

# The Maze Runner Parents Guide



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In recent years, young adult literature has seen a surge in popularity, leading to numerous film adaptations aimed primarily at teenage audiences. One such film is "The Maze Runner," which is based on James Dashner's bestselling novel of the same name. While the movie has captured the imaginations of many young viewers, parents often have questions about its appropriateness for their children. This article serves as a comprehensive guide for parents to better understand the themes, content, and overall suitability of "The Maze Runner" for different age groups.

# Overview of the Movie

“The Maze Runner” was released in 2014 and directed by Wes Ball. It is the first installment in a trilogy that follows a group of teenagers who find themselves trapped in a mysterious maze. The story centers around Thomas, a young boy who wakes up in a lift with no memory of who he is or how he got there. He soon learns that he is in a place called the Glade, surrounded by other boys who have similarly lost their memories. Together, they must navigate the dangers of the maze that surrounds them while seeking a way to escape.

## Plot Summary

- The Glade: The boys live in a self-sustaining environment known as the Glade, where they have established a rudimentary society. Each day, the maze opens, and the brave “Runners” venture out to map it and search for a way out.
- The Maze: The maze is filled with terrifying creatures called Grievers, and it changes every night, adding to the peril.
- Thomas’s Journey: As Thomas becomes a part of the Glade community, he discovers his unique connection to the maze and his role in the group’s potential escape. He is determined to find answers and save his friends.

## Content Rating and Classification

“The Maze Runner” is rated PG-13 for intense sequences of sci-fi violence and action, including some disturbing images. This rating suggests that some material may not be suitable for children under 13, and parents are strongly advised to provide guidance.

## Reasons for the Rating

The PG-13 rating is primarily due to the following elements:

1. Violence: The film contains numerous scenes of violence, including:
  - Characters being attacked by Grievers, which are monstrous, mechanical creatures.
  - Fights among the boys as they struggle for power and control.
  - Some scenes depict injuries and bloodshed.
2. Intense Situations: The tension in the maze creates a sense of dread, with characters facing life-threatening situations.
3. Themes of Survival: The overarching theme of survival can be intense, as the characters are forced to confront their fears and push their limits.

# Themes and Messages

While “The Maze Runner” is filled with action and suspense, it also explores several deeper themes that can provoke thought and discussion among viewers.

## Key Themes

### 1. Friendship and Loyalty:

- The bond between the characters is central to the story, highlighting the importance of teamwork and support during challenging times.

### 2. Identity and Self-Discovery:

- As Thomas grapples with his past and identity, the film raises questions about who we are and what defines us.

### 3. Courage and Sacrifice:

- Characters are often faced with difficult choices that require bravery and selflessness, emphasizing the value of standing up for others.

### 4. The Nature of Fear:

- The maze symbolizes the fears that each character must confront, illustrating how fear can be both a motivator and an obstacle.

## Parental Concerns

Understanding the content and themes of “The Maze Runner” can help parents make informed decisions about their children's viewing experiences. Here are some common concerns:

## Violence and Action

- Some parents may find the violence disturbing, especially for younger viewers. The encounters with Grievers and the resulting injuries may be unsettling for sensitive children.

- It is important to note that while the violence is frequent, it is not gratuitous. The film focuses more on the survival aspect rather than glorifying violence.

## Emotional Intensity

- The film contains intense scenes that can evoke strong emotional responses. Parents might want to discuss these moments with their children to help them process their feelings.

## **Fear and Anxiety**

- The concept of being trapped and facing the unknown can resonate deeply with young viewers, potentially causing anxiety. Parents should be prepared to address these feelings and provide reassurance.

## **Age Recommendations**

Given the film's content and themes, it is essential for parents to consider age recommendations based on their children's maturity levels.

## **Suggested Age Range**

- Ages 12 and Up: The film is generally deemed appropriate for children aged 12 and older, particularly those who are familiar with intense action films.
- Parental Guidance for Younger Viewers: For children under 12, it is advisable for parents to watch the film first or read reviews to determine if it aligns with their child's sensitivity to violence and intense themes.

## **Discussion Points for Parents and Teens**

After watching "The Maze Runner," parents can engage their children in discussions that reinforce critical thinking and emotional processing. Here are some suggested questions:

1. What did you think about Thomas's character? How did he change throughout the film?
2. How did the friendships among the boys impact their survival in the maze?
3. What do you think the maze symbolizes in the story?
4. Were there any scenes that made you feel scared or anxious? Why do you think that is?
5. How would you react in a situation similar to the characters in the film?

## **Conclusion**

"The Maze Runner" offers a thrilling adventure filled with action and suspense while also delving into important themes of friendship, identity, and fear. While it is rated PG-13, parents should carefully consider their child's maturity level and sensitivity to violence before allowing them to watch. By engaging in discussions about the film's content and themes, parents can help their children process their viewing experience and draw valuable lessons from the story. Ultimately, "The Maze Runner" can be a thought-provoking film that sparks conversations about bravery, loyalty, and the challenges of growing up in an uncertain world.

# Frequently Asked Questions

## What is 'The Maze Runner' about?

'The Maze Runner' is a dystopian science fiction story that follows a group of teenagers who are trapped in a mysterious maze and must find a way to escape while uncovering the secrets of their past.

## Is 'The Maze Runner' suitable for children?

'The Maze Runner' is rated PG-13, which means it may not be suitable for children under 13 due to intense scenes, violence, and some disturbing images.

## What are the main themes in 'The Maze Runner'?

The main themes include survival, friendship, identity, and the struggle against oppression, as the characters navigate their challenging environment and face moral dilemmas.

## Are there any strong language or adult content in 'The Maze Runner'?

While 'The Maze Runner' does contain some strong language, it is not excessively explicit. The focus is more on the action and suspense rather than adult content.

## How violent is 'The Maze Runner'?

'The Maze Runner' includes scenes of action and violence, such as fights and perilous situations with creatures known as Grievers, which may be distressing for younger viewers.

## What age group is 'The Maze Runner' recommended for?

'The Maze Runner' is generally recommended for ages 13 and up, but parents should consider their child's maturity level when deciding to let them watch it.

## Are there any positive messages in 'The Maze Runner'?

Yes, 'The Maze Runner' conveys positive messages about teamwork, perseverance, and the importance of friendship in overcoming challenges.

## Should parents watch 'The Maze Runner' with their kids?

It can be beneficial for parents to watch 'The Maze Runner' with their children to discuss its themes, characters, and any potentially disturbing content.

## Is there a sequel to 'The Maze Runner'?

Yes, 'The Maze Runner' has two sequels: 'The Scorch Trials' and 'The Death Cure,' which continue the story of the characters as they face new challenges in a post-apocalyptic world.

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