

# Some Things You Should Know About Media Violence and What You Can Do About It

## Media violence affects children by:

- Increasing aggressiveness and anti-social behavior. (over 1,000 studies confirm [this link](#))
- Increasing their fear of becoming victims.
- Making them less sensitive to violence and to victims of violence.
- Increasing their appetite for more violence in entertainment and in real life.

## What parents can do to reduce the effects of media violence on children:

- Be aware that children are exposed to violence everywhere on TV, in magazines, in newspapers, and even on the street. Use these opportunities to discuss the effects of violence - its consequences and alternatives.
- Limit the amount of television and videos to 1 to 2 hours a day.
- Restrict children's viewing of violent programs. Young children cannot easily tell the difference between real life and fantasy.
- Monitor music videos, as well as the music children listen to, for violence.
- Help children understand what they are watching when programs show sex, alcohol or drug abuse, or violence. Talk about what you see.
- Be aware that most video games contain violence.
- Help children distinguish between fantasy and reality.
- Teach children that real-life violence has serious consequences.
- Teach children how to communicate and behave without violence.
- Watch television with your children and discuss violent acts and images that are portrayed.

**Ask children to think about what would happen in real life if  
the same type of violent acts were committed.**

**Ask children how they feel after watching a violent TV show,  
movie, or music video.**

