

SAFE GAMING

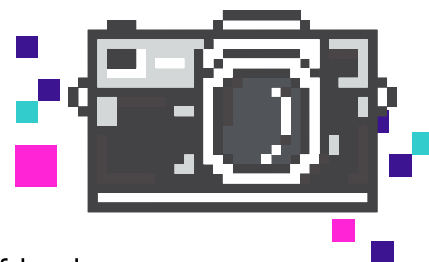
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Gaming can be a great way to escape, relax, or hang out with friends. However, young people living with epilepsy can feel shut-out of gaming due to the risk of a seizure. In fact, nearly **two thirds of the young people we spoke to worried that any gaming would negatively affect their epilepsy.**

Like most activities, gaming can be safe if you keep your health in mind. So here are our top tips to help you play safely.

PROTECT YOUR IDENTITY



Keep your username as impersonal as you can.

Use nicknames or names of a pet, and avoid using dates of birth.

Don't share any private information. Try not to mention names of your family members, and don't feature the faces of any children you know without their parent's permission.

Make sure your antivirus software is up to date and don't download any games that aren't from a reputable source.

Beware of scams from other players when buying or selling something in a game.

Contact gaming@youngepilepsy.org.uk
to speak to the team about your gaming challenge



PROTECT YOUR MIND

Block the trolls! Apps like Twitch have pretty strict rules on conduct anyway, so anyone using offensive language should be removed automatically. However, if someone is targeting your game play experience and harassing you, then block them. You've got no time for that – and they don't deserve your attention!

Pay attention to any content warnings. Games are a wonderful way of telling stories not often told in film or TV, but that can mean tackling very serious subjects. If you know something is going to upset or disturb you, then just play something else. Gaming is meant to be enjoyable!

Visit checkpointorg.com for more resources on mental health in gaming.

PROTECT YOUR BODY

Seizure warnings are your first line of defence.

If you know you are vulnerable to a particular trigger, then play close attention to what the seizure warning and content warning says. If in any doubt, just play something else!

Sit at least 1 metre from the screen and give your eyes regular breaks. It's recommended to look at something in the distance to relax your vision.

Keep hydrated. It's easy to get caught up in your virtual adventure so keep a water bottle at your side and drink little and often. Dehydration is another thing which can make you more vulnerable to seizures.

Play an alternative marathon. Stress and lack of sleep are two things which are likely to negatively affect epilepsy, so we advise against taking part in marathons. To keep yourself safe and healthy, take regular breaks and give your body a rest. We recommend playing a tag-team marathon instead, or splitting your time into chunks of up to 3 hours of gameplay followed by a 1 hour break.

If you have any concerns about your health and gaming, then speak to a nurse or GP before taking part in a gaming challenge.

