# Safe Streaming Guidelines

Whenever you're on the internet, whether you're gaming, streaming or spectating, we would encourage you to be responsible for your own safety and well-being.

Here are our tips to help you game, stream and fundraise safely.

## 1. Do not tolerate any bullying or abusive behaviour online.

Make sure you block, mute or report any 'trolls' you encounter online. You can find out how to report people on Twitch **here**.
To let us know, email **fundraising@aberlour.org.uk**

## 2. For younger supporters

We love to have the support of under 16's, but your parent or guardian will need to register as a fundraiser on your behalf to set up your **Just Giving** or **Tiltify** page and confirm to us that they give their permission. There is lots of good advice out there on safe gaming and streaming for under 16's. More guidance can be found **here**.

## 3. Be mindful of the games you're playing.

We would encourage you to be mindful of the games you might play when streaming a fundraiser for Aberlour. As an organisation that supports vulnerable families, Aberlour does not promote violence, any sexual content or mistreatment of children. If possible, it would be great if your stream could reflect those values.

## 4. Keep private information private!

We know gaming and streaming is a fantastic way to fundraise because of the ease with which you can connect to people worldwide. Be very careful not to share any personal information with anyone online. If you think someone is asking inappropriate personal questions, don't answer them and report them through the channel you are streaming on.

## 5. Take regular breaks!

If you are having a gaming or streaming marathon, or even if just for a couple of hours, take regular breaks away from your screen, move about and stay hydrated. If possible, go outside for some fresh air. If you're not feeling well, stop the stream.

## Find us on:

**AberlourCCT**

**AberlourCCTChannel**

**Aberlour Children's Charity**

**https://tiltify.com/aberlour-childrens-charity**

**https://www.justgiving.com/campaign/clanaberlour**

**https://discord.gg/HCR6adnvFF**

## Have fun and stay safe!