

Tune In, Tune Out

What is *iQ: smartparent*?

WQED created a series for parents that seeks to empower them with new knowledge, tools, and abilities to successfully guide their children in the use of digital media and technology. *iQ: smartparents* are a community of parents and experts who want to understand the opportunities and challenges of media as it relates to the development of their children.

About this Episode

Do your children believe everything they see on TV? How does your child learn to separate fiction from reality? This episode of *iQ: smartparent* will empower families with skills and techniques for evaluating media images and ratings systems while identifying ways that media can have a positive impact on their lives.

Discussion Questions

1. What strategies do you find work best when talking with your kids about what they see or hear on TV? Do the same strategies work for discussing music? Web content? Looking at videos?
2. How do you manage your kids' media exposure when they are not with you (i.e. at a friend's or relative's house)?
3. Are there different precautions to use with different types of media? With different age children?
4. As a family, create an outline of your media values on a poster or other displayable platform. Use this tool when deciding which media is appropriate to watch, listen or create.
5. Have you given your children devices to create their own digital images, like a camera or smartphone? What have they created? Have they posted anything to social media? What has that experience been like?
6. Is your child struggling to learn something specific? Try creating a song to improve his or her learning processing like Hip Hop on Lock did in the episode.
7. What does media literacy mean to you? Have you discussed it with your child? How do?
8. Has the information in this episode changed how you view this topic? Why or why not? What questions still remain? Share your thoughts with us at education@wqed.org or on social media #iqsmartparent.

About the Guests



Dr. Deborah Gilboa, MD is a Board Certified Family Physician, mother of four sons, and a professional parenting speaker and writer. She is also the author of *Teach Resilience: Raising Kids Who Can Launch!* and *Teach Responsibility: Empower Kids with a Great Work Ethic*. Doctor G has served as an expert resource for Parents magazine, MSNBC, Yahoo News, USA

Today and is a regular contributor to Huffington Post Parents, Your Teen Magazine, and many other media outlets. She follows three basic principles when guiding parents from toddlerhood to young adulthood: Respect, Responsibility, and Resilience. Her website is www.AskDoctorG.com

Steven Martino, Ph.D. is a behavioral scientist at the internationally-known [RAND Corporation](#). Much of his research has focused on psychosocial aspects of adolescent substance use, social cognitive processes involved in adolescent sexual behavior, and the influence of various media (including television, movies, music, and various forms of advertising) on adolescents' beliefs and behaviors regarding sex and substance use. His work has been published in numerous academic journals, including Pediatrics, Journal of Adolescent Health, Journal of Personality and Social Psychology, and the Journal of Studies on Alcohol and Drugs.

Alice Wilder, Ed.D. is the Chief Content Officer for Speakaboos and is also the Co-Creator and Head of Research and Education for Super Why. For over 10 years, Alice served as a Producer and the Director of Research and Development for Nick Jr.'s Blue's Clues and Developer of Blue's Room. She has also served as the Director of Research and Development for Oswald, and Little Bill, both animated series on Nick Jr. Alice bases her work in formative research on the philosophy that 'the only way to understand what children are capable of doing, what appeals to them, and what they know, is to ask them!' In addition, she advises the Kids & Creativity group in Pittsburgh and has also recently been named as a Fred Rogers Center Senior Fellow. Alice has been nominated for multiple Daytime Emmys for Outstanding Preschool Children's Series as well as Outstanding Writing in a Children's Series.

Emmai Alaquiva, an Emmy Award-winning producer, entrepreneur and mentor is known for his strong presence in the music and radio industries. Alaquiva holds multiple prominent positions in the field of sound. In addition to having served as the Director of Production for 7 years for WAMO 106.7FM, Alaquiva is also the CEO of Ya Momz House, LLC, an award winning full-service recording & production facility. His passion for his work, and love of the people that create art with him, will continue to inspire us all to live Alaquiva's personal mantra, "the sky is NOT the limit". Alaquiva is also the Founder and Executive Director of [Hip Hop on L.O.C.K.](#) Special thanks to his student, Marna Owens, for joining him on the show!

Online Resources

Research

- RAND – Exploring the Relationship Between Media and Adolescent Health
www.rand.org/health/feature/media_influences.html
- Media and Substance Abuse
www.hopkinsmedicine.org/news/articles/Media-and-Adolescent-Substance-Abuse

PBS Parents – TV Smarts From the Start

www.pbs.org/parents/childrenandmedia/article-tvsmarts.html

Understanding Movie Ratings

<http://filmratings.com/>

When 'G' Movies are for Kids, Do Kids Avoid 'G' Movies?

www.npr.org/sections/monkeysee/2013/06/10/189189054/when-g-movies-are-for-kids-do-kids-avoid-g-movies

Is media violence damaging to kids?

www.cnn.com/2013/02/21/living/parenting-kids-violence-media

Sexual Behavior: What Teens Learn From Media

www.greatschools.org/gk/articles/sexual-behavior-teens-learn-from-media/

How to Choose a Scary Movie for Your Kid

www.common sense media.org/blog/scary-movies-tips

Tips on How to Deal with Media Violence

www.common sense media.org/blog/tips-on-how-to-deal-with-media-violence

14 Kids' Music Picks That Won't Drive You Crazy

www.common sense media.org/blog/14-kids-music-picks-that-wont-drive-you-crazy

Movie Recommendations by Age

www.common sense media.org/movie-lists

TV Recommendations by Age

www.common sense media.org/tv-lists

My Daughter Wants to Download Raunchy Music

www.common sense media.org/blog/my-daughter-wants-to-download-raunchy-music

Talking to Kids and Teens About Social Media and Sexting

www.aap.org/en-us/about-the-aap/aap-press-room/news-features-and-safety-tips/pages/Talking-to-Kids-and-Teens-About-Social-Media-and-Sexting.aspx

Fandango Family-Friendly Movie Guide

www.fandango.com/movies/family

Videos

- Sex & Media
commonsensemedia.org/blog/sex-and-media-tips
- 8 Things You and Your Teen Need to Know About Sexting
commonsensemedia.org/videos/8-things-you-and-your-teen-need-to-know-about-sexting
- Talking To Your Kids About the News
commonsensemedia.org/videos/4-ways-to-help-kids-make-sense-of-breaking-news

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