

# BE WA AWARE



**First cover your hair, then put on the headset.**



**Feeling sick or your eyes hurt?  
Take off the headset, stay seated and tell  
the teacher.**



**Stick to the time limit and have breaks.**



**Don't move around with the headset  
on, unless the room is set up for it  
and someone is watching.**



**When using controllers take a break if your  
hand hurts or tingles.**



**Having too much fun? Enjoy!**