

1. **Set weekly limits** on how much TV your family will watch and stick to them.

2. **Plan your television** viewing. Encourage the attitude that should be watched for specific shows.

3. **Set guidelines** for selecting programs. Choose programs with ideas that are in tune with your family's values.

4. **Make TV watching** an interactive, family event. Watch TV together and let character stimulate conversation about topics that are difficult to discuss—like death, divorce and sex.

5. **Use the Television** as a starting point. Find books and magazines that relate to interesting programs you've watched. Or plan a family outing to a place you've seen on TV.⁹

So in conclusion, we can thoroughly understand why despite the opposing belief that television is only "fantasy" and does not have an effect on children, when left in the hands of our "too busy" generation of parents, television can and will have a negative effect on children's academic achievement, behavior, and the harmonious function of the family.

If parents do not take responsibility and begin to implement schedules of programming and viewing time, their children will suffer academically. A child cannot concentrate on math when they are filled with the hormonal imbalances caused by sexual stimulation and curiosity. ^{Like course} If parents do not monitor the quality and content of the programming their children are exposed to, the

9 → Paul Farhi, "Turning the tables on TV Violence," Washington Post, June 1995, <<http://chaucer.chesterfield.k12.va.us/schools/Mat>> (06 May 1997).

Transition signals needed. show each new part. flows reminds