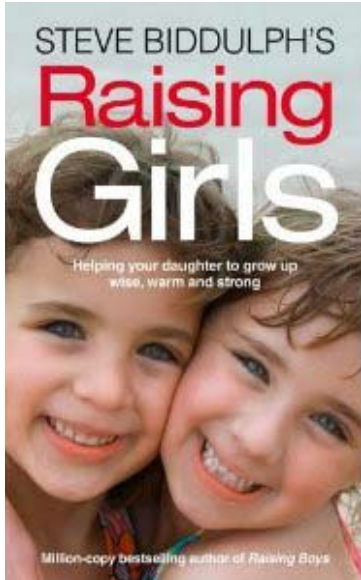


New book from Steve Biddulph

No. 293 Dec/Jan 2012/2013



Psychologist Steve Biddulph, author of the multi-million best-selling *Raising Boys* and ACCM patron, has a new book out. According to Melinda Tankard Reist writing on her own website, the book was written in response to Steve's realization, 5 years ago of a sudden decline in the mental health of girls. Steve kept hearing sad stories about his friends' daughters and finding himself talking to parents who were in despair about how unhappy their girls were - with resulting eating disorders, self-harm, and depression.

He decided to write a guidebook - *Raising Girls: From babyhood to womanhood - helping your daughter to grow up wise, warm and strong* - which has reached no.2 on UK Amazon's charts.

Steve argues that girls have to be proactively launched into healthy womanhood. He gives parents a map for building strength and connectedness through the five stages of girlhood: being secure, learning to explore, relating to other people, finding your soul, and taking charge of your life.

What surprised him most in the writing of the book, Steve told Melinda, was the way the world comes at girls, telling them that looks are all that matter, that sex is just something to trade and that you can't just

be loved for yourself. He feels that girls have lost four years of childhood peace and development and are being prematurely forced out of childhood.

In his book, Steve identifies four main harms to girls - sexualisation, body image, alcohol abuse, and bullying.

He urges parents to give their children time, arguing that parenting is a full-time activity and that if we spend our whole time rushing we are unable to connect with our children and they feel unimportant. He says that girls need to be nourished physically, spiritually and emotionally, to help build resilience and be able to navigate their way through a tough world.

He also calls for regulatory bodies to stop marketing aimed at children and to control the alcohol, junk food, fashion, and porn industries so that they don't target children.

<http://melindatankardreist.com/2013/01/stop-selling-out-our-daughters-potential-steve-biddulph-on-raising-girls/>

http://www.stevebiddulph.com/Site_1/Raising_Girls.html

News from the Australian Classification Board

Ms Lesley O'Brien, formerly Deputy Director of the Classification Board has recently become its new Director. She has over 25 years' experience as a journalist and publishing manager in the media industry and has been closely involved with the community, writing and reporting on local news, events and people.

Ms O'Brien worked for eight years as a Senior Executive at the Australian Broadcasting Corporation, most recently as General Manager of ABC Publishing (Books, Magazines and Audio). She previously held various roles in lifestyle magazine publishing including editor, writer and chief sub-editor. Ms O'Brien is also a published book author and was commissioned to write a biography of Australia's first saint, Mary MacKillop, published by CollinsDove in 1994.

For more information on Ms O'Brien and other members of the Board see:

<http://www.classification.gov.au/>

In other news from the Classification Board, an R18+ video game rating has come into effect across Australia after a deal between the states and the Commonwealth last year. The rating took effect on 1 January this year and the change means some games that were previously unavailable to adults can go on sale, whereas others that can be accessed by children may, if they are reclassified, may become restricted.

The Director of the Classification Board, Ms Lesley O'Brien announced on 11 January that *Ninja Gaiden 3: Razor's Edge* was the first computer game in Australia to be classified R 18+ . The Classification Board classified the game R 18+ (Restricted) with consumer advice of 'High impact bloody violence'. According to kotaku.com.au, the second game to receive the classification, also for high level violence, was *Spartacus legends*

<http://www.classification.gov.au>
<http://www.kotaku.com.au/2013/01/and-the-number-two-r18-game-goes-to/>

McDonald's warned for spamming

According to the *mumbrella* website, McDonald's has received a formal warning from the Australian Communications and Media Authority for involving young customers in sending spam through its Happy Meal website.

Using the 'send to friends' facility which promoted games and other features on the HappyMeal site, emails could be sent to friends of users without ensuring the friends' consent. The messages did not have an unsubscribe facility, as required by the Spam Act.

Since the warning was issued by ACMA, McDonald's has removed the 'send to friends' facility from the website.

<http://mumbrella.com.au/mcdonalds-receives-warning-from-media-watch-dog-for-spamming-131477>



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small screen

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EDITORIAL

The new R18+ for games regime: How is it progressing?

Since January 1, the revised guidelines for the classification of computer games have been applied to all new applications.

What's been the outcome? Have the new criteria for MA15+, and the new R18+ classification resulted in the better protections for children?

Have the 50 most violent games played by children under 15 yrs been reclassified as promised by the former Minister for Home Affairs Brendan O'Connor?

After all, these outcomes are what gamers and the games industry argued for for so long. (Of course we argued for those too, but saw the needs of children and the expectations of parents somewhat differently from the industry.)

During January, two games have been classified R18+. They are *Ninja Gaiden 3: Razor's Edge* and *Spartacus Legends*.

And as at January 31, seven new games have been classified MA15+. What is of interest is that some of these games have been given 18+ classifications by PEGI (the European widely used games classification system) or the British Board of Films Censors. It is a different system to ours, but the differences raise serious questions as to whether the revised MA15+ criteria are

going to produce much change here.



Barbara Biggins
OAM
Hon CEO

The newly classified MA15+ titles are *Lucius* (given 18+ by PEGI for extreme violence); *Gears of War: Judgement* (given 17+ in US); *The Walking Dead* and *Walking Dead: survival instinct* (both given 18+ by PEGI); *God Mode* (not found o'seas); *Castlevania: Lords of shadow* (16 in US); and *Defiance* (T in US).

The new MA15+ criteria for violence read:

- Violence should be justified by context.
- Strong and realistic violence should not be frequent or unduly repetitive.
- Sexual violence, implied or otherwise, is not permitted.

and for R18+ criteria for violence are:

- Violence is permitted. High impact violence that is, in context, frequently gratuitous, exploitative and offensive to a reasonable adult will not be permitted.
- Actual sexual violence is not permitted.
- Implied sexual violence that is visually depicted, interactive, not justified by context or related to incentives or rewards is not permitted.

We'll be watching closely to see how this all works out, and whether it really benefits children.

Guidelines for a healthier year

These general guidelines for parents from the US Center on Media and Child Health address the five key factors influencing whether and how media affects child health. Parents are urged to remember the acronym M.E.D.I.A. as they strive to help their families make smart choices and build healthy habits in 2013.

The five factors are:

- **Message:** Choose media content that teaches healthy and accurate lessons.
- **Environment:** Keep screens in common areas of the house, co-view, & discuss.
- **Developmental Stage:** Match the individual child's interests, skills, & vulnerabilities.
- **Information:** Continuously question, create, & learn about media.
- **Amount:** Limit media use to 2 hours a day (for children 2-17), then focus on gains.

For more information, including some new year resolutions for a healthier media year, go to the Center on Media and Child Health website:

<http://www.cmch.tv/>

Advertisement banned for violence

According to the mumbrella website, an outdoor advertisement for a Sydney graphic design agency has been banned for using an excessively violent image.

The advertisement for RJ Graphics features a man being punched in the face and the line 'Design for impact!' It appeared on the back of Sydney buses. The Advertising Standards Board said that the ad was not justifiable in the context of the service being advertised, particularly in the context of a recent death from a "king hit" in Sydney.

The ASB noted that "while the overall presentation of the man being punched is of a slapstick nature in that he is wearing a bow tie and his glasses are askew, in the board's view this slapstick nature is overridden by the fact that the punch is realistic and the man's reaction does not appear to be positive."

Positively, the fact that the image was likely to be seen by children was also considered important.

http://mumbrella.com.au/ad-for-sydney-design-firm-banned-for-portrayal-of-violence-136156?utm_source=DailyNewsletter&utm_medium=email&utm_campaign=Daily-30-01-2013&utm_content=ContinueReading

Screen addiction is wrecking families

SUSIE O'BRIEN



HI-TECH addiction is tearing families apart as parents and kids often spend more time with screens than people, experts say.

Dale Stephenson, pastor of Crossways Church, which offers a family counselling service, said a growing number of mums, dads and kids were no longer properly communicating.

"Family time ends up with every face buried in a screen

cont.....

tions can affect children as young as seven, who become aggressive, irritable and hostile when screens are off.

Mr Stephenson said the disorder was affecting parents and children alike.

"Mums and dads are continually working ... well after they've left the office for the day," he said.

"Parents are frustrated that the kids don't want to just go outside and play."

Melbourne psychologist Andrew Fuller said kids

- often a different screen for each person," Mr Stephenson said.

"Technology overuse is an insidious mainstream addiction that's destroying families."

Mr Stephenson said that in the past year, about 250 families have sought counselling

were "addicted to technology like human beings are addicted to oxygen".

"We know that when kids play video games, their dopamine is stimulated, and so it is hard for them to walk away," he said.

Psychologist Jodie Benveniste, founder of Parent Wellbeing, said families needed to set rules.

"Kids need opportunities for outdoor and other creative play, and to get bored," she said.

to help them manage screen addiction and over-use of technology.

It comes as psychological experts are pushing for "internet-use disorder" to be officially recognised as a mental condition.

Psychologists say video game and internet addic-

Dad Steve Fogg is conscious of the need to restrict the technology access of his three children, Jonah, 10, Isabella, 6, and Sienna, 4.

"We live quite a digital life, we have multiple screens, from phones to iPads to computers. It can be an ongoing family challenge, but we do regulate the children's screen time," he said.

He said Jonah earns media time through doing chores, and family dinners are a screen-free zone.

The Advertiser, 8 January 2013

Teenage internet addiction is real

PETRA STARKE
NATIONAL SOCIAL
MEDIA REPORTER

DEAN Muggleton has one thing to say to people who think internet and video game addiction isn't a real problem: "It's real, and it can ruin your life".

The 25-year-old from Coffs Harbour is one of scores of readers who flooded News Limited websites with comments yesterday, in response to the story of Karen, an Adelaide mother whose teenage son is so addicted to online game Runescape he was prepared to live on the streets to play it.

Some parents reported children as young as eight being addicted to video games, while others described teenage relatives refusing to eat, wash or sleep in order to play up to 18 hours a day.

Mr Muggleton said he too was "completely addicted" to Runescape, an online fantasy role-playing game with more than 200 million registered players, for six years from the age of 15.

"I could easily spend a full 20 hours a day on the game itself," he said.

Mr Muggleton said he went from being one of his school's top Year 11 students to almost failing Year 12, and missed out on going to university because of poor grades.

The Advertiser, 22 January 2013

After several failed attempts to quit the game Mr Muggleton finally went cold turkey in 2008.

"It really came down to just knowing deep down inside that I could have done so well in life if I hadn't played the game," he said.

South Australian 17-year-old Melanie Bennett said she dropped out of school at 15 and developed an eating disorder after becoming addicted to shooting game Counter Strike Source.

Ms Bennett said she played the game every day before and after school for up to six hours at a time.

"I was failing school and I needed to feel achievement in another aspect of my life," she said.

Associate Professor Paul Delfabbro from the University of Adelaide's school of psychology, said video games can be as addictive as pokie machines because they operate on the same brain processes.

"In video games people have the sense that ... the next event or outcome or solution is just around the corner, so they keep on going back to it all the time," he said.

"That's one of the similarities between pokie machines and video games - is that people have to keep on doing it."

Parents set phone limits

SOPHIE ELSWORTH

THE nation's biggest telco is cracking down on cyber bullying by putting parents in the driver's seat and controlling the way their child can use their mobile phone.

From their own computers, parents will be able to put bans on what their child is doing on their phones - with or without their knowledge.

In a first for an Australian telco, a new tool aims to keep predators at bay and allow parents to set time-of-day limits on calls and mobile web use, block unwanted callers, choose the mobile web content to be accessed and restrict outgoing calls to "safe" call lists.

Telstra's director of corporate security Darren Kane said the new tool, called Smart Controls, would help combat cyber bullying.

"This will help parents manage children's access to online risk," he said.

The tool cannot block or restrict text or multimedia messaging but Telstra plans to introduce this by April. It can block silent numbers and parents can choose

FYI How it works

- Parents can log into their Telstra online login and control settings on their child's phone.
- Parents can set time-of-day limits on calls.
- They can set up a safe list of numbers and websites.
- They can manage the time spent online and making calls.
- They can nominate websites to be accessed.

numbers and websites that a child can access.

Smart Controls, which attracts a monthly fee, allows parents to control services on a child's phone regardless of the type of phone they use.

Cyber Safety Solutions director Susan McLean, a former police officer who talks in schools nationwide, said the onus was on parents when it comes to the way children use their mobile phone.

"A lot of the problems are

The Sunday Mail, 9 December 2012

caused by the fact kids are given these devices without any supervision," she said. "The fault of a lot of this falls fairly and squarely back on parents who are the first to sulk and whinge when something goes wrong."

"I go into schools and I find kids in Grade Two with an iPhone - there is no need in the world for a seven or eight-year-old to have a smartphone."

Ms McLean said cyber bullying was a growing problem and about 40 per cent of kids she had spoken to admitted to being cyber bullied.

"Australia leads the world in their usage of smartphones per capita," she said.

"Technology is here to stay and parents need to get their heads out of the sand and start to parent in the digital space and educate their children and themselves."

Optus joined forces with Kids Helpline in 2011 to provide Australian schools with anti-cyber bullying lessons.

Vodafone launched an Android app in March this year to set boundaries on kids' mobile phones.

R18+ CLASSIFICATION Game changer

NEW national classification laws will see R18+ video games hitting the shelves for the first time.

The laws were passed late last year and acting Premier and Attorney General John Rau said they would make protecting children from violent video games easier for parents.

The laws will apply to new games being released in Australia. Some games may still be refused classification.

The Advertiser, 2 January 2013

Children the Target as retailer remodels

CHILDREN are the key to reinvigorating Target, the chain's managing director, Dene Rogers, says.

From in-store activities to exclusive designer children's wear, Mr Rogers knows the smallest members of the family punch above their weight when it comes to influencing household spending.

"We want children's perception of Target not just to be somewhere mum and dad want to go, but a place they want to go," he said. "We've introduced entertainment and activities in store that you can't buy commercially, so kids ask parents to go there."

Interactive light projections and "virtual piano playing" are among the children's attractions being trialled at the Doncaster store in north-eastern Melbourne.

And while activities don't directly generate dollars, Mr Rogers is confident exclusive children's products will.

Target is negotiating partnerships with Disney and Warner Bros to create exclusive toys and products around the brands, with an aim to have them on shelves in time for the mid-year toy sale.

December also saw Target launch two exclusive lines of children's wear - the first children's line from apparel designer Ksubi, and the Collette Dinnigan Australian Ballet range for girls.

Mr Rogers, who was appointed to Target's helm 14 months ago, said the business was striving to carve out a clear point of difference. "We are trying to get to the point

where we're not offering all the same products as everyone else," Mr Rogers said. "It's not trying to avoid the competition."

"It's about getting something different."

Earnings at Wesfarmers-owned Target have fallen 35 per cent since peaking in 2010 at \$381 million, as the business battled headwinds from the broader economy, along with increased online competition and poor consumer confidence. The group's earnings before interest and tax for the year to last June were \$244 million, after a \$40 million hit for a restructuring program Mr Rogers announced in May.

The four-year restructure would include initiatives to promote Target as a value and quality retailer, improve its online strategy, supply and IT systems, and streamline the retailer's sourcing and inventory management.

Mr Rogers said the financial crisis came as a shock, particularly to younger consumers, and the business needed to respond to consumers who were more frugal.

Revamps are already under way in areas ranging from price points and store layouts to the supply chain and web presence, while staff will be re-deployed to spend more time on the floor.

Mr Rogers envisaged Target's larger stores would gradually move towards a more traditional department store model, with specialist staff avail-

able to help with services such as make-up demonstrations and shoe fitting.

In an attempt to reach a broader range of customers, social media initiatives and different forms of marketing were also being introduced to support the catalogue advertising traditionally targeted largely at women. And overall, Mr Rogers believes Target has "a good future". He added: "The brand is very strong and there's a road map in place to transition."

The Advertiser, 12 January 2013

Violent videos fuel aggression

PLAYING a violent video game for just an hour in three days is enough to increase aggressive behaviour, a study warns.

But scientists found playing a non-violent video game, such as a motor racing game, had no effect on aggression.

Research has already revealed that a single violent gaming session can increase short-term aggression, but this is the first study to show longer-term effects.

Lead author Professor Brad Bushman, of Ohio State University in the US, said: "It's important to know the long-term causal effects of violent video games, because so many young people regularly play these games."

"Repeated exposure to violent video games may have a cumulative effect on aggression."

The Advertiser, 13 Dec 2012

Gun culture grows its roots in front of television screens

WHILE the finger of blame points directly to the gun culture in the US, I wonder how much of his childhood the perpetrator spent playing video games and watching violent movies. It seems to me the men of the baby boomer generation have never grown up, instead creating a massive industry of horror and simulated assassination that has tainted the minds of children. I doubt that many women create such software or spend days in darkened rooms playing games that give the illusion of killing whoever is in the sights of their pretend weapons. Kids have become addicted to adrenalin, and killing is the ultimate thrill. I'm not suggesting nanny state banning of such material, but surely it's time to steer away from such rubbish and focus on a healthier form of entertainment.

Rather than sitting in front of a screen eating junk food, kids and their fathers would be better off doing something constructive outdoors.

Heather Lauterbach, Victor Harbor, SA
The Australian, 19 December 2012

Underage drink warning

Alcohol makers turn to internet

ALCOHOL companies can market to children on Facebook and the internet - leading to an investigation into whether advertising codes need to be overhauled.

The only barrier between an underage drinker and an alcohol website is whether a teenager says they are over 18 years, according to the National Preventive Health Agency.

Its new discussion paper on the effectiveness of alcohol advertising regulation, says three out of four teenagers between the ages of 12 and 17 have tried alcohol.

They find more than 94 per cent of children aged 12-17 had seen alcohol advertising on television and 55 per cent had seen it on the internet.

Half the children who viewed alcohol websites didn't recognise it as alcohol marketing, the discussion paper says.

Advertising codes restrict alcohol marketing to children and prevent ads on television until after 8.30pm. There are no such rules for the internet.

"The regulation of alcohol advertising on social media sites represents a new challenge for both advertisers and regulators," the paper says.

"The internet crosses international boundaries, making the responsibility for advertising ... unclear." In 2012, alcohol brands were second only to the

The Advertiser, 27 December 2012



SUE DUNLEVY

car industry in using Facebook to engage consumers.

Some alcohol pages had been viewed more than three million times.

The discussion paper says most alcohol websites have low-level security measures to block under-age viewers.

"A common approach is for the person to enter their date of birth and only those who are over 18 years are granted access," the report says.

Alcohol websites are very appealing to young people, offering interactive games, downloads such as branded screen-savers, sport and music sections, forums and competitions.

The paper says many of the alcohol-related fan, event and group pages on Facebook are accessible to users of any age and reports that age-gating techniques are "neither enforced nor monitored".

YouTube allows alcohol companies to make their own pages and displays recent TV ads.

"This may include older advertisements that do not satisfy current broadcasting codes," the agency says.

Alcohol advertising regulations defended

MARKETING: Alcohol companies have defended the effectiveness of liquor marketing regulations amid calls for submissions on whether advertising rules should be bolstered.

The Australian National Preventive Health Agency has called for advice on whether the codes regulating alcohol advertising are doing enough to prevent children and young people from being exposed to alcohol.

A discussion paper released by the ANPHA found almost 95 per cent of adolescents aged 12-17 have seen alcohol advertising on television, and fears have emerged that children and young people are being increasingly exposed to alcohol advertising through emerging social media sites.

Current regulations have been criticised by the Australian Medical Association and other groups for being inadequate and not keeping up with new media marketing.

The agency has called for submissions on whether the scope of regulations should be broadened and whether an

expanded scheme could effectively police itself.

But Foster's director of external affairs Jeremy Griffith said there was no need to change the existing rules on alcohol advertising. "If you look at the overall alcohol trend in Australia, consumption per capita is down 20 per cent since the mid-1970s," he said.

The number of people abstaining from alcohol completely until the age of 18 was up 30 per cent over the same period, Mr Griffith said, while 18 to 24-year-olds were drinking 11 per cent less on average than four years ago.

"The message parents are giving their kids is 'wait until you're 18', and we're backing that up through our support of DrinkWise," he said. "The industry regulation is very effective - we have one of the highest levels of self-regulation in the world. All TV ads are approved before they're shown, and you can't show anything with excessive consumption or causing a change in mood."

LAUREN WILSON
BLAIR SPEEDY

The Australian, 24 December 2012

Photo-app backs down

INSTAGRAM has backpedalled on its plans to sell people's photos for advertising campaigns because of a celebrity-led online campaign to desert the photo sharing app.

Instagram co-founder Kevin Systrom yesterday said the controversial terms would be revised following media stories that revealed how the terms allowed the photo app to sell off people's images without compensation or their permission.

cont....

fault of language that was "confusing".

"The language we proposed also raised questions about whether your photos can be part of an advertisement," he said yesterday. "We do not have plans for anything like this and because of that we're going to remove the language that raised the question."

Instagram, bought by Facebook last year for \$1 billion, has been a hot target on Twitter in the past 24 hours,



ROD CHESTER

"As we review your feedback and stories in the press, we're going to modify specific parts of the terms to make it more clear what will happen with your photos," Mr Systrom said.

Yesterday, Instagram post-

with celebrities leading the drive to dump the service.

Singer Pink tweeted: "I will be quitting Instagram today. What a bummer."

Jamie Bell, star of *The Adventures of TinTin* and *Billy Elliot*, said: "For anyone who cares for copyright over their own images & photographs, get off of Instagram now."

Buffy star Seth Green tweeted a summary of Instagram's plans with the hash tag #NoThanks.

Other photo sharing sites

ed new terms of service to come into effect on January 16 that said: "You agree that a business or other entity may pay us to display your username, likeness, photos (along with any associated metadata), and/or actions you take, in connection with paid or sponsored content or promotions, without any compensation to you."

But Mr Systrom later said the interpretation that Instagram would use people's photos in advertising was the

including MobiTog.com and Flickr have pounced on the controversy by promoting themselves as an alternative to Instagram without the controversial terms.

Instaport, a site that lets people download their Instagram images, says its servers were overwhelmed in the past 24 hours as people backed up their Instagram images before deleting their accounts.

The Advertiser, 20 December 2012

Ten tips for cyber safety

TONY Abbott will launch a parent's guide to cyber safety today to provide practical help on social media and smartphones.

The guide's top 10 safety tips include installing an internet filter on home computers to block pornography, limiting screen time and keeping kids away from Facebook until they are aged 13 years.

Suggestions also include: typing your child's name into a search engine to see if they are using social media and checking if they have appropriate privacy settings; encouraging children to hand smartphones to parents before they go to bed; and talking to children about not putting personal information, such as their home address or photographs, that could unexpectedly embarrass them in the future, online.

The information has been produced by the Coalition's Online Safety Working Group.

maidens@news4d.com.au

Sunday Mail, 23 Dec 2012

online

What you are saying on adelaidenow.com.au about . . .

Violent computer games

That's what you get when you take away the right to smack your kids or the cane at schools.
DES THOMAS, of Brooklyn Park

I would say it's more bad parenting rather than the effect of "entertainment".
KATHY, of Adelaide

The old video games and movies are being blamed again. How many studies does it take to convince these people these are not the cause. When I was young it was the deadly cartoons and satanic heavy metal! The real culprit is the lack of parental discipline and supervision and lenient sentences for juvenile crime.
ZEO, of Adelaide

Let's be clear now, it's not violent video games nor the ability to sext that's causing these problems. It's because of poor parenting. Children growing up without discipline or persistent boundaries. Parents need to be parents, not friends and not doormats.
AARON, of Marion

Why does it always come down to socio-economic disadvantage? Teaching your kid manners, respect and boundaries actually doesn't cost anything.
HELDSMITH

I work with young offenders who are often violent. Ironically, hardly any of them play video games. They are too busy running amok, vandalising and causing mayhem to care about games.
POWER TO THE PEOPLE, of Oz

Has anyone noticed the link between the declining behaviour and attitudes of children and the increasing number of two-income families?
CHRIS of Adelaide

I believe that some of the increase in violence committed by youths is because they know they won't be seriously punished. It seems most kids get a slap over the wrist, and that's it. It's certainly no deterrent in making them think twice about committing a crime.
VICKI, of Country SA

The Advertiser, 10 January 2013

Sexting is the norm at age 13

LONDON: British boys and girls as young as 13 routinely swap explicit pictures of themselves, a disturbing investigation reported yesterday.

Children in Britain are now so sexualised the practice has become "mundane and mainstream".

One girl told British researchers: "I get asked for naked pictures at least two or three times a week".

A boy said: "You would have seen a girl's breasts before you've seen their face" while another youngster referred to so-called sexting as "the new flirting".

Pupils aged from 13 to 16 admitted that intimate photos helped them decide who to date.

Insight into their lives came from interviews for the National Society for the Prevention of Cruelty to Children and Channel 4's *Generation Sex* series.

The Advertiser, 12 Dec 2012

Facebook fear for girls

JULIAN SWALLOW

FACEBOOK pages devoted to provocative images of teenage girls are fuelling the sexualisation of young people, a leading child safety expert warns.

A number of South Australian-based pages have emerged featuring pictures of girls in suggestive poses or in provocative clothes, and include comments "rating" the teenagers pictured. UniSA emeritus professor

cont....

Professor Briggs said teenagers were often more internet savvy than their parents, making it hard for them to keep tabs on what their children were doing online.

She said this was disturbing, as a number of international studies suggested a large proportion of teenagers have posted personal information about themselves in publicly accessible websites or have been the subject of approaches from people online.

Freda Briggs was concerned that many of the young people on the pages were unaware of the possible consequences of putting their images online.

She said the pages were an example of the growing "sexualisation" of young people, especially girls.

"Girls in particular put themselves at risk in social media," she said.

"It's a peer group expectation and girls are being encouraged to be sexy.

A South Australia Police spokesman said there were hundreds of similar pages on Facebook and there was little police could do.

Maddy Capoccia, 16, of Felixstow, was aware of the Facebook pages but said they were just attention-seeking.

"You you might get a boost to your confidence, but there are other ways to get noticed," she said.

Her parents, Lisa and George Capoccia, monitor

"It's sexualisation from an early age."

Prof Biggs said the pages also demonstrated the need for parents to discuss appropriate online behaviour with their children.

"Parents are often unaware of the risks," she said.

"But they need to keep an eye on what young people are putting on Facebook and discuss it with them."

The Advertiser has chosen not to publish the names of the pages.

the Facebook use of Maddy and her sister Sophie, 11.

"George set up an account so we can see what the teenagers are doing. We let Sophie use it for an hour a night," Mrs Capoccia said.

"We also talk to the girls about the dangers involved with social media, explaining how some people pretend to be your age.

"I worry about them using social media because young kids are easy prey, but in saying that, we trust them."

The Advertiser, 17 January 2013

Baby-faced criminals

More children charged with violent crimes

DAVID NANKERVIS

CHILDREN aged between 10 and 14 are increasingly being charged with assault-related crimes, including attempted murder - and experts blame the impact of violent entertainment.

Police figures show 368 children aged 10-14 were accused of committing assaults in 2011-12 - up 18 on the previous financial year and 47 more than five years ago.

Children in this age group were also charged with three counts of attempted murder in the past year.

Examples of violent behaviour include a boy and girl, both aged 13, who pleaded guilty to bashing a woman who was later found dead in a shopping trolley at Elizabeth Park, and a girl, 11, who was charged with assaulting her older sister and care workers.

Child safety expert Freda Briggs told *The Advertiser* the police figures were "a big concern" for society.

She blamed parental behaviour and early exposure to violent video games, movies and the internet for increased aggression.

Violent fathers also made a big impression on their children's behaviour, the UniSA emeritus professor said. "It shows boys they can achieve their ends by being violent. They grow up to do the same," Prof Briggs said.

"Children's behaviour is also inflamed by violent video games and the culture of physical and sexual violence they see in movies and on the internet."

There is also concern that children involved in assaults at an early age will potentially commit worse crimes as they get older.

South Australia has been rocked in the past 2½ years by several chilling murders

YOUNG AND RECKLESS

Offences by children aged 10-14 in 2011-12

Offence	Number accused
Assault	368
Serious criminal trespass	269
Receiving/dealing in stolen property	73
Theft/illegal use of motor vehicle	92
Shop theft	447
Arson	62
Breach bail	764
Weapon offences	95
Disorderly behaviour	130
Dangerous driving	13
Drink-driving	3
Other	1693
TOTAL OFFENCES	4009

*Source: SA Police Annual Report

WHAT PARENTS CAN DO

- BE mindful of your behaviour in front of children
- WATCH what games they are playing, viewing on television or the internet
- USE filters on the internet to ban unsuitable material

- HELP them acquire other means of venting their anger
- TEACH them how to express themselves constructively when facing obstacles

Source: UniSA Emeritus Professor Freda Briggs

The Advertiser, 9 January 2013

allegedly carried out by teenagers.

The Kapunda triple murder in 2010 was committed by Jason Downie, who was 18 at the time.

The unrelated killings of pensioners Pirjo Kempainen in 2010 and Anne Redman in 2011 were both allegedly carried out by boys under 18.

Three of the four accused have been convicted and jailed. One of the accused in the Kempainen case will stand trial this year.

In early December, a Quorn man, 19, was charged with the double murder of Port Pirie teenager Rebecca Wild, 16, and Quorn woman Jasinta-Leigh Fullerton, 22.

Then on New Year's Eve, a 17-year-old boy allegedly shot dead Lewis McPherson, 18, at Warradale.

Prof Briggs said schools were working hard to change children's behaviour with initiatives such as the

Child Safety Program "but the good work can be undone in the home".

Police said assaults perpetrated by children between 10 and 14 "are a serious concern to both police and the community".

An SA Police spokesman said that "differing social norms or socio-economic disadvantage can negatively impact on the behaviour of children and youth at school and elsewhere".

The latest police annual report, which compared the number of offences by children aged 10 to 14 with those in the previous financial year, also revealed:

WEAPONS offences increased from 78 to 95.

POSSESSION of child pornography jumped from three to 30 cases.

SELLING and possessing drugs rose from two to 17 cases.

The report showed children in the youngest

recorded age bracket were responsible for three attempted murders, four rapes, seven incidents of unlawful intercourse and 12 indecent assaults.

Child and adolescent psychologist Dr Michael Carr-Gregg suggested several factors were contributing to the increase in youngsters engaging in violence.

"The threshold of tolerance for this behaviour is lower and that's why there are more reports," he said.

"I also think the risk factors for those kids predisposed to act like this has increased. This includes families breaking down, disengagement from school and a whole range of other factors."

The Sex Crime Investigation Branch said the rise in children possessing child pornography was because "more young people than ever before have access to electronic devices with high-quality cameras and internet connections built in".

"The push of a few buttons can publish a photo," acting officer in charge Inspector Phil Newitt said.

"Most matters referred to involving young people are sexting matters, where they have taken images of themselves and forwarded it on."

Internet addiction an illness

NATASHA BITA
NATIONAL SOCIAL EDITOR

INTERNET addiction is likely to be classified as a mental illness, as psychiatrists warn a generation of teenagers and single men are hooked on online gaming.

The 21st-century syndrome has been listed as a priority research field in the latest "psychiatrists' bible" - used by psychiatrists and psychologists to diagnose mental health disorders.

From Page 1

The American Psychiatric Association will add "internet use disorder" to the research appendix of its Diagnostic and Statistical Manual of Mental Disorders (DSM-5) in May, after its first review in two decades.

"This is the first time internet-related disorders will be acknowledged in the DSA," University of Adelaide School of Psychology researcher Daniel King said yesterday.

"It is a major clinical tool used by psychiatrists and psychologists to diagnose mental health disorders."

Writing in the latest issue of the *Australian and New Zealand Journal of Psychiatry*,

Dr King reveals that mental health experts are debating whether to define the illness as "internet addiction" or "video gaming addiction".

He says certain video games such as *World of Warcraft* are more addictive because they "deliver rewards with greater intensity".

"Video gamers are motivated by the rewards offered within the medium of the game, (which are) virtual goods, social feedback, or an escape from reality," he wrote.

Dr King said yesterday that single, socially isolated teenage boys and 20-something men are at most risk of problem gaming.

Up to 3 per cent of regular online gamers have a disorder, he said.

"Factors like being male, single, being socially isolated, having attention difficulties, social anxiety, disengagement from school and other activities and poor family relationships seem to be associated with problem gaming," he said.

The Royal Australian and New Zealand College of Psychiatrists said yesterday the DSM-5 listing would eventually lead to a diagnostic tool for "problematic" internet use.

The chairman of its Child and Adolescent Psychiatry faculty, Nick Kowalenko, said patients displaying internet "over-use" tend to suffer underlying mental health problems.

"I usually see it in kids who are depressed and unhappy, or kids who have problems man-

aging their impulses such as kids with ADHD, or problems regulating their mood," he said.

"It is not an illness at this stage because the boundaries between what is a problem and what is a disorder are not clearly understood.

"But (the DSM-5 listing) is a step along the way."

Melbourne child psychologist Michael Carr-Gregg yesterday said online games could trigger the brain's "happy" neurotransmitter, dopamine.

"Some kids get the same dopamine squirt from online games that drug addicts get taking drugs," he said.

Dr Carr-Gregg urged parents to limit internet use and avoid using it as a babysitter.

Continued Page 6

The Advertiser, 21 January 2013

NEW PUBLICATIONS

ADVERTISING

Jones, SC; Gregory, P; Kervin, L (2012)
Branded food references in children's magazines: 'advertisements' are the tip of the iceberg.
Pediatric Obesity, Vol. 7, No. 3, Pp220-229

Charry, KM; Demoulin, NTM (2012)
Behavioral evidence for the effectiveness of threat appeals in the promotion of healthy food to children.
Int Journal of Advertising, Vol. 31, No. 4, Pp773-794

Grohs, R; Wagner, U; Steiner, R (2012)
An investigation of children's ability to identify sponsors and understand sponsorship intentions.
Psychology & Marketing, Vol. 29, No. 11, Pp907-917

Opree, SJ; Buijzen, M; Valkenburg, PM (2012)
Lower life satisfaction related to materialism in children frequently exposed to advertising.
Pediatrics, Vol. 130, No. 3, PpE486-E491

Kotler, JA; Schiffman, JM; Hanson, KG (2012)
The influence of media characters on children's food choices.
Journal of Health Communication, Vol. 17, No. 8, Pp886-898

Przyrembel, H (2012)
Health claims on foods for children. Foods targeted at children.
Monatsschrift Kinderheilkunde, Vol. 160, No. 11, Pp1074+

Roberts, M; Pettigrew, S; et al (2012)
Compliance with children's television food advertising regulations in Australia.
BMC Public Health, Vol. 12, Art. No. 846

COMPUTERS & INTERNET

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Identifying vulnerability markers for pathological Internet use and pathological video game playing within an educational context.
Journal of Educational Computing, Vol. 46, No. 4, SI., Pp357-376

Kuss, DJ; Griffiths, MD (2012)
Online gaming addiction in children and adolescents: a review of empirical research.
Journal of Behavioral Addictions, Vol. 1, No. 1, Pp3-22

Sublette, VA; Mullan, B (2012)
Consequences of play: A systematic review of the effects of online gaming.
Int Journal of Mental Health and Addiction, Vol. 10, No. 1, Pp3-23

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Cognitive-behavioral approaches to outpatient treatment of Internet addiction in children and adolescents.
Journal of Clinical Psychology, Vol. 68, No. 11, Pp1185-1195

King, Beth (2012)
How much is too much? Limit setting and sexual acting out in a digital era.
Journal of Clinical Psychology, Vol. 68, No. 11, Pp1196-1204

Nehring, Daniel (2012)
Online child sexual abuse: Grooming, policing and child protection in a multi-media world.
Sexualities, Vol. 15, No. 8, Pp1017-1018

MEDIA EFFECTS - EDUCATION

Casey, A; Layte, R; Lyons, S; et al (2012)
Home computer use and academic performance of nine-year-olds.
Oxford Review of Education, Vol. 38, No. 5, SI., Pp617-634

MEDIA EFFECTS - HEALTH

Garrison, MM; Christakis, DA (2012)
The impact of a healthy media use intervention on sleep in preschool children.
Pediatrics, Vol. 130, No. 3, Pp492-499

Fuller-Tyszkiewicz, M; Skouteris, H; et al (2012)
The associations between TV viewing, food intake, and BMLA prospective analysis of data from the longitudinal study of Australian children.
Appetite, Vol. 59, No. 3, Pp945-948

Boulos, R; Vikre, EK; et al (2012)
ObesiTV: How television is influencing the obesity epidemic.
Psychology & Behavior, Vol. 107, No. 1, Pp146-153

Sigman, Aric (2012)
Time for a view on screen time.
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A mouse model for too much TV?
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Wooldridge, MB; Shapka, J (2012)
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Faber, BA; Shafron, G; et al (2012)
Children, technology, problems and preferences.
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Campaign for a Commercial Free Childhood's 8th International Summit:

**Consuming Kids:
Reclaiming Childhood
from Corporate Marketers**

**21-23 March 2013
Wheelock College
Boston, MA**

**[http://commercialfreechildhood.org/
event/summit2013](http://commercialfreechildhood.org/event/summit2013)**

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WORLD NEWS

Gun violence and the media

As part of a package of policy moves to deal with gun violence, US President Barack Obama has asked Congress to provide funding for research on violence in video games and possible connections to real-world gun violence.

Obama asked Congress to allocate US\$10 million for a study by the Center for Disease Control and Prevention (CDC) to look at the relationship between video games, violence in the media, and gun violence. The CDC study is part of the White House's effort to end a congressional freeze on research about gun violence. Since the mid-1990s, Congress has prohibited the CDC and other federal agencies from researching the causes of gun violence

<http://www.macworld.com.au/news/obama-calls-for-study-on-video-game-violence-84668/>

Meanwhile, Common Sense Media has released the results of a survey in which 77% of US parents said childrens' access to media violence -- TV shows, movies, video games -- contributes to a culture of violence in the U.S. That is more than the 75% who said that childrens' access to guns was a contributing factor. The study was conducted on January 4 and 5 2013 among 1,050 parents of children under 18.

<http://www.common sense media.org/about-us/news/press-releases/national-survey-reveals-parents-deep-concern-about-protecting-kids-from>

Working positively against cyberbullying

The care2.com website has the good news story of a teenager who is doing something positive to combat the wave of cyberbullying in US schools. Jeremiah Anthony

created a Twitter feed to compliment classmates after reading a story about cyberbullies. He was inspired by a group of Canadian University students who started a Facebook profile in which fellow classmates anonymously submit compliments about members of the campus community.

Jeremiah and two friends have sent over 3,000 tweets praising their classmates, and sometimes teachers.

<http://www.care2.com/causes/the-antidote-to-cyberbullying-teens-sending-compliments-to-their-peers.html#ixzz2lepKWVrJ>

TV and obesity - what is the connection?

Dutch researchers have conducted a study of 4072 children aged 4-13 years in the city of Zwolle to determine to what extent the association between TV viewing, computer use and overweight is explained by other determinants of overweight, to find determinants of TV viewing and computer use in the home environment and to investigate competing activities.

The study found that the association between TV viewing and overweight is not explained by socio-demographic variables, drinking sugared drinks and eating snacks. The researchers decided that factors in the home environment influence children's TV viewing and that parents have a central role. They suggest therefore, that interventions to reduce screen time should support parents to make changes in the home, especially when their children are young.

http://www.nature.com/ijo/journal/v37/n1/abs/ijo2011244a.html?WT.ec_id=IJO-201301

KIDS' TV

A selection of children's programs screened on TV during the period

ABC 1 (afternoons only)

Play School; This is Emily Yeung. Bert and Ernie's Great Adventure; Zoo Mix; Bernard; The Latest Buzz; Aisling's Summer Diary; Mama Mirabelle's Home Movies; The Mr Men Show.

ABC 2

Sesame Street; Tinga Tinga Tales; Zigby; The Hive; Blanche; Octonauts; Mouk; Shaun the Sheep; Bananas in Pyjamas; Timmy Time; Mike the Knight; Gaspard and Lisa; Humf; Driver Dan's Story Train.

ABC 3

Old Tom; Horrible Histories; Bugged; The Gees; The Twisted Whiskers Show; Star Wars; CJ the DJ; Prank Patrol; Dance Academy; Fleabag Monkeyface; Life with Boys; Bushwhacked!; Good Game SP.

SEVEN

Saturday Disney; Toybox; It's Academic.

NINE

Magical Tales; Bubble Guppies; Dora.

TEN

Totally Wild; Scope; Wurraywhy.

NICKELODEON

Monsumo; The Fairly OddParents; SpongeBob SquarePants; iCarly; Victorious; iSpy a Mean Teacher; Big Time Rush; Fanboy & Chum Chum; The Penguins of Madagascar; Awesomeness T.U.F.F. Puppy; Kung Fu Panda;

NICK JNR

Go, Diego, Go!; Team Umizoomi; Max and Ruby; Drake & Josh; Dora.

DISNEY CHANNEL

Wizards of Waverly Place; A.N.T. Farm; Good Luck Charlie; Scaredy Squirrel; Jessie; Phineas and Ferb; Fish Hooks; Pair of Kings; So Random; Suckers; Code:9; Austin & Ally; Shake it Up.