



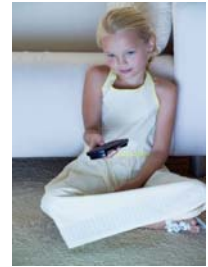
NEWS RELEASE

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“But Mom...Why Can’t I Watch TV or Play My Video Game?”

What’s wrong with watching television or playing video games? They can be entertaining, educational and keep kids out of trouble. However, too much of anything can lead to negative consequences.



Excessive screen time can lead to:

- **Lack of Family Time** - Excessive screen time limits communication and bonding. According to the TV-Turnoff Network, time per week that parents spend engaged in meaningful conversations with their children is 38.5 minutes.
- **Obesity** - An outcome of a study done at the University at Buffalo showed that limiting screen time lowered body-mass index (BMI).
- **Poor School Performance** - Ten or more hours per week, spent viewing television has been shown to have a negative effect on academic achievement.
- **Unnecessary Exposure to Violence** - By the age of 18 the number of violent acts the average American child sees on television is 200,000. This number does not include violence in movies and video games. (Source: TV-Turnoff Network, 2006)

Understanding the negative consequences of watching too much television and engaging in too much video time can help you and your family make changes. Here are some ideas to help you get started:

- **Limit Screen Time** - Plan a schedule with your child in advance for days and times they can watch television and play the computer or video games.
- **Know What Your Children are Viewing** - Make sure the programs they are viewing are appropriate for their age.
- **Get Up and Get Active** - Be a role model and encourage your family to be active. Engage in sports, recreational activity and work around the house or yard together.
- **Plan Family Adventures** - Spend time together playing board games, going to the library, the park for a picnic, a museum, or the zoo.

National TV-Turn Off Week is April 21st- April 27th, 2008. For more information and other great ideas please visit the University of California Cooperative Extension website at <http://ceplacer@ucdavis.edu> and click on **2008 National TV-Turnoff Week**.

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