

IS YOUR CHILD SAFE ON

ROBLOX?

The Parent's Complete Safety Handbook

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INTRODUCTION

What Every Parent Needs to Know

Roblox is one of the most popular platforms on the planet, and one of the most misunderstood by parents. In Q4 2025, Roblox reported over 111 million daily active users worldwide, spanning young children through adults. Its colorful, cartoonish look can make it feel harmless. It isn't always.

This guide is not here to scare you or tell you to ban your child from Roblox. It's here to give you the specific knowledge and tools to let them play safely, with your eyes open.

The most important thing to understand: Roblox is not one game. It's a platform hosting millions of user-created games and social spaces, some wonderful and some deeply inappropriate. The default settings are not strict enough for most children.

In early 2026, Roblox faced intensifying legal scrutiny over child-safety allegations, including a lawsuit filed by the Nebraska attorney general. The issue has also drawn investigative media attention. The risks are real, documented, and growing.

The good news: most of these risks are manageable with the right settings and a few ongoing habits. That's exactly what this guide covers.

SECTION 1

Understanding the Platform

What Makes Roblox Different from a Regular Game

Traditional video games have fixed content that's been reviewed and rated before reaching your child. Roblox is different: it's an open platform where anyone can build and publish a game in hours. This means:

- Content quality and appropriateness varies wildly from game to game.
- Games that look innocent in their thumbnail can contain mature themes inside.
- Role-play environments (fake families, schools, adoption centers) are popular with younger kids and frequently exploited by bad actors.
- Chat happens in real time, between real strangers, inside every game.

The Social Dimension

Roblox is as much a social platform as it is a gaming one. Children can add friends, join groups, send private messages, and communicate through in-game chat. This social layer is where most safety risks originate.

One key thing many parents don't realize: until November 2024, any account on Roblox could friend and message a child without any prior connection. Roblox has since tightened these restrictions for under-13 accounts, but gaps remain, especially for accounts registered as 13 and older.

The Age-13 Shift

Important for parents of tweens: When your child's Roblox account crosses the age of 13, platform protections and default restrictions may loosen significantly. Some communication limits, privacy settings, and content filters you've set may change. Re-review all settings together as your child approaches 13, and keep the conversation going.

Content Maturity Ratings

Roblox labels its games with four content maturity tiers. These ratings are assigned by creators and reviewed by Roblox, but they're not foolproof:

Minimal	Mild cartoon violence, light unrealistic effects
Mild	Repeated mild violence, crude humor, mild fear
Moderate	Moderate violence, some realistic blood, gambling-adjacent content, moderate fear
Restricted	Strong violence, romantic themes, strong language, alcohol references. Age-verified users only.

Parental controls let you cap which maturity level your child can access. Our recommendation for most children under 13: set this to Minimal or Mild. Always verify current tier descriptions directly in the Roblox app, as labels may be updated.

SECTION 2

Setting Up Parental Controls

Roblox requires you to create your own parent account and link it to your child's. Once linked, you control everything from your own device. You don't need your child's password.

Before you start: You'll need to verify your age as a parent using a government-issued ID or credit card. This is a one-time step. Go to about.roblox.com/parental-controls to begin.

Step-by-Step Setup

- Step 1 Create your own Roblox account at roblox.com using your email address.
- Step 2 Verify your age when prompted. Use a government ID or credit card.
- Step 3 On your child's account, go to Settings → Parental Controls → Add Parent, and enter your email.
- Step 4 Follow the link sent to your email and confirm the link between accounts.
- Step 5 From your account, go to Settings → Parental Controls to manage all settings.

The Five Controls That Matter Most

1. Content Maturity Level

Set this to Minimal or Mild for children under 13. Use the slider in Parental Controls → Content Maturity. This filters which games your child can access across the entire platform.

2. Communication Settings

Under Parental Controls → Communication, you can restrict who your child can chat with. For younger children, set Experience Chat to age-similar users only, and disable Experience Direct Chat entirely. Per Roblox's current help documentation, users under 9 require parental consent to enable experience chat. Verify this in your parent dashboard as requirements may be updated.

3. Screen Time Limits

Set daily time limits directly in Parental Controls → Screen Time. Once the limit is reached, your child is automatically locked out for the rest of the day. Suggested household starting point: 1–2 hours on weekdays, up to 3 on weekends. Adjust based on what works for your family.

4. Spending Limits

Set a monthly Robux spending limit in Parental Controls → Spending. Enable notifications so you're alerted to any purchases. Predators sometimes use Robux gifts as a grooming tool. Unexpected currency gifts are a red flag.

5. Block Specific Games

Even if a game technically falls within the allowed maturity level, you can block specific games your child has accessed that you're not comfortable with. Use the Top Experiences feature to see which games your child plays most.

Don't skip this step: Roblox's default settings are not strict enough for most children. The platform itself has acknowledged this. Do not assume the defaults are safe. Go through each control manually after setup.

SECTION 3

Real Risks and Warning Signs

Understanding the risks is not about scaring yourself. It's about knowing what to watch for so you can respond quickly if something feels wrong.

The Grooming Pattern

Online grooming is the process by which predators build trust with children before exploiting them. It follows a recognizable pattern. It rarely looks threatening at first. It starts with friendship, attention, and gifts.

Stage	What Happens	What to Watch For
Targeting	Predator finds a child who seems lonely or eager for connection.	Your child mentions a new online 'friend' they've never met in person.
Trust Building	Bonds form through compliments, shared games, or gifts like Robux.	Someone is giving your child free Robux or in-game items for no clear reason.
Isolation	Predator pushes for private conversations or moves to Discord, Snapchat.	Your child is secretive about a specific online contact or wants to switch apps.
Desensitization	Inappropriate jokes or mature topics are introduced gradually.	Your child seems uncomfortable or evasive about what they've been talking about.
Exploitation	Predator may request photos, personal info, or attempt a real-life meeting.	Your child is hiding their screen, receiving messages late at night.

Other Risks to Know About

Inappropriate Game Content

Some user-created games contain content far beyond their listed maturity rating, including simulated violence, sexual roleplay, and adult themes, disguised under innocent-sounding names. Regularly check your child's Top Experiences list.

The 'Off-Platform' Move

A common predator tactic is to establish trust on Roblox, then ask your child to continue the conversation on Discord, Snapchat, or another less-moderated platform. Teach your child that real friends don't pressure them to move apps.

Robux Scams

Children are frequently targeted by fake offers of free Robux. These scams can steal account credentials, install malware, or serve as grooming entry points. Legitimate Robux can only be obtained through official Roblox channels.

Fake Age Accounts

Adults can register on Roblox with a false birthdate and present as a child. Age verification is improving but remains imperfect. Teach your child that they can't verify who they're actually talking to.

Spending Exploitation

Roblox's Robux economy is designed to encourage spending, and children can make large purchases quickly if spending is unrestricted. Set a monthly limit and enable purchase notifications.

SECTION 4

Having the Conversation

Settings matter. But the most important safety tool you have is an open relationship with your child. Children who know they can talk to a parent without being punished are far more likely to report something that feels wrong.

The rule to establish early: 'If anything makes you uncomfortable online, or if anyone asks you to keep a secret from me, you can always tell me, and I won't take away your games. I just want to help.'

What to Talk About

Real friends don't ask you to keep secrets from your parents.

This is one of the clearest early grooming red flags. Make sure your child knows this clearly.

You can't know who you're really talking to online.

Even someone who says they're 10 years old and plays the same games as you could be an adult. That's not your child's fault. It's just a rule of the internet.

No one should ask you to move to another app.

If a Roblox friend pushes your child to switch to Discord or Snapchat, that's a red flag to report.

Robux does not come free from strangers.

Any offer of free Robux is a scam or a manipulation. Teach your child to always check with you before clicking any offer.

You won't be in trouble for telling me.

Say this often and mean it. Children who fear losing screen time are far less likely to report something.

Age-Appropriate Conversations

Ages 6-10	Keep it simple and concrete. 'Some grown-ups pretend to be kids online. If anyone asks for your real name, address, photo, or asks you to keep a secret from me: stop and come tell me right away.'
Ages 10-13	Go deeper. Explain what grooming is in age-appropriate terms: 'Some adults try to make kids feel special and then ask for things that aren't okay. This happens online. It's never your fault, and you can always tell me.' Discuss the specific tactics: fake Robux, moving to other apps, secrecy.

SECTION 5

If Something Goes Wrong

If your child reports something concerning, your response in the first few minutes matters enormously. Stay calm, thank them for telling you, and don't make them feel blamed.

Most important rule: Do NOT delete messages or evidence. Screenshot everything first, then block and report.

Immediate Steps

- + Stay calm. Your child needs to feel safe telling you things. Thank them for coming to you.
- + Screenshot all conversations and the profile of the person in question before taking any other action.
- + Block the user within Roblox: open their profile → click the three-dot menu → Block.
- + Report the user to Roblox: same profile menu → Report Abuse. Select the most relevant category.
- + If your child was sent explicit material or asked to send images, contact local law enforcement. You can also file a report with the National Center for Missing and Exploited Children at [cybertipline.org](https://www.cyberline.org).
- + If the interaction moved off-platform to Discord, Snapchat, or elsewhere, report there as well.

Reporting Within Roblox

Roblox has a dedicated reporting system accessible from any game or profile. Reports go to their Trust & Safety team. You can also email abuse@roblox.com for serious incidents. Check your linked parent dashboard to see what reporting options are available to you directly.

After the Incident

If your child experienced something traumatic, consider speaking with a counselor or therapist who specializes in online safety or childhood trauma. The impact of online exploitation can be significant even without physical contact. Your child is not at fault.

ACTION CHECKLISTS

Your Complete Roblox Safety Checklists

Print these pages and keep them handy. Work through the Setup Checklist once, then revisit the Monthly Check every 30 days.

SETUP CHECKLIST: Do This Once

Account & Linking

- + Created my own Roblox parent account using my email address
- + Verified my age with a government ID or credit card
- + Linked my account to my child's account via Settings → Parental Controls → Add Parent
- + Confirmed the account link from my email

Content & Communication

- + Set Content Maturity to Minimal (ages 6–9) or Mild (ages 10–12)
- + Set Experience Chat to age-similar users only (or disabled for under-9)
- + Disabled Experience Direct Chat
- + Reviewed and adjusted Party chat settings
- + Blocked any specific games I know are inappropriate

Time & Spending

- + Set a daily screen time limit (recommended: 1–2 hrs weekdays, 3 hrs weekends)
- + Set a monthly Robux spending limit
- + Enabled spending notification emails

The Conversation

- + Told my child they can report anything uncomfortable without losing screen time
- + Explained that real friends don't ask them to keep secrets from me
- + Taught my child that free Robux offers are always scams
- + Discussed moving apps (Discord, Snapchat) as a red flag
- + Made sure my child knows to come to me if an online contact makes them feel weird or scared

MONTHLY CHECK: Every 30 Days

- + Reviewed Top Experiences list and noted which games my child played most
- + Spot-checked one or two of those games myself
- + Reviewed my child's connections/friends list for anyone unfamiliar
- + Confirmed spending is within expected range, no surprise purchases
- + Screen time limits still appropriate for current season (school year vs. summer)
- + Had a brief check-in conversation with my child about their online experiences
- + No new apps or platforms appeared on my child's devices that I'm unaware of

RED FLAGS: Act Immediately If You Notice These

If you observe any of the following, stop, take screenshots, and address it right away.

- + Your child is hiding their screen or switching tabs when you walk by
- + A stranger on Roblox is giving your child free Robux or gifts
- + Your child mentions an online friend you've never heard of before who they talk to frequently
- + Someone has asked your child to move the conversation to Discord, Snapchat, or another app
- + Your child becomes upset, anxious, or withdrawn after being online
- + Someone has asked your child for photos, their address, school name, or other personal information
- + Your child is receiving messages late at night from unknown contacts
- + Your child says someone told them to keep a secret from you

SOURCES & REFERENCES

Where This Guide's Information Comes From

The safety guidance in this guide is based on Roblox's official documentation, current legal and regulatory reporting, and established child safety education resources. Because Roblox updates its platform frequently, always verify current settings and menu paths directly in the app.

Roblox Official Resources

- Roblox Parental Controls overview: about.roblox.com/parental-controls
- Parental Controls Overview (Help Center): en.help.roblox.com
- Content Maturity Labels: en.help.roblox.com
- Parents, How to Link Your Child's Account: en.help.roblox.com
- Major Updates to Safety Systems (Nov 2024): about.roblox.com/newsroom
- Roblox Q4 2025 Quarterly Results (111M+ DAU): ir.roblox.com

Legal & Regulatory Context

- Nebraska AG, Hilgers v. Roblox (March 4, 2026): ago.nebraska.gov
- Roblox Major Safety Updates announcement (November 2024): about.roblox.com/newsroom
- Dangerous Games, A Chris Hansen Investigation (early 2026): truBlu streaming platform

Child Safety Education

- Grooming stages and red flags: childrescuecoalition.org
- National Center for Missing & Exploited Children CyberTipline: cybertipline.org
- Online safety guidance for families: esafety.gov.au

This guide distinguishes between three types of content: (1) platform facts sourced from Roblox's official documentation, (2) reported legal and news context from public sources, and (3) parenting recommendations from the guide's author. Recommendations are labeled as suggestions, not official Roblox guidance.

You've got this.

Roblox can be a genuinely great experience for kids when approached thoughtfully. The parents who do the most to keep their children safe are not the ones who ban the game. They're the ones who stay curious, stay present, and keep the conversation going.

Review these settings once, bookmark this guide, and check in with your child regularly. That's all it takes.

Guide produced by Pamplemoose Games. For questions or feedback: pamplemoosegames.com

Always verify settings directly in the Roblox app, as features and interfaces may change. This guide reflects platform features as of early 2026.



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