Protect young children from frightening TV

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Now more than ever, with children’s access to screens at an all-time high, we need to be mindful of children’s vulnerabilities to the scary images and events that television spews forth on a daily basis. A recent meta-analysis combining many studies (Pearce & Field, 2015) confirms that scary media’s impact on children is consistently negative, and that children under the age of ten are especially vulnerable to experiencing troublesome fears. Research since the dawn of movies has shown that a majority of children are affected at some time in their lives, and the effects often include symptoms like free-floating anxiety, obsessive thoughts, severe nightmares, sleep problems, and the avoidance of normal, safe activities that remind the child of the frightening episode. Some of these effects are relative short-lived, but others can last for years (see, e.g., Harrison & Cantor, 1999).

In a survey conducted in 2006 (Cantor et al., 2010), 76% of the 5- to 12-year-olds interviewed reported having been frightened by a television show or movie. The movies they described ran the full gamut of MPAA [USA] ratings, including The Wizard of Oz and Finding Nemo (rated G), Jaws and Poltergeist (rated PG), multiple Harry Potter movies (rated PG or PG-13), Lord of the Rings movies (rated PG-13), and Scary Movie and Scream (rated R). Importantly, 60% of the children said they hadn’t chosen to view the movie that scared them; 20% said they just happened to stumble upon it on TV.

Trailers and promos for movies and television shows can be especially problematic for young children. Not only are promos unpredictable – (you can choose what program to watch, but not which promo will pop up) – they often include intensely disturbing images in order to attract an older audience. A particular problem is that young children can be traumatized by a very brief scene or image out of context, especially grotesque images and intense violence. A child doesn’t need to understand the context of a story to be terrified. Very young children are also limited in their ability to distinguish fantasy from reality, and because of their limited cognitive abilities, it is extremely hard to explain away fears that have been produced by intense visual images. Watching or hearing about a “happy ending” is unlikely to help. In this context, an ounce of prevention is probably worth a ton of cure.

Children differ in terms of their levels of sensitivity, and what will be scary depends strongly on the age of the child. Therefore, it is unrealistic to think that television can or should avoid ever presenting scary content. But because of children’s special vulnerabilities and the intense and long-lasting negative effects that frequently occur, it is essential that predictably scary content be restricted during times that are highly frequented by children. Moreover, parents need and deserve accurate and useful information about the content that is shown.

The bottom line is: It is wise to protect children from inadvertently being exposed to scary media. And policies that help parents protect their children are not only worthwhile; they’re essential to children’s healthy development.

References:


Further resources:


Stop the scary promos
Joanne Cantor’s front page article in this issue of small screen provides evidence that sections of the proposed revised Free TV Australia Code of Practice Commercial TV stations have the potential to expose many children to serious mental health hazards.

The changes include:
- removing the G time zones from day time TV, and replacing them with PG
- allowing M programs to be screened from 7.30pm (now 8.30pm)
- merging the AV classification (presently screened only after 9.30pm) with the MA15+ classification
- allowing [merged] MA15+ programs to screen from 8.30pm (instead of 9 pm)
- “simplifying” the program promotion rules so that promotions can be shown in any program so long as they fit the classification of the time zone of screening.

So the likelihood that children will be exposed to scarier or more violent programs in the early evening hours will be increased.

As will be the likelihood of being ambushed by scary trailers in programs chosen for family viewing.

Steve Biddulph AM
ACCM congratulates our patron Steve Biddulph AM on his well-deserved recognition in the Queen’s Birthday Honours List. Steve was recognized for his service to community health, particularly in the fields of child and adolescent psychology.

“Stop the scary promos” is an excellent initiative to protect children’s mental health and well-being. ACCM supports this campaign and encourages all parents to take action.

Prof Cantor’s article shows that exposure to scary trailers can pose serious and lasting impacts for significant numbers of children. It highlights the importance of ACCM’s current campaign to Stop the ambush of parents by unexpected and unwelcome promotions.

It’s important that both Free TV and the Australian Communications and Media Authority take note of these concerns when they are finalizing and scrutinising the proposed new Commercial Television Code of Practice.

Since our last issue, ACCM has lodged around 30 complaints across the three networks about promotions for both M and MA15+ programs that did not, in ACCM’s view, meet the classification requirements of the time zones and programs being watched. The programs were either G or PG and screened in the early evening hours. We await the outcome with interest.

In the meantime, we encourage readers to support our campaign. It’s much needed.


“The Great Australian Spelling Bee” is an excellent initiative to promote literacy and inspire all Australians to develop a love of the English language.

Alastair MacGibbon has commenced work on his role as Australia’s first Children’s eSafety Commissioner. Alastair heads the Office of the Children’s eSafety Commissioner—responsible for leading online safety education for Australian children and young people, protecting them when they experience serious cyberbullying and managing complaints about offensive or illegal online content.

An ABC radio interview with the new Commissioner can be found at:


The website for the Office of the Children’s eSafety Commissioner is at

Online child sexploitation challenges today’s parents

When today’s parents were 13, an elicit squee at somebody’s Cosmo or Playboy was as risqué as things got for most. The digital age has revolutionised access to information, but one of its ugliest downsides has been the premature sexualisation of many children, whose technical skills often surpass those of their parents and teachers. As Natasha Bita reported on Saturday’s front page, psychiatrists, police and child welfare experts are warning that “sexting”, “selfies” and social media are endangering children’s physical and mental health. The trend is epitomised by the crude selfie posted on Instagram last week by a 13-year-old girl with the words “Boner Garage” scrawled on her bare stomach, with an arrow pointing down. The image was copied from the R-rated 2013 Jennifer Aniston movie We’re the Millers. It has spawned several hashtags on Instagram, a popular online messaging service accessed by teenagers, usually on smartphones. Parents, teachers and others who are unsure about what all that means would be wise to find out.

Previously, those concerned about rubbish television, junk food, video games and provocative clothing marketed to children have been advised to exert their authority as parents. Dealing with the hypersexualisation of children also demands parental responsibility, but it is more complex. Open communication is essential between children and parents, who need to walk a fine line between saying no and helping their children avoid the inevitable pitfalls and pressures they will encounter. Technology is a central part of children’s lives, from mid to upper primary school, however protective their parents. Smartphones are more difficult to filter and monitor than home computers. Children without smartphones and other devices have access to those of others. The social dimension is what makes the problem so challenging.

As reported, Melbourne child psychologist Michael Carr-Gregg, managing director of the federally funded Young and Well Co-operative Research Centre, recently dealt with a Year 6 boy who coerced an 11-year-old girl in his class to text him a full-frontal nude photo of herself. The boy sent it to 21 others, risking prosecution on child pornography offences. Australian Federal Police have prosecuted eight children for such behaviour since 2008.

Ironically, just as schools are discouraging sexting and promoting equal pay and career opportunities, the messages being pumped out on many social media sites are highly degrading to girls. Female submission is often depicted as the norm. Conversely, as federal government cyber-safety adviser Susan McLean noted, some sexually emboldened girls are bombarding more recent boys with provocative images.

The last thing Australia needs is a more crowded curriculum. But social studies, citizenship, sex education and pastoral care programs largely will be irrelevant if they fail to alert children to the dangers of allowing themselves to be exploited as “click bait.” Parents also can encourage children to broaden their horizons beyond digital screens. Smartphones could be limited to weekends and ordinary mobiles that block access to the internet used while travelling to and from school.

But the real challenge parents face with children at increasingly younger ages is to instil sound values and to explain why sex and sensuality should never be degrading or violent. Explaining to prepubescent children why allowing themselves to be used as sexual objects is a pathway to despair is a tall order. But as National Children’s Commissioner Megan Mitchell said, the exposure of younger and younger children to adult sexual themes, on popular websites, is “all too much for little brains.” In an era when music video clips verge on soft porn, there are no simple answers.

The first step must be to grasp the extent of what is a serious problem, that has led to children imitating adult pornography and young women seeking medical treatment for injuries from rough sex. Such distortions can only set up young people for long-term relationship failures and difficulties with genuine love and intimacy as they grow up. It is impossible to hold back the cyber tide. But adults must guide children in dealing with it.

The Australian 3-6-15

Toys drive online retail sales growth

RETAIL: Australians’ thirst for online bargains shows no signs of abating, especially when it comes to buying games and toys.

Online spending rose 15 per cent in April thanks to a lift in sales of toys and homewares, National Australia Bank’s online retail sales index found.

The result pushed annual online retail sales up by 9.6 per cent to $16.9 billion for the 12 months to April.

The strongest gains were in the electronic games and toys category, with spending up 10.4 per cent for the month and 31 per cent for the year.

Homewares also rose 12 per cent in April, and media sales gained two per cent.

However, online sales of groceries and specials on “daily deals” websites fell.

Online sales now make up around 7 per cent of traditional retail spending, up from 6.6 per cent from a year ago.

NAB group chief economist Alan Oster said online spending growth continued to outpace that of traditional bricks-and-mortar stores.

“That said, recent online growth has been more subdued than the 20-30 per cent year-on-year growth rates recorded in earlier years,” he said.

Meanwhile, Australian retailers have maintained their lion’s share of the online spending pie.

Three-quarters of online spending was with domestic retailers, relatively unchanged on the previous three months.

“Growth in both international and domestic online retail sales accelerated in April, though domestic online continues to outpace international in year-on-year terms,” Mr Oster said.

Today the ABS releases retail trade figures, with economists hoping the Reserve Bank’s May rate cut would boost consumer spending.

The Australian 4-6-15
Sylvia creates a buzz, among other things

SHANE RODGERS

QUEENSLAND EDITOR

The story of Sylvia Todd, 13, reads like your classic, internet-age success story: child genius conquers the world doing really extraordinary things online. Until you meet her. Then the story seems different. Super Awesome Sylvia, who was a keynote speaker yesterday at the EduTECH conference in Brisbane, started her super awesome career at just eight years of age but insists she is just an ordinary kid with an idea. Despite the hype around her, she acts like it. No diva complex. Her father, James, is an ordinary working bloke who likes the idea of making stuff. He has the usual dose of paternal pride but seems most proud that her super awesome daughter remains grounded.

“Everyone says she’s extraordinary, but when I see her, I just see a regular kid,” he said. “She doesn’t always get the best marks in school. She has to take the trash out every week and she has to do her chores.”

Perhaps therein lies the secret. In a world always looking for the extraordinary, sometimes what we really crave is the ordinary. The Super Awesome Sylvia industry is all about back to basics. Her videos cover everything from old-fashioned craft to building rockets. She makes it all sound easy. And compelling.

Sylvia admits the life of a travelling teenage “supermaker” has its downsides. It’s tough in the eighth grade and she gets no special treatment. “It’s really difficult to keep track of certain things because I can’t devote the time,” she told The Australian yesterday. “If I’m concentrating on something else, school starts falling apart. Sometimes I do feel the pressure.”

This is offset by a genuine feeling of helping others unlock the power of just making things from scratch. “I always feel the interest in his daughter may stem from parents wanting to get their kids away from screens. “I told her when she was young that fame is for the unfortunate,” he said. “But she knows it’s good for kids to get to be inspired. She’s met hundreds of kids around the world who admire her... and say I did that because of you.” That is fairly super awesome.

‘Uncage your kids and let them discover the world’

EXCLUSIVE

NATASHA BITA

NATIONAL EDUCATION CORRESPONDENT

Cooped-up children need more adult-free fun time playing with neighbourhood children and taking risks, the founder of a global “Playborhood” movement says.

Mike Lanza, a former Silicon Valley entrepreneur who once developed web video technology, is now championing the power of screen-free play.

Children need to spend time together devising games and sorting out their own disputes, he says, or setting up private clubs with secret rules.

“There’s a lot of value in play,” Mr Lanza said.

“Kids learn leadership skills, social skills, they learn about social justice, they make rules and they adjudicate disputes.

“But for so many kids, childhood is not very joyful these days — it isn’t nearly as much fun as it used to be.”

Mr Lanza blames overprotective parents and fenced backyards for the demise of neighbourhood play.

“Neighbours are pretty boring these days,” he said. “Kids go outside, look around and think, ‘Nothing’s going on.’

“So when you can, go into the front yard, say hello to people, and walk to the grocery store rather than drive.

“IT matters what our neighbours do — do they let their kids stay inside and play video games, or drive them around everywhere, or do they let them out to play?”

Mr Lanza will be the keynote speaker at the Nature Play Kids Outdoor conference on the Gold Coast tomorrow.

Brisbane clinical psychologist Judith Locke will tell the symposium on Sunday that “over-parenting” is creating a generation of stressed and dependent young adults with “learned helplessness”.

“I’m noticing a lot of them expect things to go well all the time and are shocked, and fall down quite hard, when things don’t go the way they want,” she said.

“They expect someone else to fix every problem.”

The Australian 25-6-15

Dr Locke said today’s parents were overly anxious, and too quick and willing to intervene to help their children.

“It looks like uncaring parenting if you’re not constantly solving their issues and making them feel better,” she said. “But when parents are constantly protecting a child from the outside world they give them a sense the world is dangerous.

“When a parent is solving all the problems, the child doesn’t need to solve any.”

Mr Lanza has transformed his own backyard into a children’s playground, replacing the flower beds with an in-ground trampoline and a double-storey cubby house that crowds with neighbour- hood children.

He lets his three boys, aged six to 10, roam the area alone while he walks to school in the Californian suburb of Menlo Park.

“On weekends my 10-year-old boy Marco gets on his bike and we don’t know where he is — he usually comes home for lunch and he’s off again,” he said.

“We feel like that’s a great accomplishment.”
Disney bets future on web-connected toys

Disney is developing a line of wearable, internet-connected toys that it hopes will draw children into a new technological ecosystem — and keep them there.

Playmation, which launches in October, has been in the works at the entertainment giant for three years as Imaginext, who typically design theme-park rides, and other employees have been researching toys that integrate new digital technologies.

The first result of their work will let children don Iron Man gloves or Hulk fists from the company’s Marvel superhero line and interact with action figures or each other, playing through brief stories that are downloaded from the internet and read by a narrator on a speaker.

The company is touting Playmation as an application of the “internet of things” that will appeal to parents who want the digital devices their children love to make the children move, rather than sit still in front of a screen.

The new toy line represents a higher risk, higher reward strategy than Disney has previously pursued for its consumers products. Typically, Disney grants licences to other companies to make and market Star Wars toys or Cinderella dolls, requiring Disney only to execute and oversee agreements with those third parties.

But Disney poured its own resources into developing Playmation’s technology and will handle most marketing for the toys, which Hasbro is manufacturing and distributing.

“We haven’t done this much innovation internally before,” said Kareem Daniel, a senior vice president in charge of strategy for Disney Consumer Products. “That’s going to be a large part of what we do” as technology becomes more integral to toys, he added. If Playmation is a success, children are likely to keep buying new accessories, as well as new downloadable missions. But because the company uses proprietary technology, only Disney toys will be compatible. Bringing together DC Comic’s Batman and Marvel’s Captain America, which children can do now with action figures and their imaginations, won’t be possible.

“Becoming an Avenger, as opposed to interacting with other mythologies or characters, is what our focus is on,” said Mr Daniel.

The company plans to keep rolling out new Playmation products for years to come, making it more of an “ecosystem” like Microsoft’s Xbox than a one-off toy. An Iron Man pack in October and Hulk version in November will be followed by other Marvel products, then Star Wars version in 2016 and Frozen version in 2017. The Star Wars and Frozen Playmation lines aren’t expected to be compatible with this year’s Marvel products because they will use different types of play (think lightsabers rather than Hulk fists).

As with any new technology, buying in won’t be cheap. A starter pack will cost $US120 ($154), with accessories starting at $US15. The company hasn’t said how much the paid downloadable missions will cost. If parents aren’t willing to invest that much in an entirely new type of toy, Playmation may struggle.

Playmation toys communicate primarily via infra-red sensors — the same basic technology used in laser tag and television remote controls — and radio frequency. A wi-fi device such as a tablet is needed to download new missions, which are transferred to the toys via Bluetooth.

BEN FRITZ

Monster movie alert

THE new dinosaur movie Jurassic World is a hit at the box office but it’s a flop with parents of young children.

Children are keen to see the dinosaur movie, tempted by a dazzling array of merchandise but parents are panning the blockbuster because the film is rated M15+, with limbs being ripped off and people being eaten by their attackers.

Experts are warning parents to be vigilant. They are also urging caution about the impact of violent scenes on kids.

Elizabeth Handsley, president of the Australian Council on Children and the Media, said: “We need a major overhaul of the classification system.”

Switch off to switch on

CHILDREN should not be allowed to use phones and iPads before school, an international expert warned yesterday.

Staring at a screen at breakfast time can damage their concentration in class, clinical psychologist Linda Blair said.

The British expert urged parents to discourage use of hi-tech devices before school to ensure pupils stay alert.

She also called for a ban on homework that needs to be done on computers because it contributed to children becoming tired and unfocused.
Arabic actors ‘get thug roles’

Paul Cleary
Casting

Casting agents look for Middle-Eastern or Arabic-looking actors for “bad guy” roles on Australian television, an actor has claimed.

Budding actor Josh Farrah says his Arabic appearance and big build have helped him secure some enviable roles in his short career, but invariably they involve playing the thug.

“I’m just not white enough to be in Home & Away or Neighbours, I’m too bad looking,” says Farrah, who played a debt-collecting heavy in a segment of ABC’s The Checkout this month.

Farrah had no previous experience when in 2012 he landed a part in the feature film Convict, and all of his subsequent roles have been what he describes as “the thug, the bodyguard, the henchman, the hulk”.

“No matter what, I am cast as the bad guy,” he adds.

Farrah, one of five children raised by Lebanese immigrants in western Sydney, says casting agents specifically ask for actors of Arabic appearance when a director wants a tough guy.

“When the casting agent sends the brief to my agent it’s “looking for a thug, needs to be six foot, built like a brick shithouse, preferably Middle Eastern looking”. And it says it in the brief. No one knows this, but it’s there in black and white,” Farrah tells Media.

After Convict, Farrah got a small part in the ABC series Rake as a fellow inmate of the barrister Cleave Green, played by Richard Roxburgh. He recently played the part of a drunken wife beater in Deadly Woman, a crime show for Foxtel. In his latest film, The Tailor, Farrah plays an “intellectual heavy” alongside another actor of Lebanese background, Taha Salah.

Farrah says that Salah has a small build but he is also cast in bad guy roles.

“The director will say, ‘I need a tough looking bloke’. The first thing the casting agent says ‘let’s have a look at a bunch of Arab blokes — they usually play bad guys’. Like in the ABC production.

Continued from Page 23

(The Checkout), I was one of the heavies,” he says.

In episode 10 of The Checkout, Farrah played the role of a debt-collector who was seen tying people up and threatening them with a blow torch, then putting their feet in buckets of cement on the edge of Sydney Harbour.

Farrah was joined by Daniel Cordeaux, who is of southern European appearance, though he spoke with a cockney accent.

What makes this selection even more of an issue is that all 12 “reporters/writers” on The Checkout are of caucasian appearance. ABC spokeswoman Rachel Fergus declined to respond to questions on whether the producers of The Checkout had tried to recruit more diverse talent for this show, or whether they had engaged in racial stereotyping in episode 10. She directed The Australian to the ABC’s Equity and Diversity Plan for 2012-15.

Farrah says that one of the few Australian actors of Arabic background who has moved beyond bad guy roles is Firass Dirani. While he started out playing John Ibrahim in Underbelly, Dirani has more recently played the role of a former bad boy footballer in Nine’s series House Husbands.

Farrah has come a long way from working in the family cafe three years ago. At the time, director George Bashai got talking with Farrah’s sister who said Josh had a natural talent for acting. Farrah got the part in Convict after auditioning against more than 50 actors. Convict dealt with corruption inside the prison system and the experiences of Aboriginal and Middle Eastern inmates.

“I love to play the good guy for once, the detective who saves the day,” Farrah says.

Sexploitation action

Your editorial (“Online child sexploitation challenges today’s parents”, 3/6) throws a spotlight on the issue of the sexualisation of the young. You say adults must help children in dealing with it. Many parents tell us that finding healthy experiences in an increasingly complex media environment is difficult, as is countering adverse influences. Support for parents is vital. We should encourage parents to start smart and early with screen management.

It’s close to a decade since the Australia Institute reported on this in 2006. It’s seven years since a Senate inquiry reported on the sexualisation of children. It’s time for action.

Barbara Biggins, Australian Council on Children and the Media, Glenelg, SA

YouTube delays launch of children’s TV app

Exclusive
Laara Sinclair
Internet

YouTube, the video search engine owned by Google, has delayed the planned launch of its specialty children’s TV app in Australia and NZ by two months and has had difficulties getting local content providers to sign up. The Australian has been told.

Google has not revealed the time frame for an Australian launch but plans to start it in July have been delayed until September, according to production sector sources.

Kids is the first in a series of content apps designed to make it easier for users to find what they are looking for on YouTube on their mobile phone as the video site ramps up competition with professionally produced genre-specific content such as music, television and gaming apps such as Spotify and Netflix.

The launch of the app in markets such as the US was announced in a blog post in February. A spokesman would not comment other than to say no schedule had been released for Australia. According to one source, some videos will appear with ads, and YouTube will offer the content owners a share of that revenue.

In other markets, Google pitched the app as a child-safe zone that allowed parents to set parameters on their children’s viewing, including the type of content they could view and how long they could view it for. But according to one source, some Australian content producers have been wary of allowing their content to appear on the app in case children were able to access links to inappropriate content.

“YouTube is the Wild West,” one source said.

In February Netflix announced it was beefing up its licensed and original kids’ shows including a remake of Inspector Gadget, and last year Amazon announced plans for original children’s series for its Prime streaming service.
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CONFERENCES
International Youth Media Summit
27 July to 7 August 2015
Belgrade, Serbia
http://iyms.info/iyms/

Rights of the Child Consumer
Presented by the Australian Children’s Commissioner in partnership with ACCM
20 November 2015
Telstra Centre, George St. Sydney
More information available soon
Australian film *Paper Planes* is soon to be released in the UK and USA. The film will be released in UK cinemas on 23 October, while in the US a multi-platform release combined with a limited number of imena screenings is likely.

The film currently ranks twelfth on the iTunes chart behind *Fifty Shades of Grey*, after peaking at No. 2.


**Children’s Media Lives**

UK regulator Ofcom has released the first findings from *Children’s Media Lives*, a new study that involves tracking the media habits and choices of a group of 18 children, aged eight to 15, over three years. These children have been carefully chosen to reflect a broad cross-section of UK children in terms of age, location, ethnicity, social circumstances and access to technology. The study began in 2014 and was designed to give a small-scale qualitative component to Ofcom’s larger quantitative surveys of media habits.

The study found that tablets and iPods were the device of choice for most activities, for their size, convenience and usability. For some older children, smartphones also played this role. Many of those surveyed, particularly younger children, shared devices with siblings or parents.

On-demand TV viewing and YouTube video clips are the most popular means of viewing content for the children surveyed. Being able to watch their preferred content repeatedly and when they wanted to was reported to be important to children, and they were quick to turn to other devices and services when they did not find live TV to their liking. However, watching television was seen as a valued way for children to spend time with their parents. This could be either live, or via catch-up services or DVD.


**World Summit on Media for Children 2017**

The World Summit on Media for Children Foundation (WSMCF) has chosen Manchester and BBC Children’s as hosts for the next World Summit in 2017. The summit will welcome over 1,500 delegates from around the globe to Manchester in December 2017.


**Cyberbullying experienced by 23% of US children**

Researchers at the University of Alberta, Canada have investigated the prevalence of cyberbullying in North American children and adolescents through a review of existing publications that examine the health-related effects of cyberbullying via social media among children and adolescents. They reviewed 36 studies, most of which were conducted in the US, to look at the effects of cyberbullying through social media on the health of participants who were mostly aged between 12 and 18. Of the participants, 89 per cent reported having a Facebook account.

Across the studies, the prevalence of cyberbullying ranged from 4.8 per cent to as much as 73.5 per cent, with 23 per cent the median percentage of children and adolescents who had experienced cyberbullying. It was also found that girls were more likely to be cyberbullied than boys, with relationship issues the most common reason for such bullying. The review of studies also indicated that cyberbullying was consistently associated with an increased likelihood of depression in victims.


**ABC TV series for teens wins a Banff festival prize**

Matchbox Pictures’ *Nowhere Boys* was among the winners of the 2015 Rockie Awards handed out at the Banff World Media Festival in Canada.

The teenage drama *Nowhere Boys* took the youth fiction prize. David Caesar is directing *Nowhere Boys: The Rise of Bear*, a telemedia spin-off of the series, which follows the boys (Dougie Baldwin, Joel Lok, Rahart Adams, Matt Testro) as they confront a devastating magical being that threatens to destroy the multiverse.

A third series is now in development.

http://if.com.au/2015/06/14/article/Banff-festival-prizes-for-Oz-series/RQFVZHXTP