

Did you know? – Time spent gaming can cause disruption to sleep, including delayed bedtimes and wake times.

### HUGGY WUGGY

UK age rating = Age 12

This game is recommended to ages 12 and older.

This game is **NOT**  
**SAFE** for children



The character can be easily viewed on YouTube channels and is a **teddy bear with razor-sharp teeth that sings worrying songs about hugging and killing.**



#### PLEASE NOTE:

The game contains scary images and scenarios, such as toys coming to life and wanting to harm the children they belong to.

Online bullying and abuse can easily take place on these games. We recommend you do not allow your children to play them.

**THINK SAFETY. THINK ABOUT WHAT GAME IS SUITABLE FOR YOUR CHILD'S AGE.**

## 5 Ways to Manage Time Spent Gaming

by @inner\_drive | www.innerdrive.co.uk



**DO**

### GET YOUR WORK DONE FIRST

You can then spend time enjoying gaming knowing that your work has been done.

**DON'T**

### LOSE SLEEP OVER IT

Sleep is important as it impacts on how you feel, think and behave the next day.

**DO**

### SET A TIME LIMIT

This can help ensure you don't spend too much time gaming. All things are best in moderation.

**DON'T**

### SPEND TOO MUCH TIME ON YOUR OWN PLAYING IN YOUR ROOM

Playing with other people in person and spending time with others is important.

**DO**

### GET EXERCISE

Be sure to get enough fresh air and physical activity regularly. Don't replace exercise and sport with gaming.