### The Buddy System

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*The text of this is adapted from Summer’s original tweet thread,* [*found here*](https://twitter.com/justasummerjob/status/1210793237905936385)  
  
When you join a new game, pick one other player to be your check in buddy. This is a person who looks out for you and who you look out for. Pay careful attention to their social cues and take it upon yourself to ask them when something seems off. You should be looking out for everyone at your table regardless, but this relationship is special and you'll see why.

We all know that using the X or N card can come with social anxieties. It shouldn't, but often, we don't want to "ruin" other people's stories or fun, so we are hesitant to play those cards.

At any point, for any reason, you can speak to or message your Buddy and say "Hey, I'm not okay with this, could you X/N card it for me?" This removes many of the social pressures we feel as players. Think of it as your friend going to talk to a major hottie for you. The ultimate wingperson.

A final note! You are not required to divulge who your Buddy is at the table! This might add additional stress - as you may feel that other people "know" you are the one actually using the card. You may even have multiple Buddies if you've got the spoons to spare!

**Using the Buddy System in GM’d games**

As a GM - tell your players you want them to utilize the Buddy system! Have them reach out to each other on their own and don't ask them for who their Buddy is, just make sure that *everyone* has one!

When you are the GM you are the ultimate buddy. Keep tabs on your players, take frequent breaks, and *check in with them*. If someone looks uncomfortable, stop, take 5 and make sure that everyone is okay.  
  
This isn’t to say that Players shouldn’t be looking out for their GM, however! Because just like everyone, ruining someone’s fun or “punishing” them because you don’t like what’s happening is a huge social pressure.  
  
While the Buddy System is mostly for the players (because if your Buddy is the GM, is the social pressure of X carding really removed?) It’s fully possible to have a Buddy for the GM - their primary concern would be keeping tabs on the GM’s overall mood,or watching for withdrawn / unusual behavior and taking action to make sure the GM also has processing time when needed. (This can be done by asking for breaks, O?-carding, etc!)