Discord: A Practical Parent Guide

This guide helps parents understand how Discord works, where conversations happen, and how to reduce risk through shared management and regular check-ins—without fear or tech overwhelm.

What Parents Should Know

Discord is a communication platform where users can message, voice chat, join servers, and interact privately. Many children encounter Discord through gaming communities.

Before Your Child Uses Discord

• Decide if Discord is appropriate based on your child's age and maturity.

• Set expectations before any account is created.

• Parents should be present during account setup.

Shared Account Management

Discord should not be used in secret. Parents should retain access to settings, friend lists, and privacy controls. In some cases, deleting and recreating an account under parental supervision may be the safest option.

Where to Find Key Safety Controls

Direct Messages

Settings → Privacy & Safety → Direct Messages

> • Turn OFF messages from server members

> • Allow messages only from approved friends

Friend Requests

> Settings → Friends

> • Limit who can send friend requests

> • Review friend lists together regularly

Voice & Video

> Settings → Voice & Video

> • Disable voice chat where possible

> • Remove headset access if needed

Menu names may change as platforms update. Review settings together regularly.

This Is Not Set-and-Forget

Settings change. Kids grow. Risks evolve. Short, routine check-ins help maintain visibility and trust without constant monitoring.

PPE Kids equips parents with practical tools to protect children online and offline.

Learn more at ppekids.org