

# Tabletop Safety Checklist

This is a list of topics and themes that people often consider with care (or eliminate from the fiction entirely) during tabletop games. It doesn't anticipate every topic or theme, or every iteration of a topic or theme, so feel free to add your own and use the Notes column as needed to provide more context.

To use the checklist, check the "Line" or "Veil" box in any row if that topic/theme is a hard line for you (it should not exist in the world of the game) or a veil (it can exist in the world of the game but should not be described or roleplayed at the table and remains off screen). You can also mark "Not My PC" for any topic or theme that you're fine with having in the story as long as it doesn't impact your character.

Topic	Line	Veil	Not My PC	Notes
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## HORROR

Apocalypses				
Blood				
Body Horror				
Demons				
Gore				
Injury to certain body parts (please specify)				
Mind Control				
Serial Killers				
Vampires				
Zombies				

## FEARS AND TRAUMAS

Abduction				
Bugs				
Rats				
Snakes				
Spiders				
Claustrophobia				
Dehydration				
Drowning				
Hypothermia				
Involuntary committment				
Fire				
Starvation				
Suffocation				
Domestic violence				
Sexual violence				
Gaslighting				

Topic	Line	Veil	Not My PC	Notes
Imperialism and/or colonialism				
Military violence or aggression				
Police violence or aggression				
Prison				
Terrorism				
Torture				
Trypophobia (fear of holes)				

## HATE SPEECH/DISCRIMINATION/VIOLENCE BASED ON

Disability				
Gender				
Heritage				
Land of origin				
Race or ancestry				
Religion				
Sexuality				
Weight or size				

## HEALTH AND BODY

Addiction				
Alcohol				
Amputation				
Cancer				
Dementia				
Drugs				
"Insanity"				
Mental illness				
Paralysis				
PTSD				
Self-harm				
Smoking				
Suicide				
Vehicle crash				
Vomit				

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