

Complete Roblox Safety Checklist for Parents

Your Free Expert-Verified Guide to Protecting Kids Online

A comprehensive 12-point safety checklist, conversation starters, and red flag warning signs every parent needs to know

Introduction: Why Roblox Safety Matters

Roblox has become one of the most popular gaming platforms for children worldwide, with hundreds of millions of active users each month. While the platform offers creative, educational, and social benefits, it also presents real risks that every parent must understand and address.

The Reality of Online Gaming:

- An estimated **500,000 online predators** are active each day across gaming platforms ^[1] ^[2]
- **89% of sexual advances** directed at children occur in chat rooms or instant messaging ^[1] ^[2]
- Children ages **12-15 are especially susceptible** to online grooming and manipulation ^[1] ^[2]
- **15-20% of teens** have considered meeting someone in person they only know online ^[2]
- Nearly **50% of children ages 13-17** report experiencing cyberbullying ^[3]

The Good News: Roblox has made significant progress with robust safety features, parental controls, and moderation systems.

When parents actively engage with these tools and maintain open communication with their children, Roblox can be a safe, enjoyable experience ^[4] ^[5] ^[6].

This guide provides you with everything you need to protect your child while allowing them to enjoy the creative and social aspects of gaming. It's based on expert recommendations from child safety organizations, cybersecurity professionals, and Roblox's own safety guidelines ^[4] ^[5] ^[7] ^[8] ^[9].

What You'll Find in This Guide:

- **12-Point Safety Checklist** – Step-by-step actions to secure your child's account
- **Conversation Starters** – Questions to build trust and open communication
- **Red Flag Warning Signs** – How to recognize when something is wrong
- **Expert Strategies** – Proven approaches to balanced, safe gaming
- **Emergency Response** – What to do if a problem occurs

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Part 1: The 12-Point Roblox Safety Checklist

This comprehensive checklist covers all essential safety measures. Complete each item to create a secure gaming environment for your child ^[5] ^[6] ^[8] ^[9] ^[10] ^[11].

✓ 1. Set Up a Parent Account & Link to Your Child's Account

Why It Matters: Parent accounts give you remote access to manage all safety settings, monitor screen time, and receive insights about your child's Roblox activity ^[5] ^[6] ^[8].

How to Do It:

- Create your own Roblox account at [Roblox.com](https://www.roblox.com)
- Verify your age using a government-issued ID or credit card
- Log into your child's account
- Go to **Settings > Account Info > Add Parental Recovery Email**
- Enter your email address and confirm

- Go to **Settings > Parental Controls > Add Parent**
- Check your email to complete the link ^[5] ^[9]

Parent Privilege Benefits:

- View daily screen time and average usage
- See your child's connections (friends list)
- Manage all safety settings remotely
- Receive notifications about account activity ^[6]

✓ 2. Enter Accurate Birth Date

Why It Matters: Roblox automatically applies age-appropriate restrictions based on the birthdate entered. Children under 13 receive stronger privacy settings, content filters, and disabled features that could expose them to risks ^[5] ^[8] ^[9] ^[12].

How to Do It:

- Go to **Settings > Account Info > Birthday**
- Verify your child's actual birthdate is entered correctly
- Note: This triggers automatic protections for under-13 users ^[5] ^[13]

Automatic Protections for Under-13:

- Stricter chat filters and language blocking
- Direct messaging disabled by default
- Limited friend requests
- Access only to age-appropriate curated games
- Enhanced privacy settings ^[8] ^[9] ^[12]

✓ 3. Enable Account Restrictions

Why It Matters: This is one of the most powerful safety features, limiting your child's access to only games curated and verified by Roblox staff ^[5] ^[13] ^[14] ^[12].

How to Do It:

- Log into [Roblox.com](https://www.roblox.com)
- Click the **Gear Icon** (top right)
- Go to **Settings > Security**
- Under **Account Restrictions**, toggle to **Enable**
- Set a parental PIN to prevent changes ^[5] ^[13] ^[14]

What Gets Restricted:

- Blocks access to games with violent or mature themes
- Only allows experiences verified as age-appropriate
- Prevents access to user-generated content flagged as unsuitable
- Restricts social features that could pose risks ^[13] ^[12]

Recommended For: All children under 13, and children ages 13-15 depending on maturity level ^[12].

✓ 4. Set Content Maturity Level

Why It Matters: Roblox offers four content maturity settings that control what types of experiences your child can access ^[6] ^[9] ^[11].

How to Do It:

- Go to **Parental Controls** (from your linked parent account)
- Select your child's account
- Navigate to **Settings You Manage > Content Restrictions**
- Select **Content Maturity**
- Adjust the slider to choose the appropriate level ^[11]

The Four Maturity Levels:

Minimal – Best for children under 9

- Very limited content
- Only the most family-friendly experiences
- Strict filtering of all interactions ^[9]

Mild – Suitable for ages 9-12

- Age-appropriate challenges
- Mild fantasy violence only
- Curated social interactions ^[9]

Moderate – For ages 13+

- More complex gameplay
- Moderate violence and themes
- Broader social features ^[9]

Restricted – Ages 17+ only (requires ID verification)

- Adult themes and content
- Not recommended for children ^[11]

Parent Tip: You can also block specific games individually, regardless of their rating ^[9] ^[11].

✓ 5. Configure Chat & Communication Settings

Why It Matters: Communication features are where most risks occur – from cyberbullying to grooming attempts by predators ^[4] ^[5] ^[8] ^[15] ^[16].

How to Do It:

- Go to **Settings > Privacy**
- Under **Contact Settings**, adjust each menu:
 - **Who can message me** – Set to "Friends" or "No one"
 - **Who can chat with me in app** – Set to "Friends" or "No one"
 - **Who can chat with me in experience** – Set to "Friends" or "No one"
- For maximum safety, select **"No one"** for all options ^[5] ^[15] ^[14] ^[12]

Communication Options Explained:

Experience Chat: Communication during gameplay with other players ^[17]

Direct Messaging: Private messages sent outside of games ^[8] ^[17]

Platform Chat: Messaging users outside of active games (disabled for under-13) ^[8]

Best Practice: For children under 10, disable all chat. For ages 10-13, allow friends-only chat with periodic monitoring ^[7] ^[15].

✓ 6. Set Up a Parental PIN

Why It Matters: A parental PIN prevents your child from changing safety settings without your knowledge or permission ^[5] ^[14] ^[12].

How to Do It:

- Go to **Settings > Parental Controls**
- Select **Enable Parent Pin**
- Enter a 4-digit PIN (don't share with your child)
- Save the settings ^[5] ^[14] ^[12]

What the PIN Protects:

- Privacy settings changes
- Communication setting modifications
- Account restriction toggles
- Spending limit adjustments
- Content maturity changes ^[12]

Important: Choose a PIN your child doesn't know and store it securely ^[12].

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✓ 7. Manage Screen Time Limits

Why It Matters: Excessive gaming can lead to addiction, poor academic performance, sleep disruption, and reduced physical activity ^[7] ^[18] ^[19].

How to Do It:

- From your parent account, go to **Parental Controls**
- Select **Screen Time > Manage**
- Set daily time limits appropriate for your child's age
- Schedule game-free days (recommended: at least 2 days per week) ^[5] ^[7] ^[18]

Evidence-Based Time Recommendations:

Ages Under 6:

- Maximum 30 minutes per day
- Only with active adult supervision
- Frequent breaks every 15 minutes ^[18]

Ages 6-12:

- School days: 30-60 minutes maximum
- Non-school days: Up to 2 hours maximum
- Always after homework and chores are complete ^[7] ^[18]

Ages 13+:

- School days: Up to 60 minutes
- Non-school days: Up to 2 hours
- With 45-minute breaks for physical activity ^[18]

Additional Guidelines:

- Gaming should occur only after responsibilities are complete ^[18]

- No gaming within 1 hour of bedtime ^[18]
- Keep some days completely game-free each week ^{[7] [18]}
- Gaming is a privilege that is earned, not a right ^[18]

✓ 8. Control Spending & In-App Purchases

Why It Matters: Many parents discover unauthorized purchases only when they receive bank statements. Children may not understand the real-world cost of virtual currency ^{[9] [20] [21]}.

How to Do It:

- Go to **Parental Controls > Spending**
- Set a monthly spending limit (or set to zero)
- Enable spending notifications to your email
- Require approval for all transactions
- Remove stored payment methods from your child's device ^{[5] [9] [20] [21]}

Understanding Roblox Currency (Robux):

- Robux is virtual currency used for in-game purchases
- Can be purchased with real money or earned
- Used for cosmetic items, game access, and avatar customization
- Average child spending: €31 per month (among those who spend) ^[22]

Best Practices for Managing Spending:

- Use Roblox gift cards instead of linking credit cards ^[20]
- Set clear monthly limits with your child ^{[20] [22]}
- Review purchase history weekly
- Discuss the real-world value of virtual items ^[20]
- Make purchases a family decision ^[21]

Statistics: 95% of parents whose children spend on in-game items have an agreement about spending, with 63% having explicit limits ^[22].

✓ 9. Review Friend Lists & Connections

Why It Matters: Unknown "friends" could be adults posing as children, or children who could introduce your child to inappropriate content or behaviors ^{[4] [8] [16]}.

How to Do It:

- From your parent account, view **Connections** (Roblox's term for friends)
- Review the list weekly with your child
- Ask your child how they know each person
- Remove anyone they don't know in real life
- Set friend request approval to require your permission ^{[6] [8] [16]}

Red Flags in Friend Lists:

- Profile pictures of adults
- Accounts with inappropriate usernames
- Friends your child can't explain how they met
- Accounts that are brand new with no activity
- Multiple accounts from the same person ^[16]

Conversation Starters:

- "Who is [username]? How did you meet them?"
- "Have you ever played games with them in real life?"
- "What kinds of things do you talk about with this friend?"

Best Practice: Encourage your child to only add people they know from school, family, or real-life friendships ^{[7] [8] [16]}.

✓ 10. Block Specific Experiences

Why It Matters: Even with content filters enabled, you may want to block specific games that concern you or that you've researched and found inappropriate ^{[9] [11]}.

How to Do It:

- From your parent account, go to **Parental Controls**
- Navigate to **Content Restrictions > Blocked Experiences**
- Click the + icon
- Search for the game name you want to block
- Select **Block** and confirm ^[11]

What Happens When You Block:

- The game will still appear in search results
- Your child cannot access or play the blocked game
- Blocks take effect the next time they try to enter the game
- You can unblock at any time ^[11]

Games to Research:

- Ask other parents what games their children play
- Check game ratings and reviews on trusted sites
- Play the games yourself to assess appropriateness
- Watch for games with unmoderated chat features ^{[15] [23]}

✓ 11. Adjust Privacy & Visibility Settings

Why It Matters: Privacy settings control what information about your child is visible to others on the platform ^{[5] [14] [24] [17] [25]}.

How to Do It:

- Go to **Settings > Privacy**
- Adjust each setting for maximum privacy:
 - **Show current experience** – Set to "No one"
 - **Who can join me** – Set to "Friends" or "No one"
 - **Who can see my avatar** – Set to "Friends"
 - **Social network visibility** – Set to "No one"
- Under **Account Info**, scroll to **Social Network Visibility**
- Change from "Everyone" to "No one" or "Friends only" ^{[5] [26] [24] [17]}

Privacy Elements to Control:

Online Status: Hide when your child is actively playing ^[17]

Current Game: Prevent others from seeing what game they're in ^[17]

Join Permissions: Stop strangers from joining their game sessions ^[5]

Profile Information: Limit who can view profile details ^[24] ^[25]

Social Links: Hide connections to other platforms like YouTube or Discord ^[26]

Best Practice: Set everything to "Friends" or "No one" for children under 13. Review and adjust as they mature ^[25].

✓ 12. Enable Reporting & Stay Nearby

Why It Matters: Teaching your child to report inappropriate behavior and maintaining physical proximity during gameplay are your last lines of defense ^[4] ^[7] ^[13] ^[8].

How to Do It:

Teach Reporting:

- Show your child the **Report Abuse** button (flag icon) in every game
- Explain when to report: bullying, inappropriate content, suspicious behavior
- Practice reporting together so they feel comfortable
- Reassure them they won't get in trouble for reporting ^[13] ^[9]

Stay Nearby:

- Keep devices in common family areas (living room, kitchen)
- Never allow gaming behind closed doors or in bedrooms
- Position screens so you can see them while your child plays
- Occasionally watch gameplay and ask questions
- Be present but not intrusive ^[7] ^[8] ^[15]

What to Report:

- Inappropriate language or sexual content
- Bullying or harassment
- Requests for personal information
- Suspicious behavior from other players
- Content that violates Roblox rules ^[13] ^[27]

Where to Report:

- **In-game:** Use the Report Abuse button on user profiles or in chat
- **Roblox Support:** Visit [Roblox.com/support](https://roblox.com/support) for serious issues
- **Law Enforcement:** Contact police for threats or grooming attempts
- **CyberTipline:** Report predators at CyberTipline.org ^[13] ^[27]

Part 2: Conversation Starters for Kids

Open, ongoing communication is your most powerful safety tool. These conversation starters help you understand your child's online experiences while building trust ^[28] ^[29] ^[30] ^[31] ^[32].

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Getting Started Conversations

These questions help you understand your child's gaming interests and habits without feeling interrogative ^[28] ^[30] ^[32].

Questions to Ask:

1. "What games do you like to play on Roblox? Can you show me?"
 - Shows genuine interest in their hobby

- Gives you firsthand knowledge of the games
 - Creates opportunity for shared activity ^[28] ^[30]
2. **"Who are your favorite people to play with online?"**
- Helps you understand their social connections
 - Identifies friends versus strangers
 - Opens discussion about online friendships ^[28] ^[30]
3. **"What's the coolest thing you've created or seen in Roblox?"**
- Celebrates their creativity and accomplishments
 - Demonstrates you value their interests
 - Encourages positive conversation ^[28]
4. **"How do you stay safe when playing online games?"**
- Assesses their current safety knowledge
 - Identifies gaps in understanding
 - Reinforces that safety is important ^[28] ^[29]
5. **"Can you teach me how to play your favorite game?"**
- Empowers your child as the expert
 - Provides hands-on learning for you
 - Strengthens your relationship ^[30] ^[32]

Understanding Their Experience

These questions help identify potential risks or concerns your child may have encountered ^[28] ^[29] ^[30].

Questions to Ask:

1. **"Have you ever seen or heard something online that made you uncomfortable?"**
- Opens dialogue about negative experiences
 - Normalizes discussing problems
 - Helps identify specific incidents ^[28] ^[29]
2. **"Has anyone ever asked you for personal information like your address or phone number?"**
- Directly addresses predator grooming tactics
 - Teaches what information is private
 - Assesses exposure to risk ^[2] ^[33] ^[34]
3. **"Do you know how to recognize when someone is being mean or inappropriate online?"**
- Tests understanding of boundaries
 - Identifies need for education
 - Reinforces acceptable behavior standards ^[29] ^[31]
4. **"What would you do if someone asked you to keep a secret from me?"**
- Addresses grooming isolation tactics
 - Reinforces no secrets about online activity
 - Empowers them to resist manipulation ^[2] ^[33] ^[34]
5. **"Has anyone ever sent you pictures or videos that seemed wrong or made you feel weird?"**
- Addresses inappropriate content exposure
 - Provides opportunity to disclose incidents
 - Shows you're approachable about sensitive topics ^[2] ^[35]

Building Trust & Communication

These questions establish you as a safe person to confide in when problems arise ^[28] ^[29] ^[30].

Questions to Ask:

1. **"If something weird or scary happened while gaming, would you feel comfortable telling me?"**
 - Explicitly invites disclosure
 - Assesses current comfort level
 - Reinforces you're available for support ^[28] ^[29]
2. **"What kind of information is okay to share online? What should stay private?"**
 - Tests knowledge of digital privacy
 - Provides teaching opportunity
 - Clarifies family boundaries ^[29] ^[30]
3. **"How do you think your online behavior should compare to how you act in real life?"**
 - Teaches digital citizenship
 - Addresses empathy and consequences
 - Connects online and offline behavior ^[30] ^[31]
4. **"Have you ever felt pressured to do something you weren't comfortable with in a game?"**
 - Identifies peer pressure or manipulation
 - Validates their right to say no
 - Encourages boundary-setting ^[28] ^[29]
5. **"I want you to know you can always talk to me about anything online, even if you think you might be in trouble. Can you promise to tell me if something goes wrong?"**
 - Establishes non-punitive approach
 - Prioritizes safety over discipline
 - Creates explicit agreement for disclosure ^[29] ^[30]

Teaching Digital Citizenship

These questions help children develop empathy, ethics, and responsibility online ^[30] ^[31] ^[32].

Questions to Ask:

1. **"How would you feel if someone said mean things to you online?"**
 - Builds empathy for cyberbullying victims
 - Connects online actions to real emotions
 - Prevents your child from bullying others ^[30] ^[31]
2. **"What does it mean to be a good friend in online games?"**
 - Defines positive online behavior
 - Encourages supportive interactions
 - Establishes character expectations ^[31]
3. **"How can you tell if someone online is really who they say they are?"**
 - Teaches healthy skepticism
 - Addresses catfishing and deception
 - Develops critical thinking skills ^[31] ^[34]
4. **"What should you do if you see someone being bullied in a game?"**
 - Empowers them to be upstanders
 - Teaches intervention strategies

- Reinforces community responsibility ^[29] ^[31]

5. "Do you ask permission before posting photos of others online?"

- Teaches consent and respect
- Addresses privacy of others
- Develops thoughtful posting habits ^[36]

Setting Boundaries Together

These questions involve your child in creating family rules, increasing buy-in and compliance ^[29] ^[30] ^[32].

Questions to Ask:

1. "How much time do you think is reasonable for gaming each day?"

- Includes them in rule-making
- Teaches self-regulation
- Creates shared ownership of limits ^[32] ^[18]

2. "Should there be any days when we don't play video games?"

- Promotes balance and variety
- Normalizes breaks from screens
- Prevents gaming from becoming all-consuming ^[32] ^[18]

3. "What rules should we have about in-game purchases?"

- Establishes spending boundaries
- Teaches financial responsibility
- Prevents surprise charges ^[32] ^[20] ^[21]

4. "Where in the house should gaming happen, and why?"

- Involves them in safety planning
- Creates transparent gaming environment
- Reinforces supervision importance ^[32]

5. "What advice would you give me about being better online?"

- Role reversal encourages reflection
- Reminds you to model good behavior
- Empowers your child as an expert ^[32]

Pro Tip: Revisit these conversations regularly. As your child matures and gaming evolves, family rules and discussions should adapt ^[29] ^[30].

Part 3: Red Flag Warning Signs Every Parent Should Know

Early recognition of warning signs can prevent serious harm. Watch for these red flags and act immediately if you notice them ^[1] ^[2] ^[37] ^[35] ^[38] ^[39] ^[40] ^[33] ^[34] ^[41].

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▮ Online Predator Grooming Signs

Online predators follow predictable patterns when targeting children. Recognizing these stages can stop abuse before it occurs ^[1] ^[2] ^[35] ^[39] ^[33] ^[34].

The 5 Stages of Online Grooming:

Stage 1: Selection

- Predators target children who seem vulnerable, needy, or submissive

- They look for kids with sexual usernames or profile pictures
- They observe before making contact ^[34]

Stage 2: Gaining Access & Isolation

- Move conversations to private chat or off-platform apps
- Suggest platforms like Snapchat, Discord, or WhatsApp
- Separate the child from peers and oversight ^[34]

Stage 3: Building Trust

- Claim to understand the child better than parents do
- Offer excessive compliments and attention
- Provide gifts, game currency, or special treatment
- Act caring, supportive, and "different from other adults" ^{[2] [33] [34]}

Stage 4: Desensitization

- Introduce sexual topics gradually (often within 24 hours of first contact)
- Share pornography or explicit content
- Tell dirty jokes or use sexual language
- Ask about the child's sexual knowledge or experiences
- Request photos (starting non-sexual, escalating to explicit) ^{[2] [33] [34]}

Stage 5: Maintaining Control

- Use threats or blackmail (sextortion)
- Threaten to share explicit photos
- Say things like "No one will believe you"
- Claim the relationship is "special" and must be secret
- Create fear of getting in trouble ^{[33] [34]}

Warning Signs to Watch For:

- X Your child becomes secretive about online activities and hides their screen when you approach ^{[2] [37] [38]}
- X Someone online is paying your child excessive attention, compliments, or sending gifts ^{[2] [33]}
- X An adult online claims to understand your child better than you do ^{[2] [33]}
- X Conversations quickly become personal or move to private messaging apps outside Roblox ^{[1] [34]}
- X Someone asks your child to keep their relationship or conversations secret ^{[2] [33] [34]}
- X Adult asks your child personal questions about their body, relationships, or sexual topics ^{[1] [2] [33]}
- X Requests for photos or videos, especially of a private nature ^{[1] [2]}
- X Pressure to meet in person or share contact information ^{[1] [2]}
- X Introduction of sexual content, pornography, or explicit language (often within 24 hours of first contact) ^{[2] [34]}
- X Attempts to isolate your child from friends or family ^{[2] [33]}
- X Your child uses mature or sexually explicit language they wouldn't normally know ^{[2] [37]}
- X You find sexually explicit photos or pornography on devices your child uses ^{[2] [37]}

Statistics:

- 500,000 online predators are active daily ^{[1] [2]}
- 89% of sexual advances occur in chat rooms or messaging ^{[1] [2]}
- 100% of children physically harmed by online predators went to meet them voluntarily ^[2]

- Predators often introduce sexual content within 24 hours of first contact ^[34]

What to Do: See "Emergency Response" section at the end of this guide.

⚠ Cyberbullying Indicators

Cyberbullying can have severe psychological impacts, with victims 2-9 times more likely to consider suicide ^[37]. Early intervention is critical ^{[42] [37] [38] [40] [3]}.

Warning Signs to Watch For:

- X Your child suddenly stops using devices or playing their favorite games ^{[37] [38] [40]}
- X Emotional upset during or after using the internet or gaming ^{[37] [38] [40]}
- X Your child becomes withdrawn, anxious, or emotionally volatile ^{[2] [37] [38]}
- X Nervousness or jumpiness when receiving messages or notifications ^{[37] [38] [40]}
- X Avoiding school or social gatherings ^{[37] [38] [40]}
- X Mentions of "drama at school" or statements like "I have no friends" ^{[38] [40]}
- X Changes in mood, sleep patterns, or appetite ^{[37] [38] [40]}
- X Decline in grades or academic performance ^{[37] [38] [40]}
- X Spending excessive time in their room with devices ^{[37] [38]}
- X Reluctance to discuss online activities ^{[38] [40]}
- X Hiding screens from view when you're present ^{[37] [38]}
- X Acting out in anger at home ^[40]
- X Physical symptoms: headaches, stomachaches, sleep problems ^{[37] [38]}

Types of Cyberbullying in Gaming:

Griefing: Deliberately making the game less enjoyable for others ^[43]

- Kill stealing (capturing quest targets before others can reach them)
- Blocking progression with high-level challenges
- Destroying creations or progress ^[43]

Harassment: Mean comments, name-calling, or threats in chat ^{[42] [40] [3]}

Exclusion: Deliberately leaving someone out of games or groups ^{[42] [3]}

Impersonation: Creating fake accounts to harass or embarrass ^{[42] [40]}

Outing: Sharing private information or conversations publicly ^{[40] [3]}

Statistics:

- Nearly 50% of teens ages 13-17 report being cyberbullied ^[3]
- 20% of tweens ages 9-12 have experienced, witnessed, or participated in cyberbullying ^[3]
- Most kids don't tell parents when cyberbullying occurs ^{[38] [40] [3]}

What to Do: See "Emergency Response" section at the end of this guide.

▯ Gaming Addiction Warning Signs

While moderate gaming has benefits, excessive gaming can become addictive and harmful to development, academics, and relationships ^[7] ^[44] ^[18].

Warning Signs to Watch For:

- X Your child plays for excessive hours, neglecting homework or chores ^[7] ^[18]
- X Gaming becomes the primary topic of conversation and interest ^[7] ^[18]
- X Irritability or anger when asked to stop playing ^[18]
- X Loss of interest in other hobbies and activities ^[7] ^[18]
- X Playing late into the night, affecting sleep schedules ^[7] ^[44]
- X Physical symptoms: headaches, eye strain, poor posture ^[7]
- X Lying about time spent gaming ^[18]
- X Withdrawal from family activities and real-life friendships ^[7] ^[44] ^[18]
- X Declining personal hygiene ^[18]
- X Using gaming as escape from problems or negative emotions ^[18]
- X Preoccupation with gaming even when not playing ^[18]
- X Need to spend increasing amounts of time gaming ^[18]

Risk Factors:

- Lack of other interests or activities
- Social difficulties or isolation
- Unstructured free time
- Family stress or problems
- Mental health issues (anxiety, depression) ^[7] ^[44]

Healthy Gaming Guidelines:

- Ages under 6: Maximum 30 minutes daily ^[18]
- Ages 6-12: 30-60 minutes on school days, 2 hours max on non-school days ^[18]
- Ages 13+: 60 minutes on school days, 2 hours on non-school days ^[18]
- Always schedule game-free days ^[7] ^[18]
- Gaming only after responsibilities are complete ^[18]

What to Do:

- Set and enforce time limits consistently ^[18]
- Encourage other activities and hobbies ^[7] ^[18]
- Consider counseling if addiction symptoms are severe ^[7]
- Remove devices from bedroom ^[18]
- Model healthy screen time habits yourself ^[18]

▮ Privacy & Security Breaches

Privacy breaches can lead to identity theft, stalking, or targeting by predators ^[44] ^[43] ^[16] ^[25].

Warning Signs to Watch For:

- X Your child has shared personal information (address, phone, school name, full name) ^[44] ^[43] ^[16]
- X Unauthorized purchases or charges on credit cards ^[20] ^[22] ^[21]
- X Your child's account has been hacked or compromised ^[44]
- X Receiving friend requests from unknown adults ^[16] ^[2]
- X Profile shows real photos instead of avatars ^[16] ^[25]
- X Privacy settings have been changed without your knowledge ^[5] ^[12]
- X Your child is being asked to download third-party software or apps ^[44] ^[43]
- X Attempts to move conversations off the Roblox platform ^[2] ^[34]
- X Receiving inappropriate content or links ^[44] ^[43]
- X Account showing unusual activity or unfamiliar games ^[44]

What Children Should NEVER Share Online:

- Full name
- Address or location
- Phone number
- School name or location
- Birthdate
- Photos showing identifiable locations
- Family information
- Financial information
- Passwords or account details ^[44] ^[43] ^[16] ^[29]

Security Best Practices:

- Use strong, unique passwords
- Enable two-factor authentication
- Review privacy settings monthly
- Monitor account activity weekly
- Teach children to recognize phishing attempts ^[44] ^[43]

What to Do:

- Change passwords immediately if compromised
- Contact Roblox support for account recovery
- Review and remove any shared personal information
- Report security breaches to platform ^[44]

▯ Inappropriate Content Exposure

Exposure to inappropriate content can cause anxiety, desensitization, and unhealthy attitudes ^[7] ^[44] ^[43] ^[15].

Warning Signs to Watch For:

- X Your child uses mature or sexually explicit language they wouldn't normally know ^[2] ^[37]
- X You find inappropriate images, videos, or content on their device ^[2] ^[37]
- X Your child accesses games beyond their age rating ^[9] ^[15] ^[23]
- X Exposure to violent or disturbing content ^[7] ^[44] ^[43]
- X Discussion of adult themes inappropriate for their age ^[43] ^[15]
- X Your child seems desensitized to violence or inappropriate content ^[7] ^[43]
- X Mimicking inappropriate behaviors seen online ^[7] ^[43]
- X Questions about adult topics beyond normal curiosity ^[43]
- X Changes in behavior after specific gaming sessions ^[7] ^[43]
- X Nightmares or anxiety related to game content ^[7] ^[43]
- X Attempting to hide what they're viewing ^[37] ^[38]

Types of Inappropriate Content:

Violent Content:

- Graphic violence or gore
- Realistic weapons or combat
- Disturbing themes ^[7] ^[44] ^[43]

Sexual Content:

- Pornography or sexually explicit material
- Sexual language or themes
- Inappropriate relationships ^[43] ^[1] ^[2]

Dangerous Content:

- Instructions for self-harm
- Promotion of eating disorders
- Substance abuse glorification ^[44] ^[43]

Commercial Exploitation:

- Unregulated advertising
- Data collection targeting children
- Manipulative purchasing tactics ^[44] ^[43] ^[20]

What to Do:

- Use age ratings and content restrictions ^[9] ^[15] ^[11]
- Block specific problematic games ^[11]
- Have age-appropriate conversations about content ^[28] ^[29] ^[30]
- Report inappropriate content to platform ^[13] ^[27]
- Seek counseling if content causes trauma ^[7]

Part 4: Expert-Verified Safety Strategies

These proven strategies combine research, expert recommendations, and real-world effectiveness ^{[4] [7] [8] [18]}.

Strategy 1: The 3-Layer Protection Approach

The most effective safety comes from multiple layers of protection working together ^{[4] [5] [7] [8]}.

Layer 1: Platform Controls (Roblox Built-In Features)

- Parental account with linked child account ^{[5] [6]}
- Account restrictions enabled ^{[5] [13] [12]}
- Content maturity settings appropriate for age ^{[9] [11]}
- Communication limited to friends or disabled ^{[5] [8] [12]}
- Spending limits and parental approval ^{[9] [20] [21]}
- Privacy settings maximized ^{[5] [24] [17] [25]}
- Parental PIN protecting all settings ^{[5] [14] [12]}

Layer 2: Device Supervision (Technical Controls)

- Router-level filtering and time limits ^{[7] [44]}
- Screen time apps monitoring usage ^{[18] [19]}
- Devices in common areas only ^{[7] [8] [15]}
- No gaming in bedrooms or behind closed doors ^{[7] [8]}
- Regular review of browser history ^{[44] [43]}
- Antivirus and security software updated ^[44]

Layer 3: Active Communication (Human Connection)

- Daily conversations about gaming ^{[28] [29] [30]}
- Weekly review of friends and activity ^{[6] [8]}
- Open, judgment-free dialogue ^{[28] [29] [30]}
- Age-appropriate education about risks ^{[28] [29] [30]}
- Modeling healthy digital behavior ^{[30] [32]}
- Playing games together regularly ^{[7] [8] [15]}

Why This Works: No single layer is perfect, but together they create redundant safety nets. If one layer fails, the others provide backup protection ^{[4] [8]}.

Strategy 2: The Age-Based Screen Time Framework

Research-based recommendations prevent addiction while allowing enjoyment ^{[7] [18] [19]}.

Under Age 6:

- **Maximum:** 30 minutes daily
- **Supervision:** Active adult involvement required
- **Breaks:** Every 15 minutes
- **Best Practice:** Co-play with parent narrating and guiding ^[18]

Ages 6-12:

- **School Days:** 30-60 minutes maximum
- **Non-School Days:** Up to 2 hours maximum
- **Conditions:** Only after homework and chores complete
- **Breaks:** Every 45-60 minutes for physical activity

- **Best Practice:** Weekly review of gaming content together ^[7] ^[18]

Ages 13-18:

- **School Days:** Up to 60 minutes
- **Non-School Days:** Up to 2 hours
- **Conditions:** Maintains grades, responsibilities, and real-life friendships
- **Breaks:** Every 60 minutes
- **Best Practice:** Gradual increase of autonomy with maintained communication ^[7] ^[18]

Universal Guidelines (All Ages):

- Gaming only after responsibilities complete ^[18]
- No gaming within 1 hour of bedtime ^[7] ^[18]
- At least 2 game-free days per week ^[7] ^[18]
- Device-free family meals ^[18]
- Gaming is a privilege, not a right ^[18]

Setting Limits That Work:

1. Discuss and agree on limits together ^[32] ^[18]
2. Post rules visibly ^[18]
3. Use device built-in timers for automatic enforcement ^[18] ^[19]
4. Be consistent – no negotiating once limits are set ^[18]
5. Consequences for violations should be immediate (e.g., lose gaming for 2-3 days) ^[18]

Why This Works: Clear, consistent limits prevent addiction while teaching self-regulation. Children need structure, and gaming should balance with other developmental activities ^[7] ^[18].

Strategy 3: The Common Area Gaming Rule

Physical supervision significantly reduces risks of predator contact, cyberbullying, and inappropriate content ^[7] ^[8] ^[15].

The Rule:

All gaming occurs in common family spaces (living room, kitchen) where parents can see screens. No gaming in bedrooms or behind closed doors ^[7] ^[8] ^[15].

Implementation:

Device Placement:

- Position screen visible to passing parents ^[7] ^[8]
- Angle away from glare but not hidden ^[15]
- Comfortable seating for both child and supervising adult ^[8]

Presence Types:

Active Supervision (younger children):

- Sit nearby during play
- Ask questions about the game
- Observe chat interactions
- Play together regularly ^[7] ^[8] ^[15]

Passive Supervision (older children):

- Work in same room on your own activities
- Periodic glances at screen
- Occasional questions

- Available for help or questions [\[7\]](#) [\[15\]](#)

Benefits:

- Immediate awareness of problems [\[8\]](#) [\[15\]](#)
- Natural conversation opportunities [\[28\]](#) [\[30\]](#)
- Models healthy screen use [\[30\]](#) [\[32\]](#)
- Prevents isolation that predators exploit [\[2\]](#) [\[33\]](#) [\[34\]](#)
- Reduces cyberbullying likelihood [\[37\]](#) [\[38\]](#)

Making It Work:

- Explain the "why" so it doesn't feel punitive [\[30\]](#)
- Apply same rule to all family devices [\[32\]](#)
- Create comfortable gaming space [\[15\]](#)
- Respect some privacy while maintaining oversight [\[15\]](#)

Why This Works: Most online dangers occur when children are unsupervised. Physical presence alone deters predators and allows immediate intervention [\[7\]](#) [\[8\]](#) [\[2\]](#) [\[33\]](#).

Strategy 4: The Weekly 15-Minute Review

Consistent monitoring catches problems early and maintains communication [\[6\]](#) [\[8\]](#) [\[28\]](#) [\[29\]](#).

What to Do Weekly (15 Minutes Total):

Minutes 1-5: Technical Review

- Log into your parent account [\[6\]](#)
- Check screen time data and average usage [\[6\]](#)
- Review games played that week [\[9\]](#) [\[11\]](#)
- Look for unfamiliar or blocked games attempted [\[11\]](#)

Minutes 6-10: Social Review

- Review friends list together [\[6\]](#) [\[8\]](#) [\[16\]](#)
- Ask about each new connection [\[16\]](#) [\[28\]](#)
- Remove any unknowns [\[16\]](#)
- Check for unusual profile names or pictures [\[16\]](#)

Minutes 11-15: Conversation

- Ask open-ended questions about gaming [\[28\]](#) [\[30\]](#)
 - "What was your favorite game this week?"
 - "Did anything weird or funny happen?"
 - "How did you help other players?"
- Listen more than you talk [\[29\]](#) [\[30\]](#)
- Praise positive behaviors [\[28\]](#) [\[30\]](#)
- Address any concerns calmly [\[29\]](#) [\[30\]](#)

Monthly Deep Dive (30 Minutes):

- Review all privacy settings [\[5\]](#) [\[17\]](#) [\[25\]](#)
- Check password strength [\[44\]](#)
- Update content restrictions if needed [\[11\]](#)
- Review spending (if applicable) [\[20\]](#) [\[22\]](#) [\[24\]](#)
- Have deeper safety conversation [\[28\]](#) [\[29\]](#) [\[30\]](#)

Why This Works: Regular, predictable reviews normalize monitoring and keep communication open. The 15-minute commitment is sustainable for busy parents while remaining effective ^[6] ^[8] ^[28].

Part 5: What to Do If Something Goes Wrong

Even with all precautions, problems can occur. Quick, appropriate responses minimize harm ^[4] ^[13] ^[27] ^[1] ^[2] ^[37] ^[38].

If Your Child Encounters a Predator

DO NOT:

- Confront the predator yourself online ^[2]
- Delete evidence before documenting it ^[1] ^[2]
- Panic or blame your child ^[29] ^[30]
- Engage with the predator in any way ^[2]

DO IMMEDIATELY:

1. Ensure Your Child's Immediate Safety

- Reassure your child they are not in trouble ^[29] ^[30]
- Stay calm to avoid additional trauma ^[29] ^[30]
- Remove device from child if they're distressed ^[2]

2. Document Everything

- Take screenshots of all conversations ^[1] ^[2]
- Save chat logs and message history ^[1] ^[2]
- Note usernames, dates, times, and platform details ^[1] ^[2]
- Photograph screen if screenshots aren't possible ^[2]
- Do not delete anything yet ^[1] ^[2]

3. Report to Multiple Authorities

Roblox:

- Use in-game Report Abuse button on user profile ^[13] ^[27]
- Visit [Roblox.com/support](https://www.roblox.com/support) for detailed reports ^[13] ^[27]
- Block the user immediately ^[13] ^[16]

National Center for Missing & Exploited Children:

- File report at [CyberTipline.org](https://www.cybertipline.org) ^[2]
- Provide all documentation ^[2]

Law Enforcement:

- Contact local police department ^[1] ^[2]
- File report if threats, extortion, or meeting attempts occurred ^[1] ^[2]
- Provide all evidence collected ^[1] ^[2]

FBI (if crossing state lines):

- Report at [IC3.gov](https://www.ic3.gov) or contact local FBI field office ^[1] ^[2]

4. Secure Accounts

- Change all passwords immediately ^[44]
- Enable two-factor authentication ^[44]
- Review and maximize privacy settings ^[5] ^[17] ^[25]
- Consider temporary account deactivation ^[2]

5. Support Your Child

- Listen without judgment [\[29\]](#) [\[30\]](#)
- Validate their feelings [\[29\]](#) [\[30\]](#)
- Consider professional counseling [\[2\]](#) [\[37\]](#)
- Monitor for signs of trauma [\[2\]](#) [\[37\]](#)

Important Statistics:

- 500,000 predators are active daily [\[1\]](#) [\[2\]](#)
- 89% of sexual advances occur in chat/messaging [\[1\]](#) [\[2\]](#)
- Fast reporting prevents escalation to other children [\[1\]](#) [\[2\]](#)

If Cyberbullying Occurs

DO IMMEDIATELY:

1. Document the Bullying

- Screenshot all bullying messages [\[42\]](#) [\[37\]](#) [\[40\]](#)
- Save evidence with dates and times [\[37\]](#) [\[40\]](#)
- Document impact on your child (journal entries, etc.) [\[37\]](#)

2. Block and Report on Roblox

- Use the Block feature on bully's profile [\[13\]](#) [\[8\]](#) [\[16\]](#)
- Report using the Report Abuse button [\[13\]](#) [\[27\]](#) [\[42\]](#)
- Explain situation clearly in report [\[13\]](#) [\[42\]](#)

3. Do Not Retaliate

- Teach your child not to respond to bullying [\[42\]](#) [\[40\]](#)
- Explain retaliation can make it worse [\[42\]](#) [\[40\]](#)
- Focus on reporting, not revenge [\[42\]](#)

4. Notify Relevant Parties

If bully is known from school:

- Contact school administration [\[37\]](#) [\[38\]](#) [\[40\]](#)
- Provide documentation [\[37\]](#) [\[38\]](#)
- Request school intervention [\[37\]](#) [\[38\]](#)

If severe or persistent:

- Consider police report (threats, harassment) [\[42\]](#) [\[40\]](#)
- Consult attorney if necessary [\[42\]](#)

5. Support Your Child

- Take bullying seriously [\[37\]](#) [\[38\]](#) [\[40\]](#)
- Reassure them it's not their fault [\[37\]](#) [\[40\]](#)
- Monitor for signs of depression or self-harm [\[37\]](#) [\[40\]](#)
- Consider counseling [\[37\]](#) [\[40\]](#)
- Help them practice responses and coping strategies [\[38\]](#) [\[40\]](#)

6. Consider Platform Break

- Temporary suspension from Roblox [\[42\]](#) [\[37\]](#)
- Allow time to heal and recover confidence [\[37\]](#)

- Return gradually with increased supervision ^[7] ^[8]

When to Seek Professional Help:

- Signs of depression, anxiety, or self-harm ^[37] ^[40]
- Changes in eating or sleeping patterns ^[37] ^[38] ^[40]
- Withdrawal from previously enjoyed activities ^[37] ^[38] ^[40]
- Declining grades or school refusal ^[37] ^[38] ^[40]

Resources:

- [StopBullying.gov](https://www.stopbullying.gov) – Comprehensive guidance ^[42]
- Crisis Text Line: Text HOME to 741741 ^[37] ^[40]
- National Suicide Prevention Lifeline: 988 ^[37]

If Unauthorized Purchases Happen

DO IMMEDIATELY:

1. Verify the Charges

- Check email for Roblox purchase receipts ^[20] ^[21]
- Review bank/credit card statements ^[20] ^[21]
- Log into Roblox account to view transaction history ^[20] ^[21]

2. Contact Roblox Support

- Visit [Roblox.com/support](https://www.roblox.com/support) ^[20]
- Select "Billing & Payments" category ^[20]
- Submit refund request (must be within 30 days) ^[20]
- Provide transaction details ^[20]

Note: Roblox rarely issues refunds for unauthorized purchases, but will consider cases involving young children or account compromises ^[20].

3. Secure Payment Methods

- Remove all stored payment information from account ^[20] ^[21]
- Change account password ^[44]
- Enable parental PIN ^[5] ^[14] ^[12]
- Set spending limits to zero or specific amount ^[9] ^[20] ^[21]

4. Prevent Future Incidents

Technical Controls:

- Password-protect all payment methods ^[20] ^[21]
- Disable in-app purchases entirely ^[20] ^[21]
- Use Roblox gift cards instead of linked cards ^[20] ^[21]
- Require approval for all transactions ^[9] ^[21]

Education:

- Discuss real-world value of virtual currency ^[20] ^[21]
- Explain family spending rules ^[32] ^[20] ^[21]
- Teach about impulse control ^[20] ^[21]

5. Use as Teaching Moment

- Discuss what happened calmly ^[20] ^[21]

- Explain financial consequences ^[20] ^[21]
- Have child contribute to repayment (age-appropriate) ^[20] ^[21]
- Set clear expectations going forward ^[32] ^[20] ^[21]

Prevention Statistics:

- 95% of parents whose children spend have agreements about spending ^[22]
- 63% have explicit limits ^[22]
- Average monthly spend among those who spend: €31 ^[22]

Best Practice: Use Roblox gift cards with set amounts rather than linking credit cards. This creates natural spending limits and teaches budgeting ^[20] ^[21].

Conclusion: Empowered Parenting for Safe Gaming

Roblox can be a safe, creative, and social platform for children when parents actively engage with safety tools and maintain open communication ^[4] ^[8] ^[15].

Key Takeaways:

- ✓ **Complete All 12 Safety Checklist Items** – Each provides critical protection ^[5] ^[6] ^[8] ^[9] ^[12] ^[11]
- ✓ **Maintain Open Communication** – Use conversation starters regularly ^[28] ^[29] ^[30]
- ✓ **Watch for Red Flags** – Early detection prevents serious harm ^[1] ^[2] ^[37] ^[38] ^[33] ^[34]
- ✓ **Implement Expert Strategies** – 3-layer protection, appropriate screen time, common area gaming, weekly reviews ^[4] ^[7] ^[8] ^[18]
- ✓ **Be Prepared to Act** – Know exactly what to do if problems arise ^[13] ^[1] ^[2] ^[37]

Remember:

- Safety is ongoing, not one-time setup ^[4] ^[8]
- Age-appropriate adjustments as children mature ^[9] ^[12] ^[18]
- Balance protection with trust-building ^[28] ^[29] ^[30]
- Model healthy digital behavior yourself ^[30] ^[32]

The Bottom Line:

With proper parental controls, active supervision, and open communication, Roblox is **conditionally safe** for most children. It requires engaged parenting, but provides opportunities for creativity, problem-solving, and social connection ^[4] ^[8] ^[15].

Your child's safety is not about perfection – it's about awareness, prevention, and rapid response when needed.

Additional Resources

Official Roblox Safety:

- [Roblox.com/safety](https://www.roblox.com/safety)
- Roblox Parental Controls Guide: [Roblox.com/parents](https://www.roblox.com/parents)

Child Safety Organizations:

- National Center for Missing & Exploited Children: [MissingKids.org](https://www.missingkids.org)
- CyberTipline: [CyberTipline.org](https://www.cybertipline.org)
- ConnectSafely: [ConnectSafely.org](https://www.connectsafely.org)

Cyberbullying Resources:

- [StopBullying.gov](https://www.stopbullying.gov)
- Cyberbullying Research Center: [Cyberbullying.org](https://www.cyberbullying.org)

Crisis Support:

- Crisis Text Line: Text HOME to 741741
- National Suicide Prevention Lifeline: 988

Digital Parenting:

- Common Sense Media: CommonSenseMedia.org
- Internet Matters: InternetMatters.org
- Family Online Safety Institute: FOSI.org

About This Guide

This comprehensive Roblox safety guide was created to empower parents with expert-verified strategies, practical checklists, and evidence-based recommendations for keeping children safe online.

All information is current as of October 2025 and based on:

- Official Roblox safety documentation
- Research from child safety organizations
- Cybersecurity expert recommendations
- Law enforcement guidance
- Educational institutions' best practices
- Current statistics on online safety

For Updates: As platforms evolve, regularly check official sources and revisit your safety settings to ensure continued protection.

Share This Guide: Help other parents protect their children by sharing this free resource.

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This guide is provided for educational purposes. While every effort has been made to ensure accuracy, parents should always verify settings directly on the Roblox platform as features may change.

[45] [46] [47] [48] [49] [50] [51] [52] [53] [54] [55] [56] [57] [58] [59]

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1. <https://childsafety.losangelescriminallawyer.pro/children-and-grooming-online-predators.html>
2. <https://www.offenderwatch.com/post/five-warning-signs-of-online-grooming>
3. <https://www.hellobrightline.com/blog/cyberbullying-social-media-gaming-and-online-frenemies/>
4. <https://www.stealthgaming.net/post/is-roblox-safe-for-kids-in-2025>
5. <https://www.internetmatters.org/parental-controls/gaming-consoles/roblox-parental-controls/>
6. <https://en.help.roblox.com/hc/en-us/articles/30428248050068-Parental-Controls-FAQ>
7. <https://timesofindia.indiatimes.com/technology/tech-tips/12-essential-tips-to-keep-your-child-safe-while-gaming-and-know-why/articleshow/114476034.cms>
8. <https://connectsafely.org/roblox/>
9. <https://www.esrb.org/blog/what-parents-need-to-know-about-roblox-2/>
10. <https://www.todayparent.com/family/step-by-step-guide-roblox-safety/>
11. <https://en.help.roblox.com/hc/en-us/articles/30428310121620-Parental-Controls-Overview>
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20. <https://www.ispcc.ie/online-video-games-and-children-how-to-control-their-spending/>

21. <https://www.internetmatters.org/advice/by-activity/online-money-management-guide/in-game-spending/>
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26. <https://www.youtube.com/watch?v=H3KCNeSiXWY>
27. <https://corp.roblox.com/safety-tools>
28. <https://www.childnet.com/parents-and-carers/have-a-conversation/>
29. <https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>
30. <https://www.internetmatters.org/resources/guide-to-encourage-kids-to-share-their-digital-lives/>
31. <https://www.mbc.wa.edu.au/5-cyber-safety-conversation-starters-for-your-family-family-zone/>
32. <https://www.cybersafetyguy.com/p/how-to-talk-and-listen-about-online>
33. <https://bravehearts.org.au/about-child-sexual-abuse/what-is-grooming/>
34. <https://gabb.com/blog/online-grooming/>
35. <https://learning.nspcc.org.uk/safeguarding-child-protection/grooming>
36. https://www.esafety.gov.au/sites/default/files/2020-03/eSafety_Ed Conversation S Kids.pdf
37. <https://www.virtual-college.co.uk/resources/signs-of-cyber-bullying>
38. <https://www.understood.org/en/articles/how-to-tell-if-your-child-is-being-bullied-online>
39. <https://raisingchildren.net.au/school-age/safety/online-safety/grooming-signs>
40. <https://kidshealth.org/en/parents/cyberbullying.html>
41. <https://safekidsthive.org/the-report/introduction/other-warning-signs/>
42. <https://www.stopbullying.gov/cyberbullying/cyberbullying-online-gaming>
43. <https://www.kaspersky.com/resource-center/threats/top-7-online-gaming-dangers-facing-kids>
44. <https://www.internetmatters.org/advice/by-activity/online-gaming-advice-hub/online-gaming-the-risk/>
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