

What Workshop Participants Say:

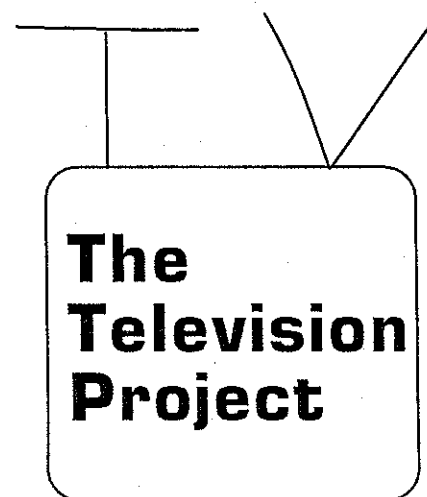
- "Coming to the workshop with my spouse helped me take a stand".
- "When I watch I will think about if there is a message".
- "This workshop helped me be more confident about my feelings re: restricting TV".
- "In the future, we will think about what we watch on TV in front of our son".
- "My outlook on TV, my view of cermershals [15 year old] is different".

Would you recommend this workshop to others?

- "This can change your point of view"
- "I'd encourage other parents to come".
- "This is a good place to talk to other parents and get ideas".

"Great workshop"
"Great new ideas."
"Helps kick the TV habit"

**The
Television Project**
11160 Veins Mill Road
Silver Spring, Maryland 20902
(301) 593-3858



*Changing the way
Americans use
television.*

The Television Project conducts interactive workshops for parents and others.

Learn:

✓ How television contributes to parental stress

✓ How children's development: emotional, spiritual, cognitive, and physical is affected by television viewing

✓ What we can do to develop alternatives to television for our children

We offer a workshop on "Television, Your Family, Your Life".

- This workshop is designed for parents to examine their use of television and to increase awareness of how television viewing impacts family dynamics.
- Children over the age of seven are encouraged to attend with their parents.
- Participants leave with new ideas, with goals around television usage, and action steps.

To arrange a workshop sponsored by your organization company, church or school contact:

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We also offer tailored workshops for church groups, minority groups, child care workers, teachers and social workers.

- **The Television Project** is a non-profit organization that aims to change the way Americans use television.
- Many people are distressed by television's effects on children, yet believe that there is little that they can do about it.
- Research shows that the most effective way to create change is through new information, focused discussion, individual reflection, development of alternatives and personal commitment to new behavior.

Beliefs under which we operate:

- This issue cuts across all socio-economic classes and cultures.
- Providing a forum for individuals to make informed choice about how they manage and use television is the essence of democratic process.

The Television Project is non profit 501(c)(3), a unit of Resources for Human Development, Philadelphia, Pennsylvania.