INFORM & EMPOWER
Cyber Safety & Digital Wellbeing

What every parent needs to know about GTA 6

Grand Theft Auto VI was released on 19 November. It's one of the most anticipated games in years, so even if nobody in your house owns a console, your child has probably heard about it at school.

In GTA, players roam a huge open world where they can steal cars, commit crimes and cause chaos with very few limits. They can visit strip clubs and pay for private dances that include nudity and touching.

GTA VI is rated R18+ in Australia for high-impact violence, sex scenes and drug use. It is legally restricted to adults and is not suitable for primary school children.



What you can do

Know who's playing nearby

Kids often first see GTA when an older sibling, a cousin or a friend is playing, and sometimes it's a parent. If an adult at home is playing, treat it like an R18+ film: play after bedtime and be ready for someone to walk in. With the Christmas holidays coming, decide where your line is before families get together, including whether watching is okay.

Don't forget YouTube and TikTok

Children don't need to own GTA to see it. Gameplay videos, livestreams and short clips are all over YouTube, TikTok and Twitch, often from creators kids already watch. Saying no to the game doesn't stop the exposure. Check your child's recommendations and watch history, and keep viewing in shared spaces.

Hold the line with empathy

Parenting expert Dr Becky Kennedy says this is rarely just about the game. Kids want freedom, independence and a bit of excitement, and those are normal needs. Feeling left out is real too, and worth talking about. You can understand why they want it and still hold the line. Skip the lecture and the debate about whether everyone else is really playing it, and let them be upset with you. Acknowledge what they've told you, then try: "I love you, and my answer is still no."

Check ratings and set controls

For detailed reviews that explain what's actually in a game, visit commonsensemedia.org. Go by the "Common Sense says" rating, which is written by experts. The parent and kid reviews are just opinions. Then use PlayStation Family Management or Xbox Family Settings to block games rated above your child's age.

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