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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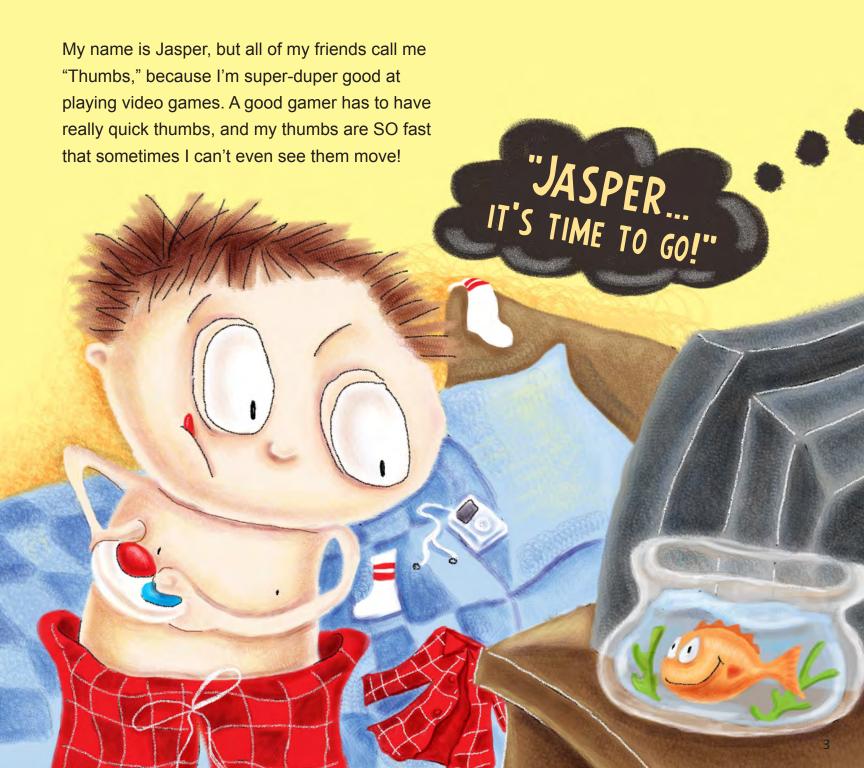
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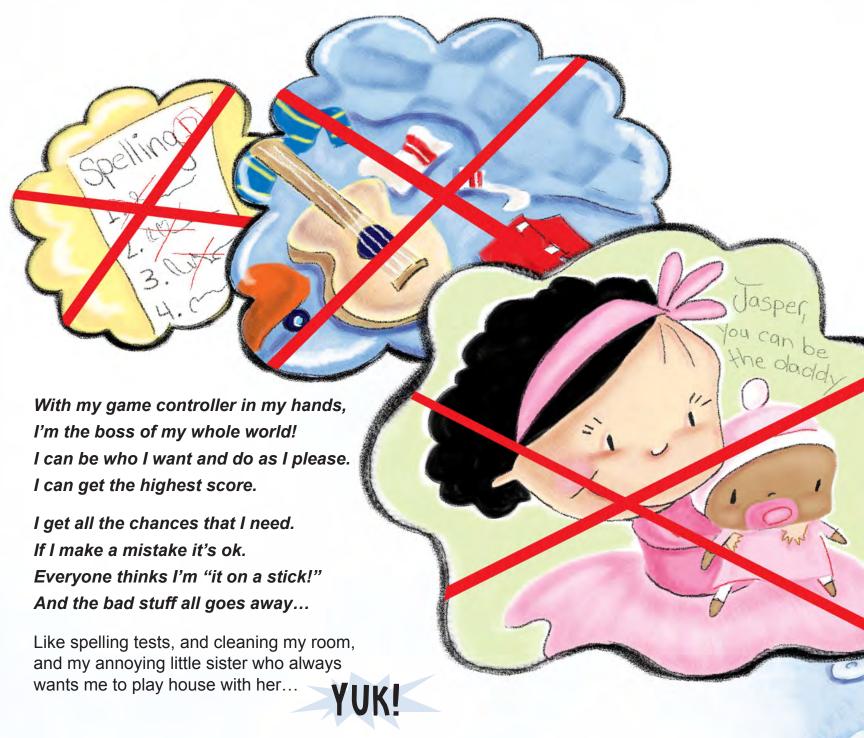
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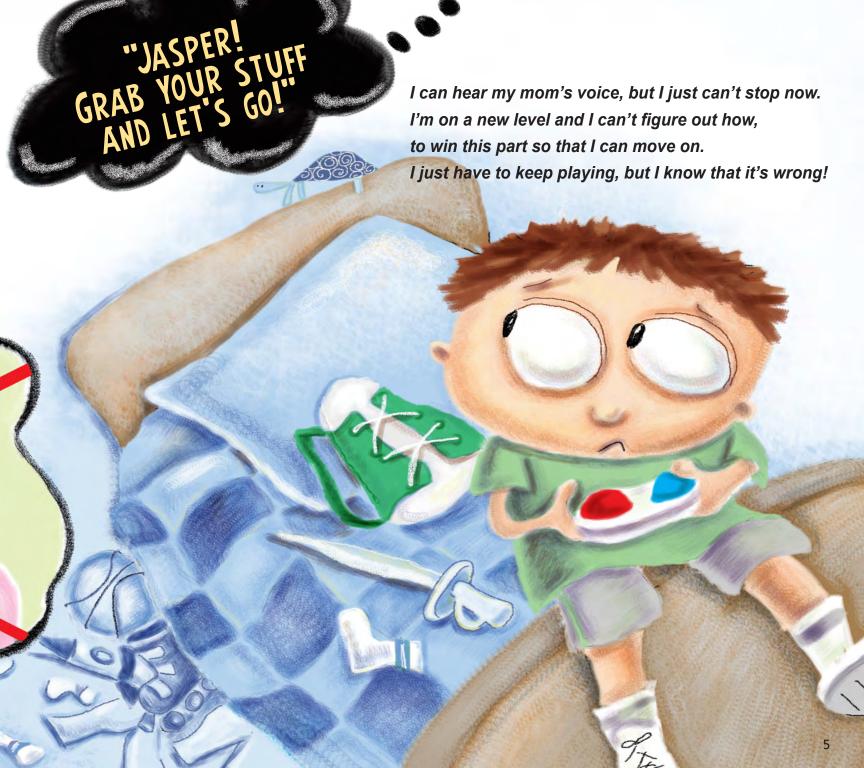
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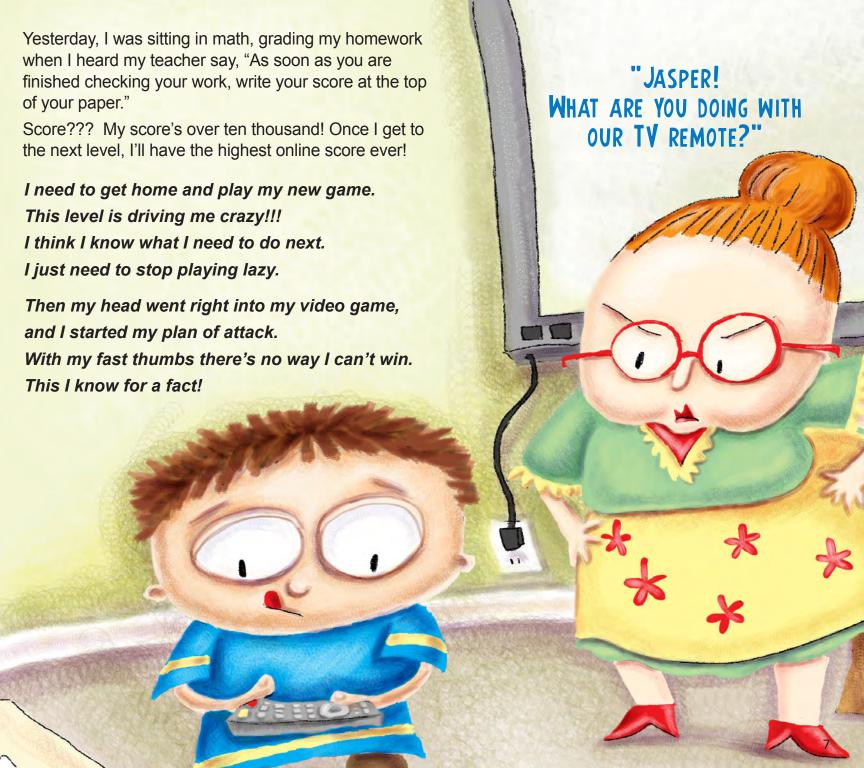




"Jasper, if we don't leave right now, you'll be late for school!

You're spending way too much time playing that new video game of yours."





After lunch, Jason Sardoni's uncle came to talk to our class for career day. He's a carpenter, and he brought some of his tools and explained how they work.

"This is a miter box. I use it to cut angles.

This is a chalk string. I flip it to make straight lines on wood.

This is a level. I use it to..."



"Level??? I'm stuck on a level, and I need to figure out how to get to the next level.

I need to get home and play my new game, and try out my plan of attack.

With my fast thumbs, there's no way I can't win. This, I know for a fact!"

"Hey Thumbs. What are you doing with my uncle's cell phone?" Jason asked.

"Yeah kid, put that down!"