

Where Does TV Fit in at Your House?



1. Do you turn the television on as soon as you get home?
2. Is the TV on regardless of whether anyone is watching it?
3. Is the TV on when friends and family are visiting?
4. Is the television on while you eat meals?
5. How often do you talk to your kids about what they're watching?
6. Do you point out inappropriate programming to your children and explain why it's not right for them?
7. What kinds of limits do you put on television viewing for yourself and your children? Are they restricted to a certain number of hours or to specific programs?
8. How often does your family spend an evening with the television off?
9. Do you plan television viewing for your family, or do you watch regardless of what's on?

Adapted from Screen Smarts: A Family Guide to Media Literacy by Gloria DeGaetano and Kathleen Bander (Houghton Mifflin Company, 1996)