



6840 Seaview Road, Sechelt, BC V0N 3A4

www.zonein.ca

TVVG Module

For Parents and Teachers



6840 Seaview Road, Sechelt, BC V0N 3A4

www.zonein.ca

The TVVG Module was designed by Pediatric Occupational Therapist and creator of Zone'in Educational Programs, Cris Rowan. It is to be used in conjunction with both the Zone'in and Move'in programs to raise awareness regarding the detrimental effects of TV and Videogames, and encourage schools and homes to practice a healthy balance between physical activity and sedentary TV and Videogame use.

The TVVG Module consists of the following sections:

- Topics for Discussion
- Television / Videogame Addiction Scale: User Guidelines
- Television / Videogame Addiction Questionnaire
- Survivor Unplugged! Can You Survive the Technology Challenge?
- TVVG Schedule

It is suggested that schools and parents work to coordinate a TVVG Reduction Plan, which might include the following steps:

1. Designate one week each school year for your TVVG reduction interventions. You may want to co-inside your TVVG week with your nations TV Reduction Campaign.
2. Start student education sessions regarding detrimental effects of TVVG use by showing www.zonein.ca Reality Check video clip. Could follow with review of relevant research using www.zonein.ca Resources/TVVG section links, and then use attached Topics for Discussion handout to facilitate classroom discussion.
3. Review the TVVG Addiction Scale: User Guidelines and then have students complete the TVVG Addiction Questionnaire. Discuss results. Create individual TVVG Reduction Plans.
4. Use the Survivor Unplugged challenge as a classroom or family member competition.
5. Reinforce agreed on TVVG restrictions using the TVVG Schedule as a home handout.

Topics for Discussion

The following three topics are areas best addressed with your students and children through an open discussion and interactive sharing of ideas session. Teacher or parent may want to start by asking the initial question, recording student or children responses, and then offer the following information.

What do you think are the possible causes of TV and videogame addiction:

People prefer shows that stimulate the feeling they intrinsically value the most.

- Escape (minimizes problems, passes the time)
- Control
- Immediacy (poor impulse control)
- Self importance (reality TV)
- Habitual

What do you think are the harmful aspects of TV and videogames:

Disconnection to oneself, others and nature, as well as increased incidence of learning difficulties and neurological delays.

- Family conflict is positively related to violent electronic media use.
- TV and videogame violence may cause a child to be overly fearful, desensitize and reduce sympathy, increase expression of aggression.
- Children who are addicted to TV and videogames demonstrate poor impulse control.
- TV displaces playing, socializing, creating/imagining, sports, music, and art.
- Reading improves vocabulary, and requires more thinking than TV or videogames.
- School performance is reduced when children watch more than 4 hours TV per day; American Society of Pediatrics recommends no more than 2 hours per day.
- TV discourages exercise, and is positively associated with obesity as is often accompanied by snacks.
- Advertising encourages a demand for material possessions.

What to do to reduce or stop watching TV and playing Videogames?

- Encourage recreation.
- Read to your children.
- Restrict viewing to 2 hours per day, 1 hour per day if child is having trouble at school: offer TV tokens for desired behaviour.
- Co-view with your child, choose program from guide (educational, human values, nature based), turn off TV after program and have discussion period after.
- Remove TV's from children's bedrooms.
- Eat dinner at your dining table and turn TV off.
- Forbid violent shows; mute commercials.
- Discuss the difference between reality and make believe.
- SET A GOOD EXAMPLE!



6840 Seaview Road, Sechelt, BC V0N 3A4

www.zonein.ca

Television/Videogame Addiction Questionnaire For All Ages

	Yes	No
1. Tolerance: "I watch the same amount of TV, or play the same amount of videogames as I used to, but it's not as fun anymore."		
2. Withdrawal: "I can't imagine going without TV or videogames."		
3. Unintended Use: "I often watch TV or play videogames for longer than I intended."		
4. Persistent Desire: "I've tried to stop using TV and/or videogames, but I can't."		
5. Time Spent: "TV and videogames take up almost all my play time."		
6. Displacement of Other Activities: "I sometimes watch TV or play videogames, when I should be spending time with my family or friends, doing my homework or going to bed."		
7. Continued Use: "I keep watching TV or playing videogames, even though I know it isn't good for me."		

Total number of "yes" answers _____

If you answered "yes" to 3 or more questions, you are addicted to TV, videogames or both.

Personal TVVG Reduction Plan

I, _____ plan to reduce the amount of TVVG use from my current _____ hours per day down to _____ hours per day.

Instead of using TVVG, I plan to do the following activities (circle or add new ones): biking, climbing trees, playing sports, baking, sewing, playing cards and/or board games, playing outdoor games with friends, call a friend, do volunteer work, visit elderly people, play with my bro/sis, garden, do chores for my family, build something, take something apart, or.....



6840 Seaview Road, Sechelt, BC V0N 3A4

www.zonein.ca

Survivor Unplugged!

Can You Survive the Technology Challenge?

Your Mission (should you be strong enough to read it)!

You and your family are at home, watching the latest episode of Survivor, pizza in one hand, soft drink in the other, burping away. You feel a tremble, and at first think you've a bad case of gas. But then you look at your parents and realize...IT'S AN EARTHQUAKE...OF EPIC PROPORTIONS!!! The TV flickers, the lights go out, and you're suddenly in complete darkness...alone...with your family. Your neighbor comes over and tells your family that the last thing she heard on her mobile phone was your town had sustained a 9.1 earthquake, and all power was going to be off for ONE WHOLE WEEK!!! Your family is safe, unharmed, sheltered, and you have enough food for one week.

Your Task (should you be strong enough to do it)?

From this moment onward, you will simulate the effects of this earthquake event by not using ANY technology. That's right...no cell phones, MSN, My Face, My Space, television, computer, computer games, videogames...have we missed anything? This is not about making food, blowing your hair dry, heating your home, attaining transportation, this is about seeing if you are strong enough to survive...THE TECHNOLOGY CHALLENGE! Can you go for one full week without technology??? What will you do? How will you spend your time? Will you...SURVIVE?

Your Journal

To prove you did indeed survive the Technology Challenge, we ask that you keep a daily journal of everything you did, people you talked to, conversations you had. At the end of the seven days, we ask that you summarize your experience by answering the following questions:

1. What I liked about this experience.
2. What I hated!
3. What I learned about my family, friends, and myself.
4. What skills did I learn, what was I already good at?
5. These were my interesting conversations...
6. What will I do differently, as a result of surviving The Technology Challenge?

ARE YOU NOW A SURVIVOR...UNPLUGGED???

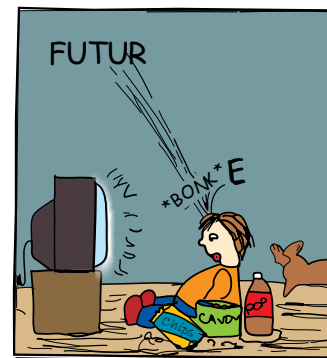
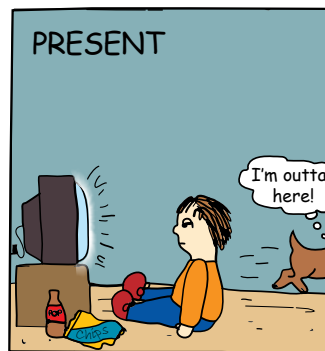
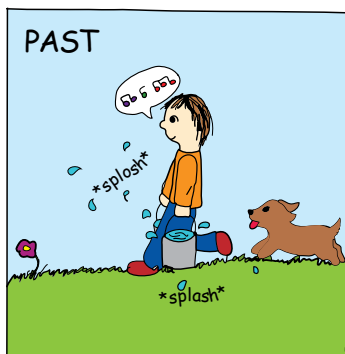
Get Zoneⁿ

Did you know that television and videogame (TVVG) use is linked to:

- weight gain
- attention problems
- poor school performance
- poor body image
- trouble sleeping
- family conflicts
- addictions to drug/alcohol/cigarettes
- early sexual experiences

WOW!

If you have problems in these areas, you should not watch more than **one hour per day** of TV or videogames (TVVG).



Why not do this!

- Ride your bike
- build a fort
- eat dinner as a family
- garden together
- climb a tree
- dance
- play cards
- read a book
- be artistic
- listen to music
- play a board game
- play a sport
- do a community project
- invent your own game

Your TVVG Schedule

Pick your favorite TVVG, and write them in the box. Post this on your fridge as a reminder.

Name	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TVVG							
Zonein							
TVVG							
Zonein							
TVVG							
Zonein							
TVVG							
Zonein							

Remember, no more than one hour every day!
Now...go and enjoy your life!!!