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**GAMING
DISORDERS**

TAILORING INTERVENTIONS

Safe and Inclusive Online Gaming for Girls

Develop a Workshop – Teacher Notes



Escola Profissional de Cortegaça
OVARFORMA - Ensino e Formação Lda.

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- Define Goals and Objectives
- Plan the Content
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- Logistics and Setup
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Define Goals and Objectives

- **Purpose:** Equip female gamers with knowledge and tools to stay safe online.
- **Key Objectives:**
 - Educate participants on common online threats e.g., harassment, doxxing
 - Teach strategies for protecting personal information and managing privacy settings.
 - Empower participants with resources and a supportive network.

Doxxing is the act of publicly revealing someone's private information, such as their real name, address, phone number, or other personal details, without their consent

Plan the Content

Topics to Cover:

- Understanding Online Threats: Recognizing red flags like phishing, grooming, and hate speech.
- Personal Data Protection: Best practices for securing accounts and preventing data leaks.
- Handling Online Harassment: Techniques for dealing with trolls, reporting abuse, and building resilience.
- Building Safe Gaming Communities: Encouraging collaboration and support among gamers.

Interactive Activities:

- Group discussions to share experiences and strategies.

Organize the Materials

Presentations

- Revise/adapt template Workshop PowerPoint highlighting threats, tips and resources.
- Use the real-life examples provided to make the content relatable.

Handouts

- Revise/adapt provided template handouts.

Multimedia

- Use provided YouTube Videos to explain the issues.
- Use case studies from other female gamers – identify 3 from then school to give short presentations.

Logistics and Setup

Venue: Arrange a physical space at your school.

Tech Check: Test microphones, projectors and any gaming demonstrations in advance.

Registration: Offer a sign-up form and limit participants to maintain interactivity.

Promotion and Communication

Target Audience: Focus on girl online gamers from within the school.

Channels: Use social media, and school newsletters to promote the workshop, including the provided poster (which is adaptable)

Pre-Workshop: Circulate a short survey to understand participants' current concerns.

Day of the Workshop

Opening:

- Welcome participants with a brief overview of objectives.
- Share statistics or stories highlighting the importance of online safety.

Facilitation:

- Encourage participation and provide a safe space for sharing.
- Use live Q&A during the Workshop to keep participants engaged.

Closing:

- Summarize key takeaways and encourage participants to ask questions.
- Share resources and a call to action (e.g. join a supportive gaming network).

Post-Workshop Activities

Feedback Collection:

- Use provided Evaluation Template Forms (Word based) to gather participant feedback.

Follow-Up Email:

- Thank participants for attending.
- Share workshop materials, recording links, and additional resources.
- Invite participants to future events or a community group.
- Reflection: Review participant input to improve future sessions.



Thank you



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Workshop



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Introduction to the Workshop

This is what you can expect from the Workshop



The Issues

For many female gamers, it comes with significant safety concerns. Here are some of the main issues:

Sexist Comments and Harassment: Female gamers often face sexist comments, threats, and harassment while playing online. This can include derogatory remarks about their gender, appearance, and abilities.

Sexual Harassment: Women in online gaming frequently encounter sexual harassment, including inappropriate messages, unsolicited images, and comments of a sexual nature.

Cyberstalking and Doxxing: Female gamers may be subjected to cyberstalking, where their online activities are monitored obsessively, and doxxing, where their personal information is shared without consent.

Threats and Intimidation: Some female gamers receive threats of physical harm, rape, or death, which can be extremely distressing and intimidating.

Lack of Effective Reporting Mechanisms: Many gaming platforms lack effective reporting mechanisms, making it difficult for female gamers to report harassment and get appropriate action taken.

Mental Health Impact: The constant harassment and abuse can take a toll on the mental health of female gamers, leading to anxiety, depression, and a reluctance to participate in online gaming.

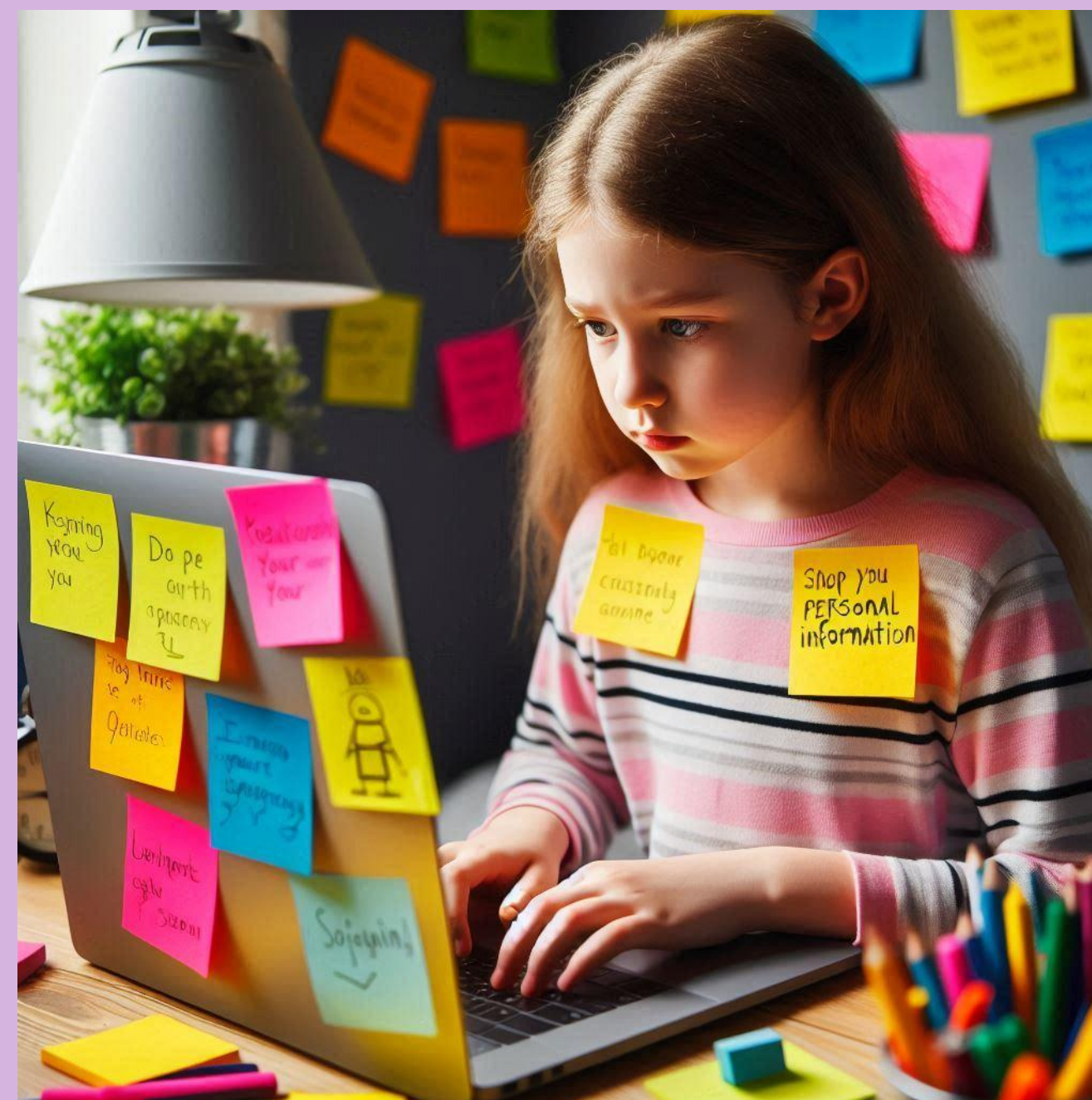
Inclusivity and Representation: Despite some progress, the gaming industry still struggles with inclusivity and representation, which can contribute to a hostile environment for female gamers.

In one survey of online gamers, 79% of participants reported that sexism is prevalent within the online gaming community and 63.3% of women reported being harassed while playing online video games. (Bustos-Ortega, 2023)

Personal Experiences

We have asked 3 girl gamers from the school to each give a short presentation about their personal experiences when gaming.

We will then discuss



Building a Virtual Identity

What is a Virtual Identity

Digital or virtual identity refers to the way individuals present themselves and are perceived in online environments. It's essentially an individual's "digital self," shaped by information they share, interactions they have, and content they create on the internet. This identity can be consciously crafted or shaped naturally over time through various digital interactions.

Digital identity can vary widely from a person's "real-world" identity, either intentionally or unconsciously. It can also influence self-perception, social interactions, and, in some cases, personal and professional opportunities.

Balancing authenticity with privacy and security has become a key consideration in managing digital identities effectively.

Building a digital or virtual identity while distinguishing it from your real identity involves several steps. The handout suggests some key strategies.

Building a Virtual Identity

Key Aspects of a Virtual Identity

- 1. Personal Information:** Includes details like your name, age, location, profile photos, and any other personal data you share on social media, websites, or online forms.
- 2. Social Media Profiles:** Your online presence on platforms like Instagram, Twitter, and Facebook contributes to your digital identity. These platforms often capture different facets of your identity (e.g. Instagram for your personal life).
- 3. Behavioural Data:** Online behaviours, such as the types of content you like, share, comment on, or buy, also contribute to your virtual identity. Algorithms can use this information to create a digital “profile” of you, often used for targeted ads or recommendations.
- 4. Digital Persona and Avatars:** In virtual spaces, such as gaming platforms or virtual reality, you might create avatars or pseudonyms, which reflect an alternate or exaggerated version of yourself.
- 5. Privacy and Security Settings:** The way you set privacy controls and manage your data also defines part of your digital identity, reflecting how much of your real self you are willing to share online.
- 6. Reputation and Digital Footprint:** Over time, the cumulative effect of your online actions, interactions and shared content forms a digital footprint. This footprint impacts how others view your digital identity and may have lasting implications.

Building a Virtual Identity

Virtual Identity Questionnaire

Here's a questionnaire designed to explore perceptions, experiences, and practices surrounding digital or virtual identity.

It covers various aspects such as personal expression, privacy, authenticity, and digital footprint.

Instructions:

- **Please answer the questions honestly.**
- **Hand the questionnaire back to me..**
- **After a quick analysis we will then discuss the issues most affecting you all.**

Your responses will help better understand perspectives on digital and virtual identity.

Online Harassment

One of the root causes of online harassment is having little, to no, consequences for poor behaviour online.

The gamers who harass others online have anonymity as they don't have to show their real identity or face.

There are not enough gaming platforms that invest in reviewing complaints and banning offending behaviour.

Online gaming is a competitive environment that includes trash talking and gamers taking the game too seriously.

The gaming community has young boys who sometimes lack maturity or fail to understand that online behaviour can cause real-world harm.

Online Harassment

Keeping Safe When Online Gaming

Online gaming is a fun and interactive activity, but it's important to stay safe. Follow these tips and activities to ensure a secure and positive gaming experience.

1. Use strong, unique passwords for your gaming accounts.
2. Enable two-factor authentication (2FA) wherever possible.
3. Adjust privacy settings to limit who can contact you or view your profile.
4. Avoid sharing personal information like your full name, address, or school.
5. Block and report players who behave inappropriately or harass others.
6. Play on secure, trusted platforms and download games only from official sources.
7. Be cautious of in-game purchases and avoid clicking suspicious links.
8. Discuss gaming boundaries and screen time limits with family members.
9. Join positive communities and avoid toxic gaming environments.
10. Always take breaks to rest your eyes and stay physically active.

Remember, online gaming should be a safe and enjoyable experience. By following these steps, you can protect yourself and others while having fun.

What others have to say



One in 10 female gamers feel suicidal over abuse they face while playing online (YouTube)



Female gamers say they face discrimination (YouTube)



Inside the world of female gamers (YouTube)

Online Harassment

Online Harassment Questionnaire

Here's a questionnaire designed to explore the issue of online harassment

Instructions:

- **Please answer the questions honestly.**
- **Hand the questionnaire back to me.**
- **After a quick analysis we will then discuss the issues most affecting you all.**

Your responses will help us all understand and address the issue of online harassment.

Final Thoughts

The online gaming community has seen a significant increase in the number of females participating.

However, there's a concerning trend of harmful behaviour, such as online harassment, doxing and discrimination, which negatively affects all gamers.

It's important for the gaming community to be a safe and inclusive space for everyone.

It's important to remember that many women worldwide have faced online harassment, and you're not alone in this experience.

By speaking out against misogynistic behaviour in games and reporting it, we can work towards a safer, more supportive, and more enjoyable gaming community.

You have the power to make a change.

[Kathryn Lee](#)

Workshop Feedback

Workshop Feedback Questionnaire

Here's a questionnaire designed to get your thoughts on the Workshop.

Instructions:

- **Please answer the questions honestly.**
- **Hand the back to me.**
- **Your responses will help us all make any improvements to future Workshops.**



Thank you



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A WORKSHOP

SAFE AND INCLUSIVE ONLINE GAMING FOR GIRLS



[Date]
[Time] [Duration]
[Venue]

What to expect

- ✚ Understanding the challenges faced by female gamers
- ✚ Exploring the impact of online harassment
- ✚ Learning best practices for creating safer gaming environments
- ✚ Empowering female gamers with tools and resources
- ✚ Interactive sessions
- ✚ Experiential sessions

**Make a difference in the gaming community.
Join us and help create a safer and more inclusive space for everyone!**

To register contact **[Insert Contact Information]**

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Guide

A Guide to Virtual Identification



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Building a digital or virtual identity while distinguishing it from your real identity involves several steps.

Here are some key strategies:

1. Define Your Purpose and Audience

- **Purpose:** Determine why you need a digital identity. Is it for personal branding, or social interaction?
- **Audience:** Identify who you want to reach. This will guide the tone and content of your digital presence.

2. Choose Your Platforms Wisely

- **Personal:** Platforms like Instagram or Facebook are suited for personal connections.

3. Create Consistent Branding

- **Username:** Use a consistent username across platforms to make it easier for people to find you.
- **Profile Picture:** Choose a casual photo for personal platforms.

4. Separate Personal and Professional Content

- **Personal Accounts:** Share personal interests, hobbies, and social activities.
- **Privacy Settings:** Use privacy settings to control who sees your personal content.

5. Engage and Interact

- **Personal:** Interact with friends and family, join interest-based groups, and share personal updates.

6. Monitor and Manage Your Digital Footprint

- **Regular Updates:** Keep your profiles updated with current information.
- **Search Yourself:** Regularly search your name to see what information is publicly available.
- **Clean Up:** Remove or update outdated or irrelevant content.

7. Use Different Email Addresses

- **Personal:** Use a separate email for personal accounts and subscriptions.

8. Be Mindful of Security

- **Strong Passwords:** Use strong, unique passwords for different accounts.
- **Two-Factor Authentication:** Enable two-factor authentication for added security.

9. Stay Authentic

- **Personal:** Share real moments and thoughts but be mindful of oversharing.



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Questionnaire

Online Harassment



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Your responses will help us all understand and address the issue of online harassment.

1. Experience with Online Harassment

Have you ever experienced online harassment?

Yes No

2. Types of Harassment

What types of online harassment have you experienced? (Check all that apply)

- Cyberbullying
- Stalking
- Threats
- Sexual harassment
- Other (please specify): _____

3. Frequency of Harassment

How often have you experienced online harassment?

- Daily
- Weekly
- Monthly
- Rarely

4. Platforms

On which platforms have you experienced online harassment? (Check all that apply)

- Social media (e.g., Facebook, Instagram)
- Gaming platforms
- Messaging apps (e.g., WhatsApp, Snapchat)
- Online forums
- Other (please specify): _____

5. Impact of Harassment

How has online harassment affected you? (Check all that apply)

- Emotional distress
- Fear for safety
- Decreased online activity
- Other (please specify): _____

6. Reporting Harassment

Have you reported the online harassment?

Yes No

If yes, to whom did you report it? (Check all that apply)

Platform moderators



- The Police
- Friends or family
- Other (please specify): _____

7. Support and Resources

What kind of support or resources would be helpful to you?



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GAMING DISORDERS

Questionnaire

Virtual Identification



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Here's a questionnaire designed to explore perceptions, experiences, and practices surrounding digital or virtual identity. It covers various aspects such as personal expression, privacy, authenticity, and digital footprint.

Instructions Please answer the following questions. Your responses will help us better understand perspectives on digital and virtual identity.

Section 1: General Information

1. Your Name:
2. Your Age:
3. How often do you use social media or digital platforms?
 Daily
 Weekly
 Monthly
 Rarely
 Never

Section 2: Understanding Digital Identity

4. How would you describe your "digital identity"? (e.g., How you present yourself online, whether it aligns with your real-life personality)
-

5. To what extent do you feel your digital identity reflects your real-life personality?
 Completely
 Mostly
 Somewhat
 Minimally
 Not at all
6. Do you manage multiple digital identities or personas across different platforms (e.g., TikTok, Instagram)?
 Yes
 No
 Sometimes
7. How do you usually choose the content you share or post online?
 Based on my interests
 For audience engagement
 To create a specific impression
 Other: _____

Section 3: Privacy and Control

8. How concerned are you about the privacy of your personal information online?
- Very concerned
 - Somewhat concerned
 - Neutral
 - Not very concerned
 - Not at all concerned
9. How often do you review or adjust privacy settings on your social media or digital platforms?
- Regularly
 - Occasionally
 - Rarely
 - Never
10. Have you ever felt that your digital identity or content was misused or misrepresented?
- Yes
 - No
 - Unsure

Section 4: Authenticity and Expression

11. To what extent do you feel pressured to enhance your digital identity (e.g., through filters, selective posting)?
- Very high
 - High
 - Moderate
 - Low
 - None
12. Do you feel more comfortable expressing certain aspects of yourself online than in real life?
- Yes
 - No
 - Sometimes
13. In your opinion, does maintaining a digital identity impact your self-esteem or mental health?
- Positively
 - Negatively
 - Both
 - No impact

Section 5: Digital Footprint and Future Considerations

14. How often do you think about the long-term impact of your digital identity (e.g., digital footprint)?
- Often



- Sometimes
- Rarely
- Never

15. Would you consider using an online tool or app to monitor and manage your digital identity?

- Yes
- No
- Maybe

Section 6: Open-Ended Questions

16. What is one positive experience you've had with your digital identity?

17. What is one challenge you've faced in managing your digital identity?

18. How would you ideally like to be perceived online?



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Evaluation Form

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This questionnaire is designed to get your thoughts on the Workshop.

Instructions: (i) Please answer the questions honestly (ii) Hand the back to me (iii) Your responses will help us all make any improvements to future Workshops.

Name _____

Age _____

Class _____

1. Overall Satisfaction

How would you rate your overall satisfaction with the workshop?

- Very satisfied
- Satisfied
- Neutral
- Dissatisfied
- Very dissatisfied

2. Content and Relevance

The workshop content was relevant to my needs and interests.

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree

3. Presentation and Delivery

The presentations were clear and well-organized.

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree

4. Speaker Effectiveness

The speakers were knowledgeable and engaging.

- Strongly agree
- Agree
- Neutral

- Disagree
- Strongly disagree

5. Interactive Sessions

The interactive sessions (group discussions, Q&A) were valuable.

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree

6. Logistics and Organization

The workshop was well-organized and ran smoothly.

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree

7. Facilities and Venue

The facilities and venue were suitable for the workshop.

- Strongly agree
- Agree
- Neutral
- Disagree
- Strongly disagree

8. Overall Experience

Would you recommend this workshop to others?

- Yes
- No

9. Comments and Suggestions

What did you like most about the workshop?

What did you like least about the workshop?



Any additional comments or suggestions:

Thank you for your feedback!