

## Applying

### What We Know Regulating TV and Computer Use

Strategy	Explanation
Limit TV viewing and computer use.	Provide clear rules that limit what children and adolescents can view on TV and do on the computer, and stick to the rules. Avoid using the TV or the computer as a baby-sitter for children. Do not place a TV or a computer in a child's bedroom; doing so increases use substantially and makes the child's activity hard to monitor.
Refrain from using TV or computer time to reward or punish children.	When TV or computer access is used to reward or punish, children become increasingly attracted to it.
View TV with children, helping them understand what they see.	When adults express disapproval of on-screen behavior, raise questions about its realism, and encourage children to discuss it, they teach children to evaluate TV content rather than accepting it uncritically.
Link TV content to everyday learning experiences.	Building on TV programs in constructive ways enhances learning by encouraging children into active engagement with their surroundings. For example, a program on animals might spark a trip to the zoo, a visit to the library for books about animals, or new ways of observing and caring for the family pet.
Model good TV and computer practices.	Avoid excess television viewing and computer use and exposure to violent media content yourself. Parental viewing patterns influence children's viewing patterns.
Explain Internet safety rules to school-age children and adolescents.	Point out appropriate online behavior and risks of Internet communication, including bullying, harassment, and exploitation. Emphasize the greatest safety risks: revealing personal information and getting together with people whom the young person has "met" online. For online safety information for teenagers and parents, consult <i>Teen Safety on the Information Highway</i> , available at <a href="http://www.safeteens.com">www.safeteens.com</a>
Use a warm, involved, rational approach to child rearing.	Children of warm, involved parents who make reasonable demands for mature behavior prefer TV and computer experiences with educational and prosocial content and are unlikely to feel a need to use the TV or computer as an escape.