

# TV VIOLENCE OBSERVATION SHEET

Ask your child to reflect on his/her favorite TV shows Are they violent? What counts as violence (only physical or also emotional?)

Watch together (preferably) and tally the physical acts you observe.

**Tally each time you observe the following kinds of violence:**

Violence is funny or accompanied by humor

Hitting/Punching

Pushing/Shoving

Shooting

Knifing

Put downs

Name-calling/ Teasing

Threats

Yelling

## Discussion points

Discuss the results of your observation:

- Were there lots of violent acts in your show? Which violent actions are used the most/least?
- Were you surprised with the number of violent acts? Why or why not?
- Did the show seem real to you? Why or why not?
- Would you like it if someone did these things to you?
- What could the characters have done differently instead of using violent acts?
- How did the violence (or absence of violence) make you feel after you watched this show?