

Screen Time Resources for Parents & Teachers:

About.com Family Computing Web Site

<http://familyinternet.about.com>

Includes a Parents' Guide to Internet Safety.

The Center for Screen Time Awareness

<http://www.screentime.org>

Helps families take control of the electronic media in their lives.

Common Sense Media

<http://www.commonensemedia.org>

Includes movie, game, Web site, and book reviews, along with comments submitted by kids and parents.

Entertainment Safety Ratings Board

<http://www.esrb.org>

Learn more about the video game ratings system, and learn the reasons behind the ratings assigned to each of your children's favorite games.

The National Institute on Media and the Family

<http://www.mediafamily.org>

Includes an annual list of the ten best and worst video games for kids.

Plugged In Online

<http://www.pluggedinonline.org>

Focus on the Family's movie review site.

Safe Kids

<http://www.safekids.org>

Includes a printable Internet Use Contract.

Screen Time Matters

(616) 499-3376, <http://www.screentimematters.com>

Free resources for parents, along with group tele-classes, workshops, and one-on-one parent coaching around the issue of managing kids' screen time.