

# THE CHAT BEHIND THE GAME



## A PARENT GUIDE TO BETTER CONVERSATIONS AND SMARTER BOUNDARIES

Gaming is not just about the game. What matters most is whether your child knows how to recognize pressure, protect privacy, and come to you when something feels off.

### QUESTIONS TO ASK BEFORE YOU SAY YES TO A GAME

- Does it have voice chat or direct messages?
- Can strangers send friend requests?
- Does it connect to Discord or other apps?
- Is my child ready for the social side of this game?

### WHAT YOUR CHILD NEEDS TO KNOW BEFORE THEY PLAY

- Not everyone online is who they say they are
- Friendly does not always mean safe
- Never move a chat to another app without telling me
- If something feels off, leave and tell an adult

### CONVERSATION STARTERS THAT OPEN THE DOOR

- “Who do you usually talk to when you play?”
- “What kinds of things do kids talk about in games?”
- “How would you know if someone got too personal?”
- “What would make it hard to tell me if something happened?”

### FAMILY RULES

- Parents know the games, usernames, and apps
- No private chats or side apps without permission
- No late-night headset use behind closed doors
- If a chat gets personal, it ends and gets shared

### SAY THIS WEEK

- “I’m not just paying attention to the game — I’m paying attention to who gets access to you.”
- “If anyone makes you feel uncomfortable, pressured, or confused, you can tell me.”
- “You are never in trouble for telling the truth.”
- “We talk about hard things here, and we face them together.”



Start the conversation before there is a problem.

The goal is not just to monitor a game. It is to build a child who knows when to pause, when to leave, and when to tell the truth.