

Name _____

Date _____

Nightmare TV: The effects of TV violence

TV programs often show situations that are violent and scary. This can make you more scared of the world. It can even cause you to have nightmares or phobias, irrational fears of certain things. It can make you think that it is OK to use violence to solve problems, or it can make you believe that others will use violence to solve problems.

Naturally, different people respond differently to TV violence. Take a little time to think about some of the violent shows you have seen on TV and how these shows may have changed how you view the world. Describe one show you have seen and answer the questions about it below. Then talk with your parents about the violence that is on TV and whether or not you really want to watch certain shows.

Describe one TV show that you saw that included a lot of violence: _____

How did you feel when you watched the violence? _____

Did the characters use violence to solve a problem? If so, how could that problem have been solved without violence? _____

Did the show portray the consequences of violence realistically, in your opinion? For example, did the person who committed the violence go to jail? _____

Did this show cause you to have nightmares or to be afraid of other things in real life? _____
