

# MediaPulse: Media History Form



Today's children and youth are growing up in a multimedia world filled with television, movies, music videos, computer and video games, and the Internet. This exposure can have a significant impact on their health and well-being. The Media Awareness Network, in partnership with the Canadian Paediatric Society and your doctor, wants to ensure that your child's exposure to these media is positive. Please take a few moments to complete this form. If questions do not apply (e.g., you do not have a computer at home), simply leave that section blank.

Child's Name: \_\_\_\_\_

Age: \_\_\_\_\_ Today's Date: \_\_\_\_\_

## Television

Do you have household rules about watching television?

Yes  No

On weekdays, how much television does your child watch each day?

Less than 2 hours  2 to 4 hours  More than 4 hours

On weekends, how much television does your child watch each day?

Less than 2 hours  2 to 4 hours  More than 4 hours

Who decides when and what your child watches?

Parent  Some limits  Child

Do you use television ratings to choose programs?

Often  Sometimes  Never

Does your family discuss programs and commercials?

Often  Sometimes  Never

Does your child or family eat in front of the television?

Often  Sometimes  Never

Does your child have a television in his or her room?

Yes  No

## Music and Videos

Do you have rules about music and music videos?

Yes  No

Do you listen to your child's music or watch the music videos your child is watching?

Often  Sometimes  Never

Do you and your child discuss lyrics or images you find objectionable?

Often  Sometimes  Never

Do you look for parental advisory labels on the music your child buys?

Often  Sometimes  Never

## Video, Computer and Internet Games

How long does your child spend playing video games each day?

Less than 2 hours  2 to 4 hours  More than 4 hours

Do you have household rules about video games?

(e.g., no violence, time spent, etc.)  Yes  No

Do you look into games before buying or renting them?

(e.g., play game, read reviews, etc.)

Often  Sometimes  Never

Do you use ratings to help decide what to buy or rent?

Often  Sometimes  Never

Does your child ever exhibit aggression or hyperactivity, or experience staring spells after playing video games?

Often  Sometimes  Never

## Movies and Videos

Do you check the rating of a movie before buying or renting?

Often  Sometimes  Never

Does your child ever experience nightmares or have trouble sleeping after watching movies?

Often  Sometimes  Never

## Internet, E-mail, Instant Messaging

How long does your child spend using the Internet each day?

Less than 2 hours  2 to 4 hours  More than 4 hours

Does your child have access to the Internet in his or her bedroom?

Yes  No

Do you have rules about Internet use? (e.g., time spent, purpose, chatting or meeting with strangers, protecting privacy, etc.)

Yes  No

Are you aware of how your child uses the Internet (e.g., uses chat rooms, visits Web sites, downloads information, etc.)?

Very much so  Somewhat  Not at all

Do you have any concerns about how these media may be affecting your child's health and well-being?

Please explain: \_\_\_\_\_

Additional copies of this form can be printed from the Web sites of either the Media Awareness Network [www.media-awareness.ca](http://www.media-awareness.ca) or the Canadian Paediatric Society [www.cps.ca](http://www.cps.ca).