

Show By Your Example

Think out loud and say something like "I am not watching this program; it is too violent," or "I don't like to watch people hurting each other even when it is pretend," then change the channel to a nonviolent program.

- Don't watch inappropriate violent TV shows when your children are present.
- Schedule limited TV viewing hours for yourself.
- Don't keep the TV on all the time.



- Play/read books, draw, do puzzles, sing, or listen to music with your children to show that there are fun alternatives to TV and video games.

- Turn off the TV when violence in a program becomes apparent; have your children do other things with you that they would enjoy.