

# Emotional Safety on Roblox

You love Roblox. But you know that along with the fun and creativity you find on the platform, sometimes people behave online in ways that can be upsetting, confusing, and scary. Knowing how to recognize this behavior — and how to respond when you do — will help you protect your emotional safety on Roblox and elsewhere online.

## What is Emotional Safety?

Emotional safety is the feeling that you can be completely yourself and express yourself fully — and that the people in your life will accept and even celebrate you as you are, without judgment and certainly without bullying you.



## How Does Cyberbullying Hurt People?

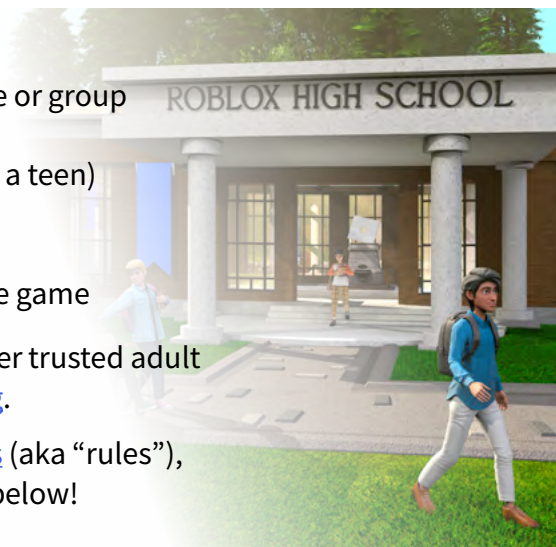
[Cyberbullying](#) can be hard to recognize, especially if you are used to bantering or trash-talking with your friends online. But there are some signs that distinguish cyberbullying from normal back-and-forth among friends.

These include:

- Posting rumors about someone online
- Excluding someone — alone or together with a group — from a game or group
- Calling someone names or using other hurtful language
- Pretending to be someone you're not (like if an adult pretends to be a teen)
- Threatening to hurt someone
- Posting videos or photos meant to embarrass someone
- Repeatedly teaming up with others to eliminate one person from the game

If you are noticing these signs, check in with a parent, caregiver, or other trusted adult for support, and read on for more advice on [responding to cyberbullying](#).

Also, if you think the behavior violates the [Roblox Community Standards](#) (aka “rules”), you should report the behavior, experience, or item. More info on this below!



# I Experienced Cyberbullying. Now What?

It can be reassuring to remember that you have many options for how to respond to a cyberbullying incident.

## Talk to a Supportive Adult

Chances are, the adults in your life don't know as much as they want to about Roblox. Try inviting them to create a login and play with you. Show them what you like about Roblox, and then share with them that you've been having a hard time with how you're being treated on the platform.

You might begin this conversation by saying something like, "I like playing Roblox to relax, but sometimes people say stuff that makes it less fun."

You might be worried your adult will overreact and take away your gaming privileges out of concern for your well-being. You can start the conversation by saying, "I really want to keep playing because most of the time it's fun, but I need help figuring out what to do when it's not."

## Use Mindfulness Strategies

Either on your own or with a trusted adult, take some time to think about how stress feels in your body. How do you feel physically when you get worried or upset? You can write these down if it's helpful. Examples might include:

- Sudden warmth or sweat
- Upset stomach
- Racing thoughts
- Increased heart rate
- Tense muscles
- Headache
- Tightness in your chest



Once you have identified how stress manifests in your body, notice whether you experience these sensations while you are playing Roblox and encountering inappropriate behaviors.

If you do, try a mindfulness strategy to signal your body to feel calmer so you can respond in a way that's healthy for you in the moment. Mindfulness strategies include:

- Stand up and do 15 jumping jacks, then close your eyes and put your hand over your heart — focus on your breathing as you feel your heartbeat slow down
- Step away from your screen for a ten-minute break
- Set a timer for ten minutes and spend that time outside

- Pivot your online time to a mindfulness app until you feel calmer
  - Try the "[Box Breath](#)" breathing exercise:
  - Breathe in for a slow count of four
  - Hold your breath for a slow count of four
  - Exhale for a slow count of four
  - Hold your breath for a slow count of four

## Use Roblox's Resources

If you experience cyberbullying, you can use one of Roblox's safety resources to advocate for yourself and protect yourself online. These include:

- [Muting or blocking a player](#)
- Setting up [controls to limit chat access](#)
- Creating a [private server](#) so only known gamers can play with you
- [Reporting Roblox rules violations](#) if a cyberbullying incident occurs
- Using Roblox [well-being resources](#) for tips and strategies
- TIP: Roblox offers a tool to connect with helplines and other services on this [page](#) under Support Services!

## Help a Friend

As you learn to recognize cyberbullying when you see it, you might notice your friends on Roblox or other platforms (or IRL), experiencing negative treatment. You can use your skills to help others, which will make a difference for them and also help you feel stronger and more confident in your own online life.

- Encourage your friend to talk with and/or seek help from an adult they trust
- Talk with your own parents, caregivers, or other trusted adults
- Use the Roblox safety tools to [report](#) what you saw
- If you know the person, ask them how they are feeling, or share with them what you have noticed about how they are being treated. You can say something like, "I saw that mean comment. That has happened to me too. Do you want to talk about ways to handle that?" Letting your friend know you are there to help will make these experiences less lonely for both of you.

Remember: Resources are available to you from [The Jed Foundation \(JED\)](#) and [Roblox](#) anytime you need them, to help you build your knowledge of online safety so you can enjoy your online time in the ways that mean the most to you.