

**Parenting Tips  
From  
COMMUNITY PARENTING SERVICE  
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Opening Times: Monday to Friday 12pm to 4pm**

### **Media Violence and your Child. (Part 1)**

There is strong evidence that television, films and videos can affect the feelings and behaviours of children. Children who watch violent programmes can:-

- Learn aggressive behaviour
- Become less sensitive to violence
- Become afraid of the world they live in.

The types of violence that affect children depends on their age but children of all ages are at risk of learning aggression by seeing such things as:-

- Winning by using violence
- Violence being funny
- Violence being painless
- Violence being inflicted on adults, children and animals.

Strategies for you to help minimise the affect of media violence on your child could be:-

- Help your child to be a critical viewer and to question messages given in certain programmes.
- Help your child understand and evaluate what they are watching.
- Help your child to select programmes you agree with.
- Explain the reasons why you may not approve of some programmes.
- Explain that the event happening on television is a long way away and will not harm them.
- Modify your own television viewing (kids like to watch what their parents are watching).
- Keep viewing to less than 2 hours.
- If your child wants or needs (as homework eg.) to watch A Current Affairs programmes, watch them with him or her to help balance the disasters and pain featured in these programmes.

Television viewing can be positive for children if you monitor what and how much they are watching. Programmes rated "P", "C" or "G" can be very educational and an enjoyable experience for your child.

**We invite you to visit our Centre to 'check out' the wide range of information that we have available for you to browse or borrow**