



TIPS FOR USING GAMES AND SOCIAL MEDIA IN A MODERATE WAY

For young persons, based on the FITING4YOU Project (2024-2025)

WHY DO WE GO ONLINE?

The internet can be a great place for:

- Playing fun games
- Talking to friends
- Learning new things
- Feeling better when we're bored or lonely

TRY THIS:

It can sometimes be too much and make us feel bad. That's when we need to be careful.

HOW MUCH TIME IS TOO MUCH?

Being online all day can make you:

- Tired
- Upset
- Late for school or other things

TRY THIS:

- Use a timer to help take breaks
- Do something fun offline (like music or sports)
- Ask someone to help make a daily plan

SPENDING MONEY ONLINE

Games and social media often ask you to buy things, like:

- New clothes for your avatar
- Coins or points
- Items you saw in videos or ads

TRY THIS:

- Talk to someone before you buy
- Set a limit on how much you spend
- Ask: "Do I really need this?"

ADS AND INFLUENCERS

You might see cool stuff in videos and games—but not everything is real or worth your money.

TRY THIS:

- Think: "Are they trying to sell me something?"
- Talk about what you see with an adult you trust
- Wait a day before you buy something

STAYING SAFE ONLINE

The internet is not always safe. Sometimes people can be mean, or you can lose your account or items.

TRY THIS:

- Never share your passwords
- Be kind online—just like in real life
- Tell an adult if someone is mean or scary

WHAT HELPS ME STAY BALANCED?

Spending too much time or money online can give you a bad mood, effect your offline relationships and give you false information.

TRY THIS:

- Having fun hobbies outside the screen
- Joining a club, group, or activity
- Learning about online safety and money
- Asking family or adults you trust when you need help



REMEMBER:

You are in control!

- Games and social media should make you feel happy - not stressed, tired, or broke.
- Take breaks. Ask questions. Do other things.



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