

Parent Media Literacy Checklist

- We have rules for watching TV.
- Those rules include limiting our kids' screen time on school nights.
- We regularly develop a schedule of TV viewing for the week ahead.
- We preview kids' programs (TV shows, videos, DVDs), as well as video games and computer games, before allowing our kids to watch/use them.
- The TV is only on if someone is watching it; it is not on for "background noise."
- The children turn off themselves the TV after watching a program.
- There are specific responsibilities, such as doing homework or chores, that the children must complete before using screens (TV, video games, computer).
- We make sure that the kids are not in the room when we watch the news or adult programs.
- We do not allow our children to see "R" rated movies.
- We limit our children's viewing of PG and PG-13 movies, taking into account their ages and maturity levels before allowing them to view movies that are not rated "G."
- We do not allow our children to have their own TVs.
- We have developed a set of rules for video game and computer use.
- We do not eat meals in front of the TV.
- We watch TV together as a family and talk about what we see.
- We regularly check out educational videos/DVDs and games from the library.