

## RESOURCES

### TIPS ON TALKING TO CHILDREN ABOUT WHAT THEY SEE

- Know what your children are watching by talking about it with them and possibly watching TV or playing video games with them
- Share calm and limited information, appropriate to their age and level of understanding
- Talk about human worth and reasons for behaviour
- Affirm that they can share their feelings
- Talk to them about how you are keeping them safe and protected

### RESOURCES FOR PARENTS

These websites provide reviews on TV shows, movies, video games, and music, specifically indicating content such as violence, profanity, sex, and drugs, so that parents can know more about what their children are viewing.

- [www.pluggedin.ca](http://www.pluggedin.ca)
- [www.commonsensemedia.org](http://www.commonsensemedia.org)
- [www.movieguide.org](http://www.movieguide.org)
- [www.kids-in-mind.com](http://www.kids-in-mind.com)
- [raisingchildren.net.au/a\\_z\\_movie.aspx](http://raisingchildren.net.au/a_z_movie.aspx)
- [www.commonsensemedia.org/reviews](http://www.commonsensemedia.org/reviews)

### RESOURCES FOR PARENTS AND EDUCATORS

The following resources feature information and suggestions on how to teach kids about media violence and promote alternative forms of entertainment:

Advice on media regulation: [http://kidshealth.org/parent/positive/family/tv\\_habits.html?tracking=P\\_RelatedArticle#](http://kidshealth.org/parent/positive/family/tv_habits.html?tracking=P_RelatedArticle#).

Resources, tips, and curriculum: <http://mediasmarts.ca/>

Information and tips: <http://www.pamv.net/>

Alternatives to violent games: <https://www.commonsensemedia.org/blog/24-video-games-you-can-say-yes-to-after-school>

Songs of Peace: [http://pgs.ca/?page\\_id=6103](http://pgs.ca/?page_id=6103).

Resources and curriculum: <http://www.medialit.org/educator-resources>



Canadian Physicians for Research and Education in Peace (C-PREP) is a charitable organization to support research and education in peace from a health perspective. Visit <http://cprep.ca/> for more information in the Peaceful Childhoods Series.

## MEDIA AND ENTERTAINMENT VIOLENCE



**C|PREP**

Canadian Physicians for Research and Education in Peace

# VIOLENCE IN THE MEDIA

This brochure provides information and resources which can help parents respond to the culture of violence in the media which their children watch.

## THE MESSAGE

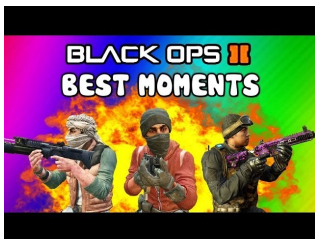
Popular media teaches that :

- conflict is solved through high tech weapons and violence
- there are no consequences to violence
- there are clear lines of who and what is good vs. evil, creating 'us vs. them' situations
- violence and killing should be associated with pleasure and entertainment

## THE IMPACT

Watching violence on a screen has effects on children which can include:

- increasing their fear of the world
- desensitizing them to real world violence
- increasing aggressive behaviour
- decreasing levels of empathy and care for others



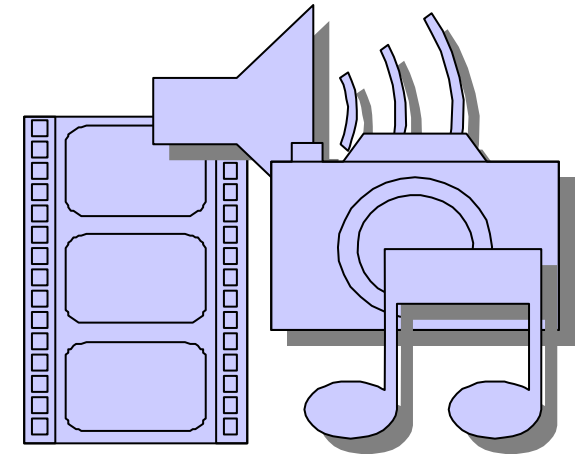
Violence is a common theme in popular TV shows, movies, video games, and music.

## HOW MUCH VIOLENCE IS IN OUR MEDIA?

**Television:** Between 2013-2014, Canadian children and teens spent an average of 19-20 hours per week watching TV. In 1997, Canadian children's programming featured 21.5 occurrences of violence per hour. A study of 74 G-rated animated films released in theatres in English between 1937-1999 found at least one act of violence in each film. Even children's entertainment contains lots of violence.



**Video Games:** In 2008, 97% of American teens played electronic games, and many of the most popular games include violence. Physical violence in these games is often paired with racial and religious stereotypes, sexual violence, and huge amounts of gore. Some games have violence filters which can be used. Always be cautious of allowing children to play games which link them to the online gaming world, interacting with adult gamers.



**Music:** Many popular songs or music videos across all genres are about violence, revenge, and killing other people. For example, one of Rihanna's latest music videos, "B\*\*\*\* Better Have My Money", features hanging, being hit with a bottle, a variety of weapons, drugging and tying someone up, and blood, yet was nominated for two Teen Choice Music Awards.

## MONITORING MEDIA EXPOSURE

Parents are not helpless in the face of media violence. Some ideas to help limit the violence your children are exposed to include:

- Keep the TV in a central place, not in a child's bedroom
- Place daily limits on screen-time
- Do not purchase games or shows which feature violence
- Place a parental control or filter on TV programming, video games, and inter-