

# To all of the Jaspers out there! Enjoy. – Julia

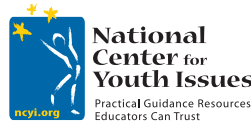
## **Forward** By Kim “Tip” Frank, Ed.S., LPC

Author, *Lost and Found: Rescuing Our Children and Youth from Video, Screen, Technology, and Gaming Addiction*

Julia has tackled issues such as handling a parental divorce, bullying, personal safety, grief, and friendship just to mention a few. None of these childhood issues is more important than the one contained in this book. Too many of our young people fall prey to video game addiction. Ninety-seven percent of young people regularly play video games and of these up to fifteen percent become addicted according to the American Medical Association’s Council on Science and Public Health. That’s over 5 million kids! This book helps parents and professionals “get ahead of the game” by teaching the pitfalls of video game overuse and clearly demonstrating what a healthy balance with video gaming looks like. Imparted in Julia’s book are key principles set forth in my latest book, *Lost and Found*, involving prevention of “screen addiction.” (See *Tips from Tip* at the end of this book.) Julia does this in a way that is easily understood by kids. By broaching this topic with the young people you know, you will be getting an early start on the preventions of this most recent phenomenon of video gaming addiction.

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My name is Jasper, but all of my friends call me "Thumbs" because I'm super-duper good at playing video games. A good gamer has to have really quick thumbs, and my thumbs are SO fast that sometimes I can't even see them move!

"JASPER...  
IT'S TIME TO GO!"




“Next, you’ll have to start using your computer for homework only. If you want to download music or play games, you can use the family computer in the kitchen.”

“We also need to move your computer out of your bedroom and put it in dad’s office.”

**“WHY?”**





"IT'S REALLY  
HARD TO BECOME  
YOUR OWN LIFE  
CONTROLLER."

"To do it, you'll need to get plenty of sleep, and have a quiet place to study. If your computer is in your room, you might be tempted to let it keep you awake at night."