Play to Prevent Safety Guidelines.

Streaming is a great way to raise money for charity, but as with any activity there are things you can do to make sure that you are taking care of yourself and others. Please read our tips below so you can stay safe while you Play to Prevent.

Get parental consent

* Having your parent/guardian’s consent is the very first thing you must do before setting up a stream for charity!
* If you are under 18 years old, you must have permission from a parent or guardian to take part in Play to Prevent. If you are using Twitch to stream you must be 13 or over. If you are aged between 13 and 18 you can only use Twitch if your parent or guardian agrees to Twitch’s terms of service.

Take regular breaks

* Make sure that you get up and stretch your legs (and fingers!) for a few minutes each hour. Make sure to drink plenty of water and stick to your regular meal times.

Share games with friends

* If you’re planning a gaming marathon, make sure to only stream for a few hours if you’re the only player, and share a 24-hour marathon with your friends.

Look after yourself, as well as others.

* If on the day that you have arranged your stream you feel unwell, you can always reschedule for another day – that’s one of the benefits of hosting an event online after all!
* Did you know that although it isn’t common, gaming addiction is actually a recognised disorder by the World Health Organisation. For more information or support visit www.videogameaddiction.co.uk.
* If you are streaming your game on Twitch you must mark your stream age appropriately, for example 18+.
* For parents and guardians of young gamers, the NSPCC gives great advice about keeping children safe while gaming at <http://www.nspcc.org.uk/keeping-children-safe/online-safety/online-games>