



Both positive and negative in new media use report

A new report from US based Common Sense Media - *Zero to Eight: Children's Media Use in America 2013* - indicates significant changes in children's media environments and behaviour since their 2011 report (*Zero to Eight: Children's Media Use in America*).

Parents of children ages 0 to 8 across the U.S. were surveyed about their family use of media, ranging from books and music to mobile interactive media like smartphones and tablets.

On average, young children are spending less time with screen media than they were two years ago, and the organisation claims that this is the first evidence that the coordinated and persistent efforts of parents and public health advocates to reduce children's screen time are having an impact.

However, the total amount of time that babies spend with all forms of screen media has not decreased - despite recommendations from the American Academy of Pediatrics to discourage screen time in the first years of life.

As adults increasingly turn to using mobile devices, so do their children. Over the past two years, the shift has been dramatic. Among families with children age 8 and under, there has been a five-fold increase in ownership of tablet devices such as iPads, from 8% of all families in 2011 to 40% in 2013. The percentage of children with access to some type of "smart" mobile device at home (e.g., smartphone, tablet) has jumped from half (52%) to three-quarters (75%) of all children in just two years. Among children under 2, the survey found, 38 per cent had used mobile devices like iPhones, tablets or Kindles - the same percentage as children 8 and under who had used such technology in a similar survey two years ago.

Tablets, in particular, have become far more common. Forty per cent of families now own tablets, up from only 8 per cent two years ago, and this year's survey found that 7 per cent of the children had tablets of their own.

However, despite the dramatic changes of the past two years, television still reigns supreme in children's media lives. It is the medium children use most frequently, by far: nearly six out of 10 children (58%) watch TV at least once a day, compared to 17% who use mobile devices on an everyday basis, 14% who are daily computer users, and 6% who play video games every day.

<http://www.commonsensemedia.org/research/zero-to-eight-childrens-media-use-in-america-2013/key-finding-1%3A-young-kids%27-mobile-access-dramatically-higher>

AAP: revised policy statement on Children, Adolescents, and the Media

According to a revised policy statement by the American Academy of Pediatrics (AAP), *Children, Adolescents and the Media*, released October 28 at the AAP National Conference & Exhibition in Orlando, the digital age is the ideal time to change the way we address media use.

The AAP advocates for better and more research about how media affects youth. Excessive media use has been associated with obesity, lack of sleep, school problems, aggression and other behavior issues. A recent study shows that the average 8-

to 10-year-old in the US spends nearly 8 hours a day with different media, and older children and teens spend more than 11 hours per day. Children who have a TV in their bedroom spend more time with media. About 75 percent of 12- to 17-year-olds own cell phones, and nearly all teenagers use text messaging.

The AAP policy urges pediatricians to ask two questions at the well-child visit:

- How much time is the child spending with media?
- Is there a television and/or Internet-connected device in the child's bedroom?

And to take a more detailed media history with children or teens at risk for obesity, aggression, tobacco or substance use, or school problems.

As the media landscape continues to evolve at a rapid pace, the AAP calls for a federal report on what is known about the media's effects on youth and what research needs to be conducted. The AAP calls for an ongoing mechanism to fund research about media's effects.

The policy can be found at

<http://pediatrics.aappublications.org/content/132/5/958.full>

Adelaide seminar

Daytime Nighttime Screentime: Getting the balance right!

A presentation for parents and all who work with or care for children (toddlers to teens)

7.30-9:30 pm Monday 11 November, 2013
Cowandilla Primary School
21 Jenkins Street, Cowandilla SA, 5033

Tickets \$20.00

Bookings online at: www.trybooking.com/DUDZ

Attendance certificates available

More information: www.childrenandmedia.org.au



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EDITORIAL**Australians and digital games**

The Interactive Games and Entertainment Association (IGEA) has released its Digital Australia 14 (DA14) report. This would appear to be the last in a series that began in 2005.

Principal author Jeffrey Brand (Bond University) says that these reports began "to widen the conversation about games and tackle stereotypes that prevented an understanding.....that computer games were a popular medium "that had become normalised and valued. He says that the first report "conveyed the reality that Australia is a nation of game lovers who enjoy playing games on a sporting field and on the screen".

The 2014 report certainly glows with pride about gaming: "computer and videogames are everywhere"; 98% of homes with children have a device for playing games; 65% of Australians play video games; 91% of gamers say games are mentally stimulating; 83% say games are educational. Games have given many memories of having fun times; brought couples together and improved problem solving ability .

There are downsides that can be gleaned from DA14:

- The highest percentage of gamers is found among 11-15 year olds (96%) followed by 5 to 10 year olds (87%).
- Only 54% of parents are familiar with parental controls for game systems.

Video games and war crimes

The International Red Cross and Red Crescent Movement has publicly stated its interest in the implications of video games that simulate real-war situations and the opportunities such games present for spreading knowledge of the law of armed conflict.

The committee believes that rules on the use of force in armed conflict should be applied to video games that portray realistic battlefield scenes, in the same way that the laws of physics are applied.

The ICRC is suggesting that these games should include virtual consequences for people's actions and decisions. Gamers should be rewarded for respecting the law of armed conflict and there should be virtual penalties for serious violations of the law of armed conflict, in other words war crimes. This already exists in several conflict simulation games. Game scenarios should not reward players for actions that in real life would be considered war crimes.

<http://www.icrc.org/eng/resources/documents/film/2013/09-28-ihl-video-games.htm>

- An adult is present only 60% of the time when games are purchased for children.
- Only 44% say classification has a lot of influence on games purchased for children.



Barbara Biggins
OAM
Hon CEO

We also need to note that a gamer was a person who indicated "yes" or "no" that they play computer or video games on any device. Play Angry Birds once and you are a gamer??.

There are problems with playing violent computer games, and to playing for many hours that, of course, don't get a mention here. But the evidence of harm is growing.

Writing about the 2014 report, Brand claims that "the moral panic over ...music, films, television and games is now moving on to social media and the Internet." Among those who closely follow the research on the impacts of all these media, there has never been a "moral panic ", merely well placed concern that careful selection of media experiences are needed to protect children's health and wellbeing.

The full Digital Australia Report, key findings, an Infographic and a presentation by Jeff Brand can be found online on the Interactive Games and Entertainment Association (IGEA) website at:

<http://www.igea.net/2013/10/digital-australia-2014/>

New research from the New Zealand Classification Office

Young New Zealanders are one of the groups most affected by the decisions of the NZ Classification Office.

A set of new research reports explores teenage perceptions of potential harms from content in films and games, and the systems that regulate and restrict access to certain content.

The research is divided into three components:

- *Young People's Perceptions of Media Content: A Literature Review*
- *Survey of Young People's Perceptions of the Classification System*
- *Young People's Perceptions of the Classification System and Potential Harms from Media Content: Discussion Group Findings*

The three reports are available on the NZ Classification Office website:

<http://www.classificationoffice.govt.nz/classification-in-nz/research-by-the-classification-office.html>

Kids slaves to video games

KIERAN CAMPBELL

VIDEO game-addicted kids are playing nonstop for days on end, dropping out of school and developing mental illnesses, top experts say.

Addicts include children as young as eight, and some parents are finding themselves being laughed at by GPs when they try to seek help.

Some of Australia's leading experts will speak out about the epidemic at a conference *cont....*

Dr Tam, who will speak tomorrow at the Australian Council on Children and the Media conference, said he had treated one child who played video games for "about 60 hours nonstop, with no sleep".

Up to 10 per cent of children fall into the category of overusing video games and a small number of those children develop addictions, Dr Tam said.

"I've had kids that don't realise when they get into the zone that it's five o'clock (in

tomorrow and say the impact of technology on the minds of young children needs to be taken more seriously by health professionals.

Dr Philip Tam, a child and adolescent psychiatrist at Sydney University, said there were "probably hundreds or thousands" of children aged between eight and 14 with "significant problems" related to video game and internet use.

The most severe cases have resulted in children dropping

the morning) when they finish gaming," he said.

"They play all night and by sunrise or by 11 or 12 they're so exhausted they go to sleep (and do not go to school).

"I'm seeing a child at the moment...in that situation."

Dr Tam said some child psychologists in Sydney dealt purely with gaming addiction but the overuse of video games needed to be taken more seriously by the broader health profession.

their grades or out of school completely, while others are becoming violent towards their parents and developing mental illnesses.

"I'm actually getting calls from all over Australia," Dr Tam said.

"I've been getting ... calls from all over Australia from parents willing to bring (their children) literally from Tasmania or the Gold Coast to come and see me (in Sydney) because they are so desperate."

Dr Kate Highfield, a lecturer at the Institute of Early Childhood at Macquarie University, said parents were confused about what apps to download for their children.

Most children under eight already exceed the recommended three-hour daily limit but that time could be productive if it was used the right way, she said.

TELL US: ARE YOU ADDICTED TO GAMING? ADVERTISER.COM.AU

The Advertiser, 4 October 2013

Not-for-profits struggle for funding

EXCLUSIVE

ADAM CREIGHTON
REGULATION

AUSTRALIA'S not-for-profit sector is struggling to raise funds, burdened by a new regulatory regime, and is facing a difficult period of amalgamations or closures, a new survey of the sector shows.

About 40 per cent of not-for-profits are unable to plan for more than 12 months because their funding is so uncertain, according to consulting firm Grant Thornton's latest survey of 416 NFPs in Australia and New Zealand.

"Funding continues to be the most significant challenge facing not-for-profits and unless there is some form of rationalisation casualties will be inevitable," said Simon Hancox, head of not-for-profit Australia for Grant Thornton.

KNOW

FUNDING is the major issue, with **68%** of not-for-profits in Australia warning it is their key concern.

MORE than **40%** of not-for-profits are unable to plan for the future.

BOARDS need to be better educated with **35%** saying they don't fully understand their responsibilities.

83% believe the sector needs a national regulator.

"Collaboration, ranging from sharing resources to merging and amalgamating, to using cloud technology, is a significant opportunity and it needs to happen with some urgency."

Almost 80 per cent of the Australian respondents relied mainly on government grants or contracts for finance, followed by donations and investment in-

come. "When compared to the last report in 2011 it would appear that organisations are trying to rely less on government funding," he added.

"One of the greatest pressures on funding is the sheer number of not-for-profit organisations on both sides of the Tasman competing for a limited pool of money."

Almost one third of NFPs said they didn't have enough resources to comply with the Australian Charities and Not-For-Profit Commission's new governance standards, which began on July 1 this year, although 83 per cent welcomed its establishment.

"Around half felt the ACNC would not meet the objective of promoting the reduction of unnecessary regulatory obligations," the report said.

Over half of the Australian NFPs that responded had a turnover above \$50 million and a further 40 per cent had turnovers greater than \$10m. More than half had over 100 employees.

The Australian, 30 October 2013

Limit kids' screen time

CHILDREN should spend no more than two hours a day on the internet and watching TV, according to official advice from doctors, amid fears it can lead to obesity, bullying and lack of sleep.

They said that smartphones, TVs and laptops should be kept out of youngsters' bedrooms.

The American Academy of Pediatrics said many parents are clueless about the effects of excessive media exposure on children. It said many youngsters watch TV online and send texts late at night, including sexually explicit material.

The Advertiser, 31 October 2013

Limit kids' tweet time

DOCTORS says parents should limit children's tweeting and texting, and keep smartphones and laptops out of bedrooms. #goodluckwiththat.

It may prompt LOLs from many teens but influential pediatricians say parents need to know about the profound impact media exposure can have on their children.

Dr Victor Strasburger, lead author of the new American Academy of Pediatrics policy, said it's been linked with violence, cyberbullying, obesity and many other problems. He said many parents were "clueless" and should "get with it".

The Advertiser, 30 October 2013

Leave ABC out of it

WHICH brings us to the ABC's new social media policy or "guidance note" released on Friday. Its first obvious effect is new Twitter handles that remove the ABC name from any individual account. ABC managing director @abcmarkscott becomes @mscott. Would this be to shelter the ABC from overly expressive tweeters such as Nick Ross? He used the @ABCtech handle this year to campaign against the Coalition's NBN strategy and, consequently, was disciplined by the ABC. For what it's worth, he's now @NickRossTech.

The Australian, 21 October 2013

Ad 'makes kids sex objects'

JESSICA MARSZALEK

IT was meant to reconnect with lost customers, but a Vodafone ad campaign featuring freaky "kidult" hybrid people is tracking as the year's most complained about.

The Advertising Standards Board has received more than 2300 complaints this year, but scenes in which adults with baby heads are seen mixing

music, driving a car and dancing angered more customers than any other. People complained the ad used children in an inappropriate, sexualised ways and encouraged pedophiles, especially when three sparkly-clad women with baby heads were shown dancing in a nightclub.

The complaint was a common one, with a quarter of all complaints this year so far

about sex, sexuality or nudity. "I strongly believe this advertisement sexualises young children," wrote one of the Vodafone ad.

Another was offended when the kidults kicked a watermelon like a soccer ball, arguing it was in poor taste because people in other countries were starving to death.

Vodafone defended kidults as a depiction of a person's in-

ner child and the 35 complaints were dismissed.

But the country's second and third most complained about ads did breach codes for depicting domestic violence and hoon-like driving.

A Yellow Brick Road Super ad showing a baby slapping its mother and an elderly woman slapping her grandson was the second most unpopular ad, with viewers complaining it ap-

peared to condone violence, particularly against women. The Board found the violence was unwarranted and had no link to selling superannuation.

Coming in third, a Nissan ad in which a man and a woman fake a pregnancy and race to the hospital was modified for depicting unsafe driving.

Almost 60 per cent of complaints came from women and 40 per cent were from men.

The Advertiser, 26 October 2013

Give children enough time to daydream

NATASHA BITA
NATIONAL SOCIAL EDITOR

HOMEWORK overload and classroom rivalry are "ruining" Australian children, an international education leader warned yesterday.

Professor Carla Rinaldi - president of the global Reggio Children movement, based in Italy - said children were relying too much on technological "apps" instead of their own ingenuity and imagination.

And she urged parents and teachers to give children the "greatest gift" - time.

"There is this obsession to pass from one activity to another," she said, during a visit to Australia sponsored by the nation's biggest childcare chain, Goodstart Early Learning.

"It is ruining the children."

Professor Rinaldi said kids were suffering from performance anxiety.

"It is too competitive," she said. "It is making them anxious about their performance, and increasing disturbances (in behaviour).

"Children are collaborative, not competitive."

Professor Rinaldi said the "Slow Food" movement should be extended to "Slow Schools".

She said too much homework and out-of-school activities robbed children of time to daydream.

"Above all, it takes away time for reflection," she said.

"Give children time. Give yourself time. Time is the greatest gift that a person can give."

Professor Rinaldi - who served as Adelaide Thinker in Residence this year - said children should not rely too much on technology, but treat it as "a tool, like a pencil".

"There is too much screen time," she said.

"From an ethical perspective and in terms of shaping the mind it can be very dangerous.

"You consider anything is possible, because you have an app. Then you lose your own effort, the pleasure of discovery, the pleasure of fatigue, the pleasure of mistakes.

"We have to guarantee that children can use all their senses, to read, to play, to create."

Early Childhood Australia general manager Judy Kynas-

ton said young children should spend no more than an hour a day in front of a screen.

Kids First Children's Services director Sonja Walker, whose Sydney pediatric health clinic has treated 7000 children in the past seven years, said too much "screen time" was shortening kids' attention spans.

"Teachers are telling us that children are finding it difficult to persist at tasks because of the immediate nature of technology," she said.

"Children don't have that experience of persisting in a task, to research, to plan, to imagine and to dream of ideas.

"They want answers and they need it now.

"But using pen and paper sometimes does help children to think logically about what they are doing."

Ms Walker said some children were starting school with language and speech problems because they spent so much time playing games by themselves.

ARE OUR KIDS OVERLOADED WITH HOMEWORK? HAVE YOUR SAY
ADVERTISER.COM.AU

The Advertiser, 26 October 2013

Give kids skills to handle tyrants

JORDANNA SCHRIEVER
EDUCATION REPORTER

GIVING children the social skills to handle bullying is an important step in beating the issue, experts say.

UniSA anti-bullying expert Adjunct Professor Ken Rigby and SA Primary Principals Association state president Steve Portlock said it was important that schools tackled bullying proactively.

Prof Rigby said there was no simple answer to resolving bullying conflicts among children, because it depended on the type, extent and age of the children. But he said techniques like "fogging" - where the unpleasant teasing or taunts from a bully are acknowledged, but the victim does not get upset or defensive - can often discourage bullies.

"Looking them in the eye when they say something like 'you're ugly' and saying something like 'that's what you think', or 'it might seem like that to you' can work," he said.

He said bullies could often be discouraged if they do not get the expected reaction.

But, he said the technique only works when an individual, rather than a group, is the bully and when physical violence is not occurring.

Prof Rigby said parents needed to understand the impact their parenting styles can have on whether their child becomes a bully or a victim.

"It needs to be more widely recognised that parenting style

and the quality of relations between parents (and families) and children may affect the likelihood of children becoming involved in bully/victim problems at school and suffering serious socio-emotional consequences," he says in his latest research paper.

Research shows authoritative parents, who learn from their parents to be unforgiving towards others, are more likely to have children who bully others, while victims of bullying were more likely to have been over-protected by well meaning family members.

Instead, Prof Rigby said having more information and a better understanding of the nature of a child's relationship with peers could lead to early detection of bullying.

He said bullying was more common in primary school and as children found their place in early high school years, but petered out as students aged and matured.

Prof Rigby said creating laws against school bullying were unlikely to solve the issue.

SA Primary Principals Association Steve Portlock said many schools were effectively dealing with bullying problems.

"Every school has a bullying policy and spends a lot of time with students talking about bullying, and strategies for dealing with it," he said. "We know it doesn't go away on its own and that students need support and strategies."

The Advertiser, 26 October 2013

Mobile ads pay off as Google shares pass magic milestone

DON CLARK

THE mobile internet appears to be helping, rather than hurting, Google's lucrative advertising machine, easing investor worries and propelling its shares past a major milestone.

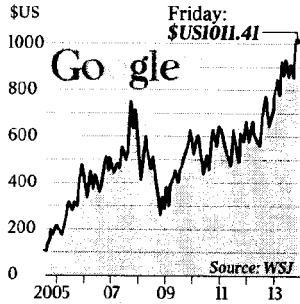
The internet giant's stock leapt 14 per cent on Friday to close above \$US1000, a rarity among public companies, underscoring Google's progress since its August 2004 IPO at \$US85 a share.

The spurt made Google the third most valuable US company by market capitalisation, with a value of \$US338 billion (\$349bn), behind only Apple and Exxon-Mobil. A \$US1000 investment in the IPO would now be worth \$US11,899.

Investors reacted positively to Google's financial results on Thursday, which showed the company can make very good, or even better, money as global users conduct searches on smartphones rather than personal computers.

Chief executive Larry Page said more than 40 million calls were driven by Google ads.

The rise of mobile devices has raised fundamental questions for the company: Would users conduct as many searches as on PCs? Would they click on as many ads?



Other companies trading over \$US1000

	Priceline	Seaboard	Berkshire Hathaway
Price	\$US1048	\$US2828	\$US175,400
P/E ratio	34	14	16

Would advertisers pay as much for a fingernail-sized spot on a phone as they do on a PC?

The numbers Google disclosed undercut those fears. The number of "paid clicks" (the times a user clicks on an advertiser's link during a search) surged 26 per cent, the highest growth rate in a year.

As has been the case recently, the amount paid per click declined, this time by 8 per cent.

Google doesn't disclose the actual number of paid clicks. But Mark Mahaney, an analyst at RBC Capital Markets, estimates the total will reach nearly 125 billion this year, up 24 per cent from last

year. That is the rough equivalent of 36 clicks on Google ads this year from each of the world's approximately 3.4 billion PCs, smartphones and tablets.

Such numbers, Mr Mahaney says, help to show that mobile devices are prompting people to conduct more searches than before — just as mobile phones led people to make more calls.

"This 'mobile is a cannibalisation threat' has just been shown to be factually not true," he said.

If so, increasing sales of mobile devices could help Google for a long time. "What all this leads up to is that investors just feel this is a longer-term story," analyst Gene Munster said.

The trend could help raise investor sentiment in Twitter, which is planning an IPO this year and makes 70 per cent of its revenue from mobile ads. Shares of companies with a stake in mobile advertising, including Facebook, Pandora Media and Yahoo, all showed strong gains on Friday.

Advertisers large and small participate in Google's automated online auctions, where they bid to have their ads placed in the best spot when users search for particular terms. The company is only paid if a user clicks on the advertiser's link.

The rise of mobile devices rais-

ed complications for advertisers. For one thing, they needed to separately devise ad campaigns for mobile devices. They faced decisions such as creating ads specifically for Android or Apple devices. Some advertisers simply opted not to try mobile ads because of the headaches, Google said. So the company developed a system called Enhanced Campaigns, which was designed to let advertisers set one basic ad campaign for smartphones, tablets and PCs. Google introduced it in July, and analysts said it seemed to be spurring more advertisers to bid on mobile ads.

Nikesh Arora, a Google senior vice-president, made a case that mobile ads bring particular benefits to advertisers, prompting users to visit or call shops. He told analysts on Thursday that more than 40 million calls were driven by Google ads every month.

At the same time, Google is becoming a greater factor on other devices consumers encounter, including TVs, through a recent device that helps display results from a laptop or tablet on a TV screen, another opportunity for advertisers beyond PCs and smartphones.

"Screens are proliferating in the home as well as wearable screens like watches and Google Glass," Mr Page said.

The Australian, 21 October 2013

Phone addicts are at risk

JESSICA LEO

AUSTRALIAN women are increasingly addicted to their mobile phones but many are risking their security, according to a new survey.

The Connected Lifestyle Survey, which examined the mobile phone habits of more than 500 women, showed 66 per cent spend more than an hour each night using their phones for calls, text, social media, emails, shopping, researching and playing games.

As a result, 62 per cent said this makes it hard to separate

home and work life with a third using their mobile phone mostly for calls and text and another third naming emails as their most frequent function.

Alarming, 48 per cent admitted to not using a passcode lock on their phones.

The results come just days after victim groups raised concerns about people being stalked using the GPS on their smartphones and outdated cyberstalking laws failing to curb this behaviour.

Security advisor at AVG Technologies, which commissioned the survey, Michael

McKinnon said it's concerning women are "leaving themselves and their devices open to misuse".

Brighton mum-of-two Julie Williams said she mainly uses her mobile for text and emails.

She believes it is important to educate her children Chelsea, 9, and Ben, 7.

"I don't allow them to use my phone as it's an expensive piece of equipment and not for kids to play with," she said.

Instead, Ms Williams has passed her old phones down to her children for playing games but closely monitors their use.

The Advertiser, 12 October 2013

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**Growing Up in Australia
and Footprints in Time:
LSAC and LSIC Research
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**13-14 November 2013
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<http://www.growingupinaustralia.gov.au/conf/2013/>

**Honoring the Child,
Honoring Equity 13:
Narratives of Equity**

**15-16 November 2013
University of Melbourne,
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WORLD NEWS

US study - 1 in 10 young people have perpetrated sexual violence

Nearly one in 10 young people report being a perpetrator of sexual violence — either coercing or forcing some type of sexual contact upon another, according to a new US study that suggests a connection between such behavior and being exposed to violent X-rated material. Of the 9% who reported being perpetrators compared with the rest who weren't, 17% of the perpetrators had looked at violent or X-rated material in the past year, compared with 3% of the non-perpetrators.

The research, published online in the journal *JAMA Pediatrics*, is based on data from 1,058 young people aged from 14 to 21 collected in 2010 and 2011 by the *Center for Innovative Public Health Research*, a non-profit organization based in California. It is part of the center's ongoing *Growing up with Media* study, which began in 2006.

Ybarra ML, Mitchell KJ, 2013. Prevalence rates of male and female sexual violence perpetrators in a national sample of adolescents. *JAMA Pediatrics*

Digital citizenship

MediaSmarts — a Canadian centre for digital and media literacy — has launched a series of digital citizenship resources. *Stay on the Path: Teaching Kids to be Safe and Ethical Online* is a new program for parents and teachers to teach young people to be ethical online citizens.

The bilingual program teaches young people to respect people's privacy (by not oversharing), respect people's feelings (by not bullying) and respect people's property (by understanding copyright and plagiarism).

The program includes a four-lesson unit on search skills and critical thinking; a self-directed tutorial that examines the moral dilemmas that young people face in their online activities and strategies for dealing with them; and three tip sheets for parents on how to teach kids to be safe and ethical online.

<http://mediasmarts.ca/stay-path-teaching-kids-be-safe-and-ethical-online-portal-page>

Bedtime and behaviour

According to a study of more than 10,000 children carried out by University College London (UCL), children with irregular bedtimes are more likely to have behavioural problems — including hyperactivity, problems with peers and emotional difficulties. They may also demonstrate symptoms similar to jet lag. For children who go for longer periods without a regular bedtime, there is a more pronounced impact, caused by disruptions to natural body rhythms that can cause sleep deprivation. This in turn has been found to undermine the way the brain matures and children's ability to behave well.

However, the impact of erratic sleep patterns was found to be reversible: parents who started putting their children to bed at consistent times noticed an improvement in their behaviour, as did teachers.

Kelly, Y et al (2013) Changes in Bedtime Schedules and Behavioral Difficulties in 7 Year Old Children *Pediatrics* published online October 14.

<http://pediatrics.aappublications.org/content/early/2013/10/09/peds.2013-1906.abstract>

KIDS' TV

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

ABC 1

Backyard Science; Play school; Five Minutes More; Daniel Tiger's Neighbourhood; Half Moon Investigations; Me and my Robot.

ABC 2

Thomas and Friends; Elmo the Musical; Sesame Street; Chuggington; Play School; Bookaboo; Mofy; Mouk; Mama Mirabelle's Home Movies; Mister Maker; Joe & Jack; Little Charley Bear; Pingu; Louie; Thomas and Friends; Fun with Claude; Humf; Laura's Star; Octonauts; Peter Rabbit; Q Pootle 5

ABC 3

Kid vs Kat; Kaeloo; Oggy and the Cockroaches; Stoked; Almost Naked Animals; League of Super Evil; Gawayn; Erky Perky; Tracey McBean; Old Tom; Pixel Pinkie; Nono Forest; I Got a Rocket; Sea Princesses; BTN Extra; A World of Wonders; Ocean Girl; Animalia; Mortified; Dani's House; Astro Boy.

SEVEN

Saturday Disney; Mickey Mouse Club

NINE

Bubble Guppies; Dora the Explorer

TEN

Wurrayhy; Totally Wild

NICK JNR

Go, Diego, Go!; Little Bill; Maurice Sendak's Little Bear; Ni Hao Kai-Lan; Miss Spider's Sunny Patch Friends; Yo Gabba Gabba; Olivia; Julius Jnr; Tickety Toc; Peppa Pig; Max and Ruby; Lalaloopsy

DISNEY CHANNEL

Jake and the Never Land Pirates; Tree Fu Tom; Slim Pig; Alpha Breaks; Stanley; Sam Sandwich; Jungle Junction; Doc McStuffins; Fuzzy Tales; Wordworld; Abadas; Chloe's Closet.