

Emotional Safety for Teens on Roblox

Teens play Roblox for many positive reasons, from relaxation to community building to identity formation and creative self-expression. Among the many teens who play video games — 85% of all U.S. teens, according to a 2024 [Pew Research Center report](#) — nearly three-quarters said spending time with others is one reason they play. More than half said gaming helps their problem-solving skills.

But parents know there is potential for harm on Roblox or any online platform. Teens do, too: That same Pew study found that 80 percent of teens ages 13-17 think harassment in video games is a problem for people their age, and more than 40% said they have been called an offensive name while playing.

Your teen might be sensitive to a conversation about cyberbullying and online safety, but parents and caregivers can and should offer consistent messages to help teens know how to identify inappropriate behavior on the platform — and what to do when they encounter it. Even brief or “micro” conversations held at regular intervals can make a big impact on how your teen thinks about their safety online.

What is Cyberbullying?

While Roblox, like any online gaming platform, can provide players with a fun experience, it also carries the risk of harmful behaviors known such as “[cyberbullying](#).”

Cyberbullying can mean hurtful comments from fellow gamers whose emotions become intense around the power dynamics within a game. Cyberbullying can also involve:

- Blaming or angry language or name-calling
- Gossiping or conspiring to eliminate a player from a game
- Making harmful references to aspects of a player’s identity, if they have shared any on the platform
- Hate speech or race-based language

Cyberbullying can also be predatory, as when an adult plays under an assumed teen identity and attempts abusive, manipulative, or hateful behaviors with young players.

Any of these negative behaviors can lead gamers to experience feelings of shame, guilt, fear, or anxiety. It can erode self-confidence and self-worth. And it can exacerbate existing mental health conditions like depression and anxiety.



What Are Signs a Teen Might Be Struggling Online?

Your teen might not always come to you to share confusing or hurtful experiences they're having online, but there are signs that can help you sense a problem.

Some of these signs are related to your teen's gaming habits, such as:

- Suddenly decreased or increased use of favorite platforms
- Hiding screens when an adult comes by
- Vocalizing strongly — aggressive language or angry shouting — while playing
- Suddenly exiting the game or storming away from the device

Other signs might show up off-screen if your teen:

- Starts to worry more
- Has increased irritable or angry behaviors
- Enjoys favorite activities less
- Experiences changes in sleep habits
- Changes in grades or school performance
- School avoidance
- Frequent psychosomatic complaints, like headaches and stomachaches
- Avoids social activities
- Isolates at home
- Responds defensively when asked about gaming
- Acts differently in ways that you notice

What Can Parents/Caregivers Do?

Get in the Game

The first and most impactful thing you can do as a parent or caregiver is to learn as much as you can about Roblox or any gaming platform your teen uses.

Create your own Roblox account and make time to play with your teen to show them you are interested in meeting them where they are with an activity they enjoy. While you're playing, lay the groundwork for deeper conversation by asking upbeat questions like:

- Why is this game your favorite?
- How did you discover this game?
- How do you feel when you're playing this game?
- What are some good tips to help me get started?



Take the Conversation Deeper

Continue the conversation with open-ended questions and active listening. Make sure to be clear that you are not asking because your teen is "in trouble" or in danger of losing their gaming privileges; you genuinely want to understand and support them on Roblox.

Some questions to ask your teen include:

- How do people treat each other in this game?
- Are there patterns to bullying behaviors in the game?
- How do you see other players respond to these behaviors?
- Are hurtful words directed at you?
- What strategies have you tried when this behavior is directed toward you?

Do this in active, organic moments throughout your day, like while taking a walk, having a catch, or preparing a meal together - not sitting around the kitchen table or even driving in the car, where silence within the conversation can feel uncomfortable.

Each time you check or talk with your teen about cyberbullying, affirm that these are difficult topics to talk about, and tell them you're glad for any conversation you're able to have together.

Talk Through the Options

Think together with your teen about what choices they have when confronted with bullying behavior on Roblox or online. These might include:

- Mindfulness strategies like stepping away from the game, using a slow, deep breathing strategy like “[Box Breath](#),” pivoting to a mindfulness app for a few minutes to calm down, or walking outside for ten minutes of fresh air
- Considering other Roblox games to play instead of games that are causing your teen stress, or playing the games they love with a different set of people
- Responding using one of Roblox’s safety resources, such as [muting or blocking a player](#), using [parental controls to limit chat access](#), creating [a private server](#) so only known gamers can play with your teen, or [reporting Roblox rules violations](#) if a cyberbullying incident occurs
- Using other resources like the [Cyberbullying Research Center](#) to report cyberbullying incidents and access technical and legal supports if needed

Listen for cues from your teen about how they are using Roblox, so you can guide them toward options that support those goals. Your teen might play Roblox to:

- Connect with a social community through the platform
- Relax and enjoy private time away from the stresses of everyday life
- Explore aspects of their identity through their online persona
- Play with self-expression in ways they don’t do at school or in person with friends

Be Clear About Cyberbullying

Many teens can tell the difference between banter among friends and harmful or bullying behavior. But some are still learning to discern between the two, especially in the context of a competitive game or on an online platform without body language or tone-of-voice cues to guide them and where “trash talking” is a normal and expected part of the experience.

Remind them of online behaviors that clearly cross the line like:

- Aggressive commentary having to do with racial, ethnic, gender, or physical attributes
- Threatening, mocking, aggressive, or violent language, including “trash talk” that turns aggressive
- Relational aggression intended to harm other players’ reputations or self-worth during gameplay
- Verbal threats of harm to social status or physical safety and/or doxxing other players
- Sexual harassment and cyber-stalking

Talk about the difference between words and behaviors that are “annoying” and those that are hurtful or harmful. You might share some of your own experiences that taught you to tell the difference.

Cyberbullying can feel overwhelming, whether you’re monitoring for it or helping your teen navigate it. Remember that consistently using tools like these can help you and your teen on Roblox and anywhere online.

