

Update on TV and Video Violence

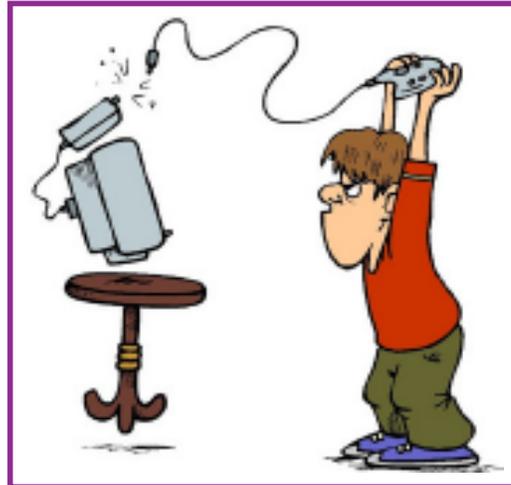
The American Psychological Association and other mental health associations agree – *violence on television and video games is bad for children.*

Studies show that children who watch a lot of violence on TV:

- Get used to seeing violent acts and are not shocked;
- Learn that violence may be a way to solve problems; and
- Imitate or act out the violence that they see.

A University of Michigan study showed that children who watched a lot of violence on TV grew up to be aggressive as adults. They were more likely to abuse their spouses. They shoved people in anger, punched people and beat-up or choked other adults. They were also more likely to commit a crime.

Dr. L Rowell Husemann says that TV violence may lead children to believe that aggression is OK in some situations.



He believes that parents should not allow their children, toddlers through pre-teens, to watch violent TV or movies.

Parents must control the amount of violence their children see by:

- Watching TV with their kids or knowing what they are watching.
- Limiting the amount of TV their children watch.
- Not allowing children to watch “violent” cartoons.
- Watching “non-violent” programs when their children are in the TV room.
- Talking about any violent acts that their child sees on TV. Tell children that violence is wrong.
- Telling the baby-sitter what programs their children are not allowed to watch.

Television has many good and educational programs. Parents must know what is good and what is bad so they can protect their children.

Call the Parent Help Line. We listen. We can find you help.
1-217-544-5808 or 1-888-727-5889 from 10 a.m. to 10 p.m., 7 days a week.