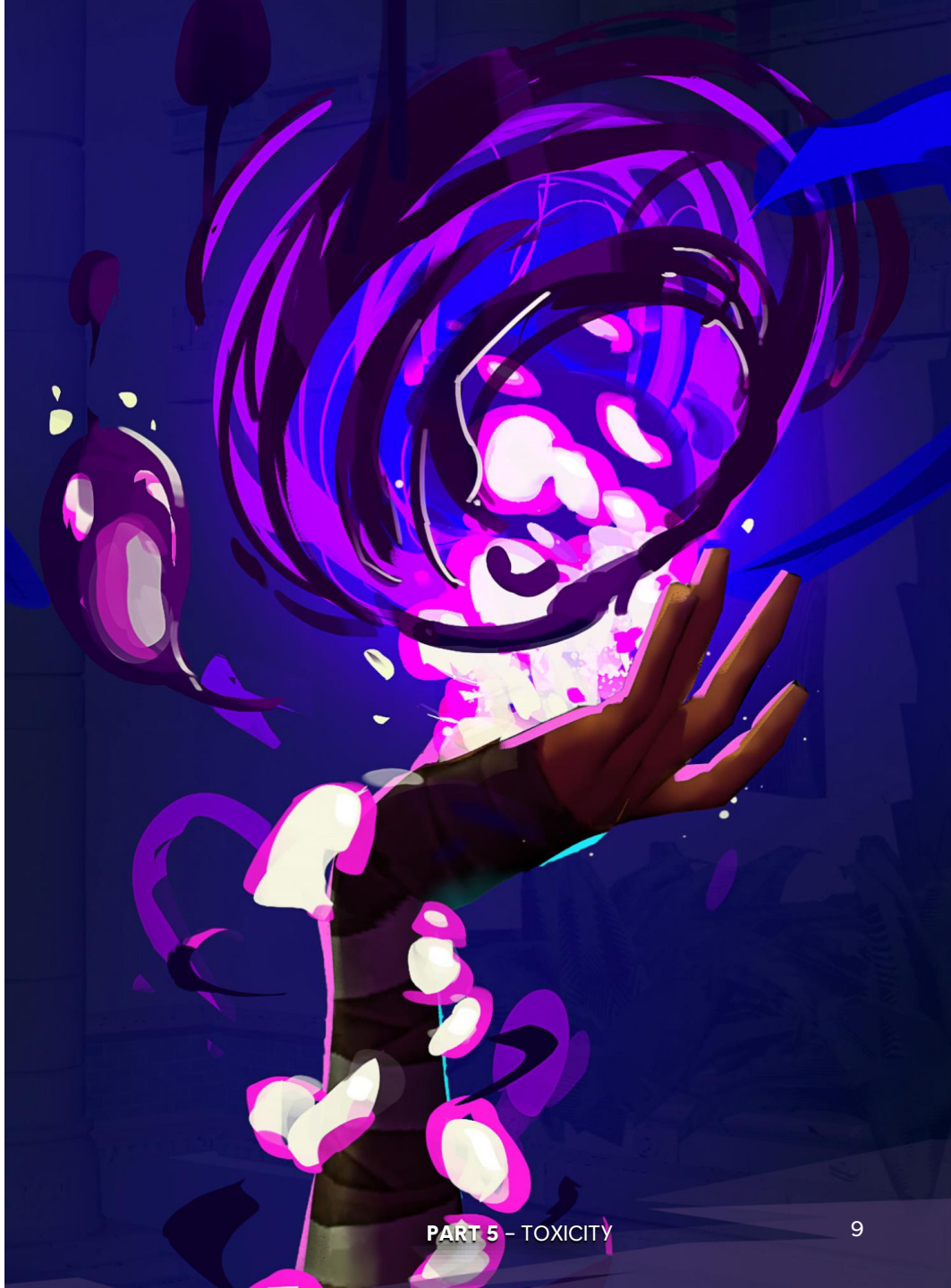
Nearly all players (96%*) act against toxic behavior.

This means most of the community wants games to be fun and fair for everyone.

Most gamers play nice and fair: be one of them.

By playing nice and fair, you're in the same team as most of the community.

Becoming a respected player is in your control.



*Unity Toxicity Report (2023)

HOW TO BECOME A RESPECTED GAMER

As a passionate gamer, certain situations can cause frustration and anger such as being trash-talked in a game or losing.

But if you find yourself doing things you regret or that hurt those around you, **it's best to take a step back** and ask yourself: "**Would I say this face-to-face?", "**What would my family and my friends think about me if they could see me right now?", "Is this helping anything"?

A FEW TIPS

❑ **Pause and reflect.**
Notice what triggered your reaction.

❑ **Take a break when emotions run high.**
Stepping away when you need, show your strength and maturity, not weakness.

❑ **Tilt can happen.**
Don't let it control you: the cooler you stay, the better you play.

❑ **Practice self-control.**
It will help you become a better player.
Being the best also means being better than others at managing your emotions; toxicity will make you lose games.

THANKS FOR READING!

Quick self check:

Ask yourself these questions after a long session:

- ❑ Did I take breaks and move around?
- ❑ Did I stay respectful in chat?
- ❑ Did I sleep, eat & rest according to my needs?

Identifying what is holding you back is the key.

Understanding and being aware of what is messing up your gaming experience is a good first step.

Safe gaming isn't about rules.

It's about having control over your experience.

Everyone needs a backup sometimes.

Talk to people around you if something feels off: they've probably been there too.