The Digital Room Check

An app, game, group chat or comment thread can feel like a room. You can notice how it feels, choose what you share, and leave or get help when you need to. A familiar app can contain many different rooms

Start together.

Choose a calm moment and ask: "Can we try a quick room check together? You can pick an online space - even a made-up one. I am here to understand, not catch you out."

The Three Questions:

"How does it feel?

If this were a room, would you feel comfortable here?
Notice pressure, arguments, kindness, and your own body signals

"What is happening?

What do the people or posts want you to feel or do?"
Look for requests to reply, share, buy, send a photo, or keep a secret

"What can you do?

Would you stay, pause, leave, or ask for help?"
Think about mute, block, report, and a trusted adult

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Try the next step together.

Comfortable



Stay if you want. Keep checking how it feels

Unsure



Pause, do not share more, and talk it through.

Unsafe



Leave the space, stop replying, and tell a trusted adult.

Useful tips for parents:

A useful response from the adult

"Thank you for telling me. You are not in trouble for asking for help. Let us work out the next step together." If your child is worried about losing device access, discuss safety and boundaries once they feel heard.

Do not judge a whole app by its name. Ask about the particular chat, post or interaction. If someone is threatening, exploiting or pressuring your child - help them get safe first. Save evidence where appropriate, report it and seek urgent help if there is immediate danger.

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