

Guidelines for parents

- Set guidelines about what is OK and what is not OK to watch.
- Set time limits on TV viewing.
- Include your teen in family discussions about what the family will watch.
- Watch at least one program of your teen's choice.
- Discuss what you see and what it means.
- Set a good example by measuring your own viewing habits.
- Set a regular bedtime for your children.
- Turn the TV off during meals.
- Encourage the family to be more physically active: spend at least as much time on physical activities as on TV viewing. And get up and **move** during the ads!
- Work for better TV programs for children and families.
- Encourage your children to read – **and read with them!**

Get informed:

Learn more about the impact of media on children and families. Check out:

Reading Rx
www.readingrx.org

National Institute on Media and the Family
www.mediafamily.org

**American Academy of Pediatrics
Media Matters**
www.aap.org



Reading Rx is a 501 (c) (3) non-profit corporation.

Our vision is to ensure that every child grows up literate.

Our mission is to:

- empower medical providers to
- partner with community organizations to
- prescribe family literacy and
- promote children as informed consumers of media.

To request more information about Reading Rx, purchase brochures or video tapes, obtain a speaker, or make a tax-deductible contribution, please contact:

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We emphasize TV viewing because of the enormous amount of time children spend watching. Our guidelines apply equally to computer games, movies, videos, and DVDs – **to all media.**

A Teen's TV Log Book



Overwhelming evidence shows that media content can be harmful to children and families.

Take a hard look at what you watch.



We are a species of storytellers

Through stories, we learn about life, about the world, about success and failure, about good and bad, about conflicts, and about how to treat each other.

Traditional storytellers – families, communities of faith and schools – are being replaced by television.

Studies have shown that when children – including adolescents – watch large amounts of TV they become less sensitive to the pain and suffering of others, and at the same time become more fearful of the world. They imitate violent words and actions. They can learn aggressive behavior and learn to use violence as a way to solve problems instead of attempting to settle disputes peacefully. They disassociate violence with the consequences of violence. The sheer volume and the graphic intensity of violence in our media can and does affect how people think and feel.



Learn how to watch!

Learn How to Watch

Try this checklist with the next three shows you watch. Put a check (✓) whenever you see any of the activities listed.

Activity	TV Show(1)	TV Show(2)	TV Show(3)	Ads
put downs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
verbal threats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
threat with a weapon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
use of a weapon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
physical injury	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
murder	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
sexual innuendo	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
sexist remark	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
sexist acts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
sexual threat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
rape	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
racist remark	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
racist act	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
drug use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
alcohol abuse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Who was responsible for the violence on the show you watched? What happened to them? What happened to the victim? Were the good guys and bad guys equally violent? Did anyone attempt to solve conflicts without violence?

Did you notice sexual, racial, or cultural stereotypes? Were you truly entertained, or did you just pass the time watching? Will you remember this show tomorrow? Next week? Next month?

Learn to make your own decisions about limits on media viewing, and about what your time is worth. Talk with your friends and family about what you see and feel.

Remember: every experience is a teacher.