

Join FCE in the annual national campaign to Tune Out Violence in the media on April 5. Individuals are encouraged to make a conscious effort to avoid watching or listening to violent TV, music, video games or radio programming.

Family ChoicE-TV

"Putting television to work for children"

TM 1995

Find the children's programs that educate, inform, enlighten, inspire.

Avoid senseless violence and other inappropriate content.

Make a children's viewing calendar, to list the best upcoming programs.

Institute a "First Hour" rule--the first hour viewed must be of high quality.

Look for high quality children's book-video combinations.

Yes, to programs the family can watch together.

Copy the most interesting programs to allow for repeat viewing.

Honor children's time--hours of viewing can be hours of learning--it adds up.

Organize to heap praise or blame on sponsors of children's TV programs.

Insist on having a say in what programs and how long your children watch.

Choose frequent alternatives to TV watching.

Exchange tips with other parents on the best upcoming children's programs.

Television: Put it to work for your children.

Videos: Liberate yourself from limited broadcast and cable offerings.