

PROMOTING VIDEO GAME MODERATION

Dr. Rachel Kowert, Ph.D Online Speaker Event January 26th from 12 - 1 PM

Parents and providers are eager to have healthy conversations with youth about video game moderation and healthy screen time habits. Especially at this time, when youth are participating in remote learning and have less structure to their schedule. Join us for an informative presentation by Dr. Rachel Kowert, author of *A Parent's Guide to Video Games* and research director at *Take This*.

Rachel will present valuable information that offers insights into how youth, and neurodiverse youth in particular, interact with video games. Rachel will provide parents and providers with useful strategies to initiate informed conversations with youth about video games. She will also share the latest research on differential diagnosis of Internet Gaming Disorder and how to help youth develop healthy moderation practices.

RSVP at <http://bit.ly/3o13gu5>

Rachel Kowert, Ph.D is the research director of *Take This* (takethis.org) and science content creator at *Psychgeist* (youtube.com/psychgeist). She has published and spoken on a range of topics relating to the uses and effects of digital games, including its impact on physical, social, and psychological well-being. She has published several books and scientific articles relating to the psychology of games and, more recently, the relationship between games and mental health specifically. Her most recent book, *A Parent's Guide to Video Games*, won an INDIES award in the science category. For more information about Rachel and her work, visit her website at rkowert.com. Order Rachel's book [here](#).



3 Clock hours for Washington State Educators. Clock hours provided by The Polytech. There is a \$10 processing fee for clock hours documentation. Please indicate if you would like to receive clock hours when you are completing the RSVP form.

