VIDEO GAME RESOURCES FOR PARENTS & CARE GIVERS
The video game industry provides easy-to-use tools to help manage children’s game time.

RATINGS
There’s a free mobile app to help parents search for titles and read summaries on the go. The most frequently assigned Rating Category is rated E for Everyone.

- 45% of all physical and console downloadable games in 2019 were rated E for Everyone.
- 87% of parents with kids who play video games are aware of ESRB ratings.
- 83% of parents who are aware of ESRB ratings say they accurately describe a game’s content.

PARENTAL CONTROL GUIDES
Step-by-Step instructions for all major game consoles and Windows PCs can be found at ESRB.org.

- 72% of parents use parental controls on a game device (computer, mobile device, or console).

HEALTHY LIMITS PARENTS CAN SET

- Block Games Based on ESRB Age Rating
- Set Screen Time Limits
- Manage (or Block) Spending
- Restrict Communications with Other Players

LET’S TALK!
The Family Discussion Guide on ESRB.org helps parents and caregivers start a conversation with children about appropriate games, screen time and online communications.

WANT TO KNOW MORE?
The ESRB.org Blog offers more tools to help parents manage video game play as children grow.
TheESA.com provides policy positions and facts about the video game industry.