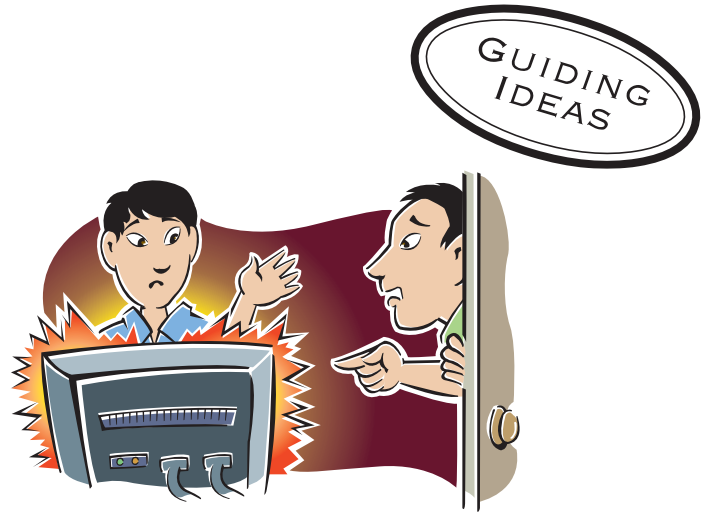


Protect Your Child From Media Violence

In today's world almost all children are exposed to a daily dose of violence—especially in the media. And research shows that violence in the media teaches aggressive behavior with effects sometimes showing up years later. Here's what you can do about:

- **Movies.** Your child's friends have “all” seen the latest action movie. Only you can decide if the film is too violent for your child. Check the ratings or, better yet, preview it.
- **TV programs.** Take the TV out of your child's bedroom. Look for programs you can watch as a family. Afterwards, talk about what you saw.
- **Internet activities.** Keep your child safe online. No computer in the bedroom. No posting



personal information online. And no face-to-face meetings with online “friends.”

- **Video and computer games.** Game playing can help develop reading, math and problem-solving skills. But it can also be addictive and expose your child to violence, sexism and stereotyping.

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