

# SAFETY TECHNIQUES

Sometimes situations or topics come up in games that cause players or GMs to feel uncomfortable, scared, or bring up memories of traumatic events.

Here are several tools that promote clear communication for safe and happy gaming.

Try one out in your next game! Once a technique has been agreed on by the group, it can be used by anyone—player or GM—at any time in a game, no questions asked.



## X-CARD

Draw an X on an index card. Anyone can tap or hold up the X-Card mid-game if something makes them feel uncomfortable, and the group will edit out that content.



## LINES AND VEILS

A line is a firm designation of what topics will not be explored in the game. The group can discuss lines before starting play, and anyone can call to draw a line mid-game to halt a potentially uncomfortable scene.

A veil is a “fade to black” or “pan away” moment. The event is still part of the story, but calling to veil a scene indicates that the group won’t add further detail.



## SCRIPT CHANGE

Write “Rewind,” “Fast Forward,” and “Pause” on index cards.

At any point during the game, anyone can tap a card or say:

“**rewind**” to back up a scene and revise the content.

“**fast forward**” to skip over part of a scene.

“**pause**” to take a quick breather before continuing the scene without making any changes.



## CUT AND BRAKE

“Cut” halts the game while the player and facilitator discuss how to adjust the session to make it safer and better for everyone. Players can say “cut” or communicate it by crossing their hands in front of themselves, palms facing down.

“Brake” signals to other players to not intensify the scene any further. Players can say “break” or communicate it by putting both hands in front of themselves, palms facing out.



## OPEN DOOR

At any time, for any reason, a player can leave the game without judgement or discussion. It’s helpful if the player lets the GM or facilitator know they’re leaving, so nobody is concerned about where they went.