

Media Mindful Family: Navigating a Screen-Filled Childhood

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Media Mindful Family is a discussion course experience to support parents who want to help their children develop healthy media use habits. What do I need to know about? What can I do about my concerns? As Media Mindful Family unfolds over five sessions, the questions parents often raise are explored and answered.

Each session centers on a media-related issue through:

- **Readings.** Three or four readings each week take a personal approach as they identify the challenges and options families face when dealing with specific media issues.
- **Home Experiment Ideas.** These suggestions are designed to help participants address each session's focus in ways that reflect their own family's values and goals.
- **Weekly Discussions.** Once a week, the group meets to learn from and support each other as they share their thoughts and questions from the readings and from their home experiments. Discussion questions in each session help guide the conversations.

SESSION 1: Parenting in a Media-Filled World

The session explores the roles media play in family life. Both the needs media fill and the challenges they can create are introduced. How can parents deal with constant sexual, violent and consumer messages and multiple media technologies aimed at their children? Session one introduces this challenge to be explored throughout the course.

SESSION 2: Media Storytellers and their Messages

Who are children's storytellers? What values and aspirations are being taught? Readings discuss how media stories and images, including those in video games, can influence children's self-esteem, behavior and aspirations. Some of the economic and political issues underlying today's media climate are introduced.

SESSION 3: Navigating Children's Virtual Worlds

Session three addresses the unique challenges presented by online and handheld media, through which children can engage with others in a virtual arena largely outside of parental supervision.

SESSION 4: Screentime and Children's Health

What are the potential mental and physical consequences of uncontrolled media consumption? This session explores how excessive screentime can affect mental, physical and environmental health.

SESSION 5: Media Mindfulness at Home

This session shares the challenges and successes of several parents who have experimented with media mindfulness in their homes. Their stories show different approaches that participants can use as they go forward.



Media Think is a Portland-based nonprofit that advances media literacy – the ability to interpret, understand and evaluate media and its messages.
www.MediaThink.org

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