THE PSYCHOLOGY OF GRAND THEFT AUTO

A Family Conversation Guide

For parents of tweens and teens. GTA is rated M (17+).

START WITH CURIOSITY

- What have you heard about the new GTA?
- What do your friends love about it?
- Why does being first feel so big?

THE NEEDS UNDERNEATH

- Where do you get to make your own choices?
- What are you proud of getting better at?
- Where do you feel most connected?

HYPE AND FOMO

- Ever wanted something because everyone else did?
- How does it feel to be left out?
- Why wait in line all night?

OUR FAMILY PLAN

- What is a fair rule about mature games?
- If it is not yet, how can we help you stay connected?
- Watch together, then ask: what is the game making fun of?

DR. Z TAKEAWAY: Behavior is a message. When kids beg for the game everyone is playing, they are usually asking to belong.

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Understanding minds.
Strengthening connections.