The Powered Up Parent program helps parents and caregivers:

- Better understand your child's video games
- Improve your relationship and communication with your gaming child
- Establish effective discipline strategies

2 simple steps to get started!
1. Access the courses by clicking [here](#) or scan the QR code.
2. Create a user name and password and you are ready to go!

The Powered Up Player program helps youth:

- Develop healthy gaming habits
- Create a stronger balance with gaming, other responsibilities, and physical and mental health
- Maintain healthy relationships with peers and parents/caregivers

Each self-paced interactive course is 2 hours. Powered Up Player is designed for age 10-18.
If you have any questions, email agrigorio@wctcoalition.org

Brought to you by the Region 5 Problem Gambling Awareness Team and our partner CCPG