

RESOURCES: VIDEO GAMES

ESRB VIDEO GAME RATINGS <https://www.esrb.org/ratings/> Family discussion guide, game look-up option, and mobile app to find out game ratings on-the-go.

COMMON SENSE MEDIA <https://www.commonsensemedia.org/game-reviews> Parent guide to game ratings based on child development best-practice and learning potential.

VSC RATING BOARD PEGI AGE RATING SYSTEM <https://www.askaboutgames.com/pegi-rating/> Game rating system for UK. Parent guides and question portal to ask for information about games anytime.

AUSTRALIAN CLASSIFICATION BOARD <https://www.classification.gov.au/> Game rating system for Australia.

PIXELKIN <https://pixelkin.org/> Game news site with game reviews, search tool, and information for parents about games in all age ranges.

PLUGGED IN <https://www.pluggedin.com/> Christian organization providing reviews, articles, and discussions of all media from a spiritual perspective.

INTERNETMATTERS.ORG <https://www.internetmatters.org/resources/online-gaming-advice/> Expert tips and discussion guides on gaming to support children in a variety of languages.

INSTITUTE OF GAMES <https://www.instituteofgames.com/> An advocacy and education organization designed to keep gaming safe and healthy for young people; includes a parent workbook for dealing with gaming issues.

GAME QUITTERS <https://gamequitters.com/> Resources for individuals struggling with problem video game use, and their loved ones; includes quizzes with a free 'Hobby Tool' to avoid boredom.

A Parent's Guide to Video Games: The Essential Guide to Understanding How Video Games Impact Your Child's Physical, Social, and Psychological Well-being 1st Edition by Rachel Kowert (2016) CreateSpace Independent Publishing Platform, South Carolina

Trapped in a Video Game. The Complete Series by Dustin Brady and Justin Brady (2018) Andrews McMeel Publishing - a book series that gets 8-to-12-year-old kids to put down the controller and pick up a book

30 Day Blackout: How to Help Your Kids Turn Off the Screen and Turn to Their Family by Stacy Jagger and Elizabeth Adams (2019) Independently Published

Disconnected: How To Reconnect Our Digitally Distracted Kids by Thomas Kersting (2016) CreateSpace Independent Publishing Platform

Boys Adrift: The Five Factors Driving the Growing Epidemic of Unmotivated Boys and Underachieving Young Men, Revised by Leonard Sax (2016) Basic Books