

# CONVERSATION GUIDE

ASK  
ABOUT  
GAMES



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## ASK ABOUT: HOW TO HAVE ONLINE SAFETY CHATS WITH YOUR CHILD

As your child explores new games, apps and platforms, it's easy to feel like you're always one step behind. Regular, relaxed conversations about their online life are one of the most powerful things you can do to keep them safer.

### KEY THINGS TO REMEMBER

#### AS YOUR CHILD GROWS, SHIFT FROM MANAGER TO MENTOR.

Involve your child in decisions around screen time, content, spending and communication. Review settings as they develop their safety skills.

#### PLAY GAMES AND USE APPS TOGETHER.

Build your understanding of their games and apps while staying on top of platform safety. This helps to naturally create an open space for conversation.

#### CHANGE WITH YOUR CHILD'S INTERESTS.

As they grow, they'll use tech more to socialise, so review parental controls and talk with them regularly about positive use and actions to take.

*Remember that the types of conversations you have with your child will change with their age. So, keep developing the conversation as they learn new skills, become more mature and explore new interests.*

### THE DAILY CHECK-IN

Ask your child about their time online just like you would ask about their time offline.

#### Explore their interests

- Who is that influencer/streamer/content creator?
- Can you show me your favourite game/video/app/platform?

#### Catch up on their experiences

- What videos did you watch today?
- What games have you played today?
- How's the progress on your game going?
- What did you learn?

#### Understand who they talk to

- Who did you chat to/message today?
- Which friends play your games with you?

**The goal:** To create a safe space for communication. The more you talk digital and show an interest, the more likely your child is to come to you if things go wrong!



## THE SAFETY WALKTHROUGH

**Talk to your child about safety on their favourite platforms. Let them lead the way while you explore together and talk about when and how to use safety features and tools.**

### Identify the safety settings

- Where can you find privacy settings? Security settings?
- How do you block someone? Report someone?
- How can you control who contacts you or sees your content?

### Discuss taking action

- How do you stop seeing content you don't want to see?
- What could you do if someone made you feel uncomfortable?
- What are some examples of when should you block, report or tell a trusted adult?

### Explore tips and tricks

- What might stop someone from taking action and how can we make it easier?
- What are the top 3 safety tips you'd give to someone using this game/platform?

**The goal:** To build your child's understanding of staying safe with tech. If they know about the tools they can use and where to find them, they're more likely to use them when it matters most!



## THE DEEP DIVE

**Ask your child what they (or a friend) could do in different scenarios to help them practise skills that can keep them safe across online games and other digital spaces.**

### Discuss news and current events

- I saw a news story about [e.g. cyberbullying / grooming / scams]. What do you know about it?
- What advice would you give someone who experienced it?
- If someone targeted you, what could you do to stay safe?

### Encourage critical thinking

- Look at this game/video. Why might it not be appropriate for someone younger than you?
- Look at this information. What could you do to make sure it's true before believing it?

**The goal:** To tackle tougher topics before your child comes across risks online. Using real-world examples helps your child learn about the signs so they know when to take action and get help.

## LASTLY...

Try to have conversations while you're doing something else – like playing a video game together, during a walk, while out shopping or over a meal. Making online safety chats a part of daily activities can help them feel more natural and normal.

Conversations can also be a great way to agree on boundaries together – around screen time, spending and content. Our **Power Up Pact** is a simple tool to help you do this as a family.