

Safeguarding Newsletter

Spring 2026

Understanding 'Brainrot' themed games on Roblox

Many children are talking about 'Brainrot' games on Roblox - a term that covers a group of viral, user-created experiences inspired by the online 'brainrot' meme. As a parent or carer, it helps to know what these games are, why they're popular and how you can help your child play safely.

What are 'Brainrot' themed games on Roblox?

'Brainrot' themed games on Roblox draw on a blend of surreal humour, meme culture and fast-paced gameplay.

Players often see absurd characters - cartoonish, strange or AI-inspired and games tend to be chaotic, unpredictable and highly addictive.

The standout example is **Steal a Brainrot** - released in 2025 -

where players collect or steal 'brainrots' (meme-style characters), build a base, compete with others and manage a sort of in-game economy.

Many other games follow the same meme-driven, chaotic style: sometimes offering milder, more structured play - but often still using rapid visuals, loud audio and unpredictable social dynamics. For primary-aged children especially, this mixture of silliness, peer hype and impulsive gameplay can be very appealing.

What parents and carers should be aware of

- **It can be too loud and fast-paced:** Games such as Steal a Brainrot move very quickly, have bright colours and loud sounds and involve stealing from other players. This can feel exciting at first but for some children it becomes overwhelming or upsetting.

- **It can be hard for children to stop**

playing: The game

encourages players to collect more 'brainrots' to move up levels. This can make children want to play for longer, spend more in-game money (Robux) and get frustrated if they lose.

- **Children know:** Like

Roblox games, strangers

unkind behaviour or content that isn't suitable - even

when the game looks harmless. This is why safety settings and supervision are so important.

- **Fun can quickly turn into stress:** The silly, fast humour

can be enjoyable but losing items or having other players steal from them can cause upset or arguments. Some

children get very emotional, especially if they feel left out

or teased.

In this newsletter:

- Brainrot games
- Child-on-parent violence

SUPPORTING SAFE, BALANCED ROBLOX PLAY — WHAT PARENTS AND CARERS CAN DO

ASK WHICH GAME THEY'RE PLAYING AND EXPLORE IT TOGETHER



Don't assume all games are the same. Ask your child to show you the game - whether it's Steal a Brainrot or another - so you can understand what they like or find worrying. Shared exploration builds trust.

ADJUST ROBLOX SAFETY AND PRIVACY SETTINGS

- Activate safety tools:
 - Set chat to "Friends Only" or limit messaging.
 - Disable voice chat for young children.
 - Require approval for friend requests and game invites.
 - Implement spending limits or parental PINs for Robux use.



ENCOURAGE PLAYING ONLY WITH KNOWN FRIENDS OR FAMILY

Suggest they only accept friends they know offline - or play in supervised sessions with siblings or parents. Remind them it's always okay to leave a game if it feels uncomfortable.



SET CLEAR, SHARED BOUNDARIES AROUND PLAY TIME & ENVIRONMENT

- Encourage playing in communal spaces (not bedrooms).
- Limit time on high-stimulus games like Brainrot - especially close to bedtime.
- Make sure screen time is balanced with quieter, creative or physical activities.



'Brainrot-games' is not a single title but a genre, the exact content and risks depend on which game a child plays - making it especially important for parents and carers to stay informed

Understanding Child-to-Parent Violence (CPV)

Child-to-Parent Violence, also known as CPV, is something more families experience than many people realise - yet it's rarely talked about openly. It can be incredibly distressing for parents and carers, and it's common to feel ashamed, isolated or unsure of where to turn. This newsletter aims to give clear, compassionate information and guidance, without judgement or blame.

What is Child-to-Parent Violence?

CPV describes situations where a child or young person uses physical aggression, verbal abuse, intimidation or controlling behaviours towards a parent or caregiver.

It can look like:

- Hitting, kicking, pushing or throwing objects
- Shouting, name-calling or threats • Destroying property
- Controlling routines, money or family rules
- Emotional manipulation or explosive outbursts

Important reassurance for parents and carers

You are not alone. Many families experience some form of CPV, even if no one talks about it.

- **It is not a sign of 'bad parenting'.** CPV often emerges from a young person's difficulty managing big emotions, unmet needs, developmental differences, trauma or additional pressures in their life.
- **You deserve support.** Looking for help is a sign of strength, not failure.
- **Your relationship with your child still matters deeply** - and can improve.

This is a behaviour, not an identity. Children exhibiting violence are not 'bad kids'. They are struggling and need guidance, boundaries and connection.

What parents and carers can do - supportive steps

Stay calm where possible - safety first



If an incident is escalating, prioritise safety. Step back and create space until your child has calmed.

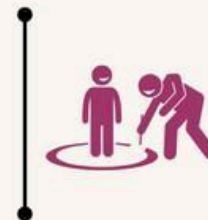
Notice triggers



Identify what tends to spark outbursts:

- Transitions (bedtime, homework, school)
- Overwhelm, hunger or tiredness
- Demands they find difficult
- Sibling conflict
- Sudden changes

Validate feelings, while holding boundaries



You can say things like:

- "I can see you're upset."
- "Your feelings are real, I'm here to help."
- "It's okay to be angry, but it's not okay to hurt."

Validation helps children feel seen, while boundaries keep everyone safe.

Teach regulation skills - gradually



Try practising:

- Deep breathing
- Counting backwards
- Sensory tools (stretch bands, fidget items, weighted blanket)
- Visual schedules

Make these tools normal, not punitive.

Repair after conflict



Once everyone is calm, reflect gently:

- "What happened?"
- "How were you feeling?"
- "What could help next time?"

This builds connection and growth.