



## Turn Off the TV...Tune into Outdoor Adventure

### TIPS FOR EARLY CHILDHOOD PROFESSIONALS. . . LIMIT THE NEGATIVE EFFECTS OF TV VIOLENCE

The average American child witnesses 45 acts of violence on TV each day. Children can become frightened, worried, or suspicious from watching violence on TV. Research also shows that children who watch many violent programs tend to be more aggressive than children who don't. The following are things you can do to reduce negative effects of TV violence:

- Refuse to let children see shows known to be violent.
- Refuse to buy violent videos.
- Change the channel or turn off the TV when something offensive or violent comes on.
- Verbally show disapproval of violent episodes.
- Emphasize the belief that violent behavior is not the best way to solve a problem.
- Discuss with parents and agree to enforce similar rules about the length of time and type of program or video the children may watch.
- Contact TV stations and major advertisers and express concern about violent programming.

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