

PARENT CHECKLIST

KEEPING KIDS SAFE WHILE GAMING ONLINE

It can be difficult to make sure children are playing online in a safe environment – especially when the child’s game is not something that interests you as the adult. However, it’s up to you to ensure they are safe. Here are a few helpful ways to do that.

1. TALK TO YOUR CHILD ABOUT SAFE GAMING

- ✓ Ask your child which games they are playing, who they play with, and what they enjoy about them
- ✓ Explain that not everyone online is who they say they are – some adults may pretend to be kids to gain access to children
- ✓ Encourage your child to come to you if anyone says or does something that feels wrong or uncomfortable
- ✓ Remind them it’s okay to block or leave a game if someone is being rude or inappropriate



2. PROTECT PRIVACY

- ✓ Use a screen name that doesn’t reveal your child’s real name, school, age or location
- ✓ Never share personal details, photos, or live video through chat or gaming platforms
- ✓ Turn off location sharing and in-game voice chat unless supervised
- ✓ Keep personal accounts (like email or social media) separate from gaming accounts

3. SET BOUNDARIES

- ✓ Limit who your child can play or chat with – friends they know in real life are safest
- ✓ Set time limits and choose games with age-appropriate content (check ESRB ratings)
- ✓ Keep gaming devices in shared spaces, not bedrooms
- ✓ Require permission before downloading new games or joining new platforms

4. MANAGE ONLINE INTERACTIONS

- ✓ Review and adjust privacy and chat settings together – most games let you block or mute other players
- ✓ Discuss what to do if someone asks for personal info, photos, or to move conversations to another app
- ✓ Teach your child to never send or accept gifts, game codes or currency from people they don't know
- ✓ Encourage kind, respectful communication – remind them words online still have real impact

5. WATCH FOR WARNING SIGNS

- ✓ Child hides their screen, deletes messages or becomes secretive about gaming
- ✓ They spend increasing time gaming, especially at night
- ✓ Mood swings, fear or withdrawal after being online
- ✓ Receiving unexplained messages, photos or gifts

6. EMPOWER & SUPPORT

- ✓ Let your child know you won't overreact if they tell you about something concerning – they won't be in trouble
- ✓ Help them learn how to block, mute or report players who are bullying, grooming or harassing
- ✓ Stay informed – play a game with them or watch gameplay videos to understand the environment
- ✓ Keep gaming positive – celebrate teamwork, creativity and problem-solving.

