



## Have fun, exercise, and play safely on Pokémon GO

Taking the world by storm last month, Pokémon GO has quickly become a favorite activity for kids and teens alike. If you're like many parents, you're still trying to figure out what it's all about. Here are eight simple rules to help your kids (and you) play safely:

**Rule 1:** With younger children, make Pokémon hunting a family outing. This is a great way to get exercise, have fun family time, and keep your children safe.

**Rule 2:** Never hunt Pokémon alone, always take a friend or go with a group. More people = safer.

**Rule 3:** Do not hunt Pokémon in the dark on foot, many hunters are being mistaken for thieves and trespassers and

this can be dangerous for the hunters. If you are hunting after dark, it's best to be inside a vehicle; even then, it can be dangerous as [this story illustrates](#).

**Rule 4:** Pokémon hunters should let a parent or caregiver know where they are going and when they plan to return. Even better, use a GPS tracking app (find my iPhone, Life 360, etc.) to monitor the hunters while they are gone, and ask them to check in every 30 minutes.

**Rule 5:** When going to a Poké Stop, click on the photo of the stop in your app before you arrive. Do not stop in places that are dark, remote or appear to be unsafe for any other reason.

**Rule 6:** Use common sense when hunting Pokémon. Entering private property is trespassing and can result in arrest, or worse as [this story illustrates](#).

**Rule 7:** Do not allow the game to distract you from your surroundings. Thieves and predators have been known to wait at Poké Stops in order to commit crimes of opportunity. They are counting on the fact that players who are distracted by the game and who are carrying expensive technology will be easy targets.

**Rule 8:** By turning the vibration settings on the phone to ON, hunters will receive a vibration when a Pokémon is in the vicinity, this enables hunting without constantly looking down at the phone, which can reduce injury from distracted walking, biking, or driving.