

## Wellbeing guide

### Bring a little

### joy to your life?



However you fill your playtime, there are so many benefits to giving yourself space to focus on what you love. When daily life feels busy with all sorts of outside pressures, having the time to switch off and unwind can make all the difference. And sitting back with your favourite activity - whether it's gaming, cooking, fitness, or something else - lets you do just that.



You might find livestreaming gives you another way to have fun and connect with others, or to express yourself in ways you wouldn't feel you can in person. Perhaps it's even helped you learn some new skills, or how to better work together with others. Or maybe that feeling of setting yourself a challenge and achieving a goal makes you happy.

Whatever streaming is to you, it should be a time for you to press play on what brings you joy. And, together, we want to celebrate the fun of play. It should be time you can enjoy yourself, free from worry. By following just a few tips, you - and those on your streams - can stay safe.

### Wellbeing while streaming

Your wellbeing is important to us. We want to help any children and young people joining the stream to stay safe too, and we also want you to take care and look after your own online wellbeing.

We hope you have a fun experience streaming for the NSPCC. With these tips, you can have an enjoyable time, while staying safe.

EVERY CHILDHOOD IS WORTH FIGHTING FOR

## Tips for staying safe on the stream

### A comfortable setting

- ▶ Make sure your setup is physically comfortable for you. Having enough space to stretch out your legs, and move around. If you'll be sitting, a supportive chair can help stop you getting any aches or pains. You should also position your monitor in a way so the top of the screen is at or slightly below eye level to help prevent straining your neck.



### Take regular breaks

- ▶ No matter how comfortable your streaming area is, your body needs to move around and take breaks. Try getting up and walking around at regular intervals, or just having a bit of a stretch. It might be worth even setting a timer to remind you when to take a break. We have 'be right back' banners ready for you to use when you need to step away.



### Keep hydrated and fuelled

- ▶ It's easy for time to get away from you while you're streaming. Having snacks and drinks in reach can help make sure you stay properly hydrated, with lots of energy. We'd suggest choosing water over caffeine or energy drinks, and some healthy snacks like fruit, veg or nuts.



### Spend responsibly

- ▶ If you're gaming, a game may give you the chance to buy items or skins while playing. These microtransactions use real money, and what feels like small amounts can quickly add up. If you're going to spend during a game, set yourself a limit and make sure you stick to this.

### Maintaining your privacy

- ▶ Always avoid sharing any personal information online or in your streams. It's also good to know the privacy settings of whatever platform you're using. Rather than just relying on the default settings, take a look at them yourself and see if there are any options to make your information more secure.

### Dealing with bots and trolls

- ▶ There might be people on the stream who are there for the wrong reasons and want to spoil the fun. You shouldn't have to put up with any bullying or abusive behaviour. If anyone acts in a way that makes you - or anyone else on the stream - uncomfortable, you can mute, block, or report them.



### Practise mindfulness

- ▶ Streaming can feel like a lot of pressure sometimes. Whether it's what you experience in the activity itself or the encounters you have with people in the stream, there can be times when streaming can cause stress or anxiety. When you notice you're getting stressed, try focusing on your breathing to help ground you.



You can find more information about staying safe while livestreaming [on our website](#).

## How to help keep others safe on your streams

Any children and young people joining your stream will look to you to set an example of **how to stay safe online**. We have published blogs about keeping young people safe on **Twitch** and **YouTube**. You can help make sure your stream is an inclusive place where everyone is safe and respected.

### If you see any bullying or bad behaviour

It's never OK for anyone to call other people names, use slurs, or make others feel uncomfortable on a stream. Encourage everyone to be kind to each other, and if you see anyone treating others badly, you can block them from the stream or report them. You can also find more information on how to report online abuse or inappropriate content on our **NSPPC online reporting page**.

### If you're concerned about a child

You might be concerned about how someone watching the stream behaves towards a child. **The NSPCC Helpline** offers safeguarding advice. Call us on 0808 800 5000 or email [help@nspcc.org.uk](mailto:help@nspcc.org.uk). If you're concerned with how someone is behaving towards a child online, and may suspect this is an adult, then you can report this to the police through the **CEOP reporting tool**. If you think a child's at immediate risk of harm, dial 999 to contact the police.



### If a child or young person raises any concerns they have

Young people on the stream might share a worry they have, such as concerns about their mental health. You can encourage them to visit the Childline website where they can talk to a counsellor in confidence for free: [childline.org.uk](http://childline.org.uk)

### General advice you can share

It's important to let everyone on the stream know how they can stay safe online, letting them focus on having fun. You can remind them to never give out any personal information online, as well as giving some of the tips we've provided above.

STAY SAFE.  
HAPPY STREAMING!

