

# DEALING WITH ONLINE TOXICITY

## TIPS FOR GAMERS

Guidelines to help make the experience fun and safe.

	<p><b>PRACTICE COMPASSION</b></p> <p>Remind yourself that people who are trying on bullying behavior may be dealing with their own personal issues.</p>
	<p><b>REMEMBER: IT'S NOT ABOUT YOU</b></p> <p>Toxic players and trolls are not targeting you personally even though it may seem that way. Focus on playing your best game and having fun.</p>
	<p><b>IGNORE TOXIC PLAYERS</b></p> <p>Don't engage with negativity. When you react, you give them more motivation to continue and it fuels the fire. This can ruin the game for everyone else.</p>
	<p><b>SPEAK UP FOR SOMEONE ELSE</b></p> <p>Being silent about bullying can make it worse. Speak up: stand up to the bully or be an ally to the target. You have the power to turn the situation around.</p>
	<p><b>DON'T NORMALIZE RACIST AND SEXIST COMMENTS</b></p> <p>Degrading slurs are common in gaming, but that doesn't make them okay. Call out someone who makes such comments in a clear, yet not inflammatory way.</p>
	<p><b>REPORT THEM</b></p> <p>Most games give you the option to report players for negative behavior. By reporting, you are doing your part to protect yourself and your community.</p>
	<p><b>MUTE THE CHAT</b></p> <p>Even in games that work better with communication, it is sometimes better to mute malicious voices. In some games, muting the text chat helps bring the frenzy down.</p>
	<p><b>BLOCK THE PERSON</b></p> <p>In spite of your best efforts, some people are impossible to play with and will throw games. Blocking them will ensure that you do not play with them again.</p>
	<p><b>PLAY SINGLE-PLAYER</b></p> <p>Most games have a single-player mode or a less competitive mode. Play these modes or another game to unwind or slow down.</p>
	<p><b>REMEMBER: GAMES ARE MEANT TO BE FUN</b></p> <p>Check in with yourself during the game. Ask yourself, "Am I still having fun? Am I feeling drained or angry?" You get to decide if you want to keep playing</p>