

## Choosing Fright-free Fight-free viewing: An intervention for parents of under sevens

This short professionally produced DVD supported by a simple, easy to read booklet, aims to raise parents' awareness of potential impacts of violent media, provides practical tips for 'creating a family friendly media zone' and includes the Fight-free Media List, a list of 200 TV programs, movies, short DVDs and computer games selected by ACCM as non-violent.

### Background to the project

This **DVD Kit** was produced as part of the **Reducing Reel to Real Violence** project which aimed to minimise harm from media violence.

A considerable body of research suggests that this approach could make an effective contribution to reduction of violent behaviour in the community. There is a great deal of community concern about media violence and this project significantly adds to the body of knowledge around this issue, and to the availability of support for parents.

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