

## QUICK-GUIDE FOR PARENTS

# Discord

### What is Discord?

Discord is a communication app where people connect through text, voice and video. It became popular with gamers but is now used by all kinds of communities, including groups centered around hobbies, music, sports, school and other interests.

Discord is organized into servers, which are community spaces that can be private and invitation-only or open to a larger audience. Servers contain channels for specific topics and conversations. Users can also communicate privately through direct messages (DMs), voice calls and video calls.

### How old do you have to be to use Discord?

Users must be at least 13, although the minimum age is higher in some countries. Users provide their date of birth when creating an account, and Discord uses age information to provide age-appropriate experiences. Discord may also require age assurance to access age-restricted content or change certain safety settings.

### What is Discord Family Center?

Family Center is Discord's parental supervision tool. Teens can connect their account with up to three parents, guardians or other adult family members.

Once connected, parents can see information about their teen's recent activity, including new friends, people they've messaged or called, and servers they've joined or participated in. Parents receive a weekly activity summary and can manage certain safety and privacy settings, including friend requests, direct messages, Message Requests and sensitive-content filters.

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### Parents Ask: How Can I Help My Teen Stay Safe?

Start by talking with your teen about how they use Discord and the communities they participate in. Review privacy and safety settings together and revisit them as your teen gets older.

ConnectSafely recommends that teens:

- **Be selective about friends.** Teens should generally accept friend requests only from people they know and trust.
- **Manage messages from people they don't know.** Message Requests are on by default for teens and filter messages from non-friends into a separate folder. Teens and parents using Family Center can also manage whether server members can send direct messages.
- **Use content filters.** Discord's sensitive-content filters can blur or block potentially sensitive images. These filters are automatically enabled for teen accounts and can't be completely disabled by teens.
- **Block and report.** Teens should block users who harass, threaten or make them uncomfortable and report content that violates Discord's rules.
- **Protect their account.** Use a strong, unique password and enable two-factor authentication (2FA).

## **Is Discord safe for teens?**

As with any communication platform, safety depends in part on how it's used. Discord has safety features and default protections for teens, including sensitive-content filters, restrictions on age-restricted content and safety alerts that may appear when Discord detects potential safety concerns with a new direct message.

Parents should talk with their teens about the servers they join, who they communicate with and what to do if they encounter inappropriate content or behavior.

## **> > More ways to keep teens safe**

### **Understand servers.**

Each server can have different members, rules and moderators. Encourage teens to think carefully before joining public communities and to leave any server that makes them uncomfortable.

### **Protect personal information.**

Remind teens not to share passwords, home addresses, phone numbers or other sensitive information with people they don't know and trust.

### **Talk about what they encounter.**

Discord communities can include jokes, memes and conversations about mature or controversial topics. Showing genuine interest in what your teen enjoys can make it easier for them to come to you when something goes wrong.

### **Maintain balance.**

Discord can be a great way to socialize, but it shouldn't interfere with sleep, school, exercise, family time or in-person relationships.

Parental controls and safety settings can help, but ongoing, non-judgmental conversations are just as important.

*For more information, visit [ConnectSafely.org/Discord](https://connectsafely.org/discord).*