STAYING CONNECTED
TIPS FOR GAMERS: DEALING WITH ONLINE TOXICITY
Guidelines to help make the experience fun and safe.

PRACTICE COMPASSION
Remember that what you say to others may be considered bullying, harassment, or social media bullying. Be kind and respectful to others. If you find yourself getting annoyed or frustrated with someone, pay attention to your emotions and ask yourself what you could do to help the situation.

SPEAK UP
Being silent about bullying can make it worse. Speak up to help the bully, let an ally in the target, or remind the team of the game's objectives — winning together. You have the power to turn the situation around.

DON’T NORMALIZE RACIST AND SEXIST COMMENTS
Degradation worth is common in gaming communities, but that doesn’t make it okay. Call out anyone who makes such comments to others is to new, not inflammatory way.

REPORT THEM
Most games give you the option to report players for negative behavior. Game moderators review the situation and proceed with appropriate consequences, including bans. By reporting them, you are doing your part to protect yourself and your community.

IGNORE TOXIC PLAYERS
Don’t engage with people who are mean. When you react, you give them more motivation to continue and it makes them feel good. This can cause a problem for everyone else on your team.

MUTE THE CHAT
Even in games that work better with communication, it is sometimes better to mute multiple voices. In some games, muting the talk helps bring the frenzy down and reduce stress and detrimental interactions.

PLAY SINGLE-PLAYER
Most games have a single-player mode or some mode that is not too competitive or high-pressure. Play these modes to unwind or slow down.

DEFINE YOUR BOUNDARY
In some of your other activities, some people are impossible to play with. They may insist on commands to the team or win at all. Blocking them will ensure that you do not play with them again.

BE THE CHANGE YOU WANT TO SEE
What behaviors do you want to see in your gaming community? Pay attention to your own behavior and notice if you are scoping or piling on someone. Take responsibility and change your behavior. We all have been there.

REMEMBER: GAMES ARE MEANT TO BE FUN
A team works best when everyone has each other’s backs. Good sides make good games. Have fun!