

Practise Digital Kindness

Check your chat!



- Send only nice messages to fellow gamers
- Think about the emojis you include
- Don't spread unkind messages about others
- Report if you are concerned about unkind chat

Be on your best behaviour



- Treat others as you would face-to-face
- Have healthy digital habits
- Keep games and chats friendly
- Be a good example to others

Spread digital kindness



- Remember how good it feels to receive kind words
- Pause and check messages before sending
- Take lots of breaks from being on a screen
- Spread positivity and kindness - it's catching!

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