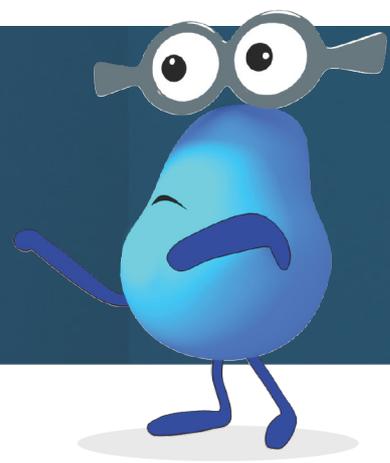


Empowering Safer Play

Mobile games

As at 11 November 2025



What is Empowering Safer Play (ESP)?

ESP is about keeping your playtime enjoyable, healthy, and preventing any gaming-related problems.

What does ESP look like?

Ask yourself if these statements are true for you:

- I think about the amount of money and the amount of time that I am willing to spend in a game.
- I only spend the amount of money in a game that I can afford.
- I only spend the amount of time in a game that I can spare.
- I am honest with family and friends about the amount of time and the amount of money I spend playing.
- I can walk away from gameplay at any time.
- I feel in control of my gameplay.

If you're not sure if your gameplay is staying in control, check out how to be a Positive Player below.

How to be a Positive Player

Positive players focus on enjoying gameplay for leisure and entertainment. They make sure that gameplay is balanced with other important aspects of their life, like socialising, exercise and other screen-free activities. They prioritise their health and wellbeing above all else.

Tips for being a Positive Player:

Set time limits

Be aware of how much time you spend in gameplay. Establish your own time limits and use timers or alarms to help you stick to them.

Prioritise responsibilities

Take care of your responsibilities (work, chores) before starting a new gaming session.

Avoid excessive spending

Check how much money you spend on your games. Make sure it is affordable and that all other financial commitments are taken care of. Set a budget for in-game purchases. Check that you're not impulse spending or chasing losses.

Determine if you have realistic beliefs

Avoid some of the false beliefs related to social casino games like believing that 'being close to a win' suggests that a win is imminent, or believing you are 'due for a win'.

Take regular breaks

Take breaks during gaming sessions to stretch, exercise, and rest your eyes. Take time to get outdoors and do some form of physical activity each day. And when you are using any screen, follow the 20-20-20 rule => every 20 minutes, look at something 20 feet away (6 meters) for at least 20 seconds.

Recognise signs of addiction

Be aware of symptoms that may indicate that gameplay is becoming a problem, such as preoccupation with gaming, neglecting responsibilities, experiencing withdrawal symptoms, or having difficulty controlling your gaming time. See the **When Might Gameplay Be a Problem?** article for more information.

While we offer social casino-style games, these games are not gambling, and do not offer the opportunity to win real money or prizes. Practice or success at social casino-style games does not imply future success at gambling. **You must be 18 or older to access and play our social casino-style games.**