

What to look for in your computer software

Try out a game before you buy it, and note how it makes you feel – excited, happy, scared or sad. Then make sure:

- the classification is for your age;
- it suits your computer;
- it's easy to install and run;
- it has a user-friendly program;
- others in your family can use it;
- it's fun to play with others;
- it's not hurtful to others, for example that it's not sexist, violent or has bad language in it.

Young Media Australia

Young Media Australia (YMA) exists to promote a quality media environment for Australian children and to raise community awareness of the needs of children and young people in relation to print, electronic and screen based media.

YMA is Australia's only national advocacy organisation representing the interests of children and young people in relation to print, electronic and screen based media.

YMA collects and disseminates information, conducts research, and provides advice, education and training on the impact of print, electronic and screen based media on children and young people.

YMA represents community concerns about the impact of print, electronic and screen based media on children and young adults to legislators, regulators and the media.

Young Media Australia is the trading name of the Australian Council on Children and the Media.

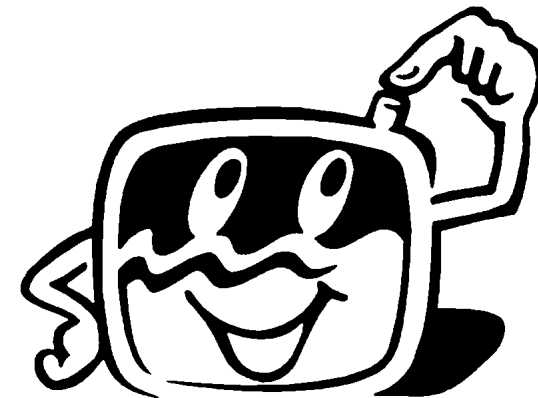
ABN: 16 005 214 531



YMA's CyberSafety Tips

- 1 Discover exciting things on the Internet and discuss with your parents the ways you can use the Internet for education, information and fun.
- 2 It's best to have the computer in a part of the house everyone can see, not in a bedroom or playroom.
- 3 Tell your parents about anything that worries you and have family talks about the Internet.
- 4 The Internet is fun, but full of strangers. Never give out personal information such as names and addresses.
- 5 Many Internet sites have questionnaires and competitions. Talk to your parents before filling in any forms.
- 6 The Internet is a great place to make friends. Ensure any face-to-face meetings are in a public place, with an adult present.
- 7 It's a good idea to send e-mail only to friends, so you have no need to correspond with strangers.
- 8 Some information on chat lines is not appropriate for children. Say "No" to messages, or leave a site that makes you feel uncomfortable.
- 9 Bring material that worries you to your parents' attention. They will be pleased you did and can discuss it.
- 10 Too much time sitting at a computer is unhealthy. Set a limit (an hour at most) and then go out and explore the real world too.

For kids' eyes only

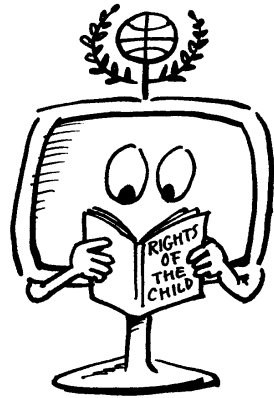


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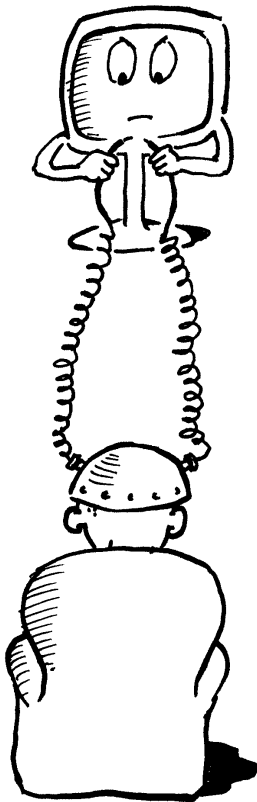
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How to be a Smart TV Watcher

Here are some ways that you can become a better TV user, *and* get your parents off your back about the TV that you watch!



Put TV Under a Microscope



Examine as you watch. Write down some describing words like these:

- Exciting
- Too Scary
- Silly
- Fun
- Too much violence

Match them to the program, then use them afterwards to talk about what you have seen.

Be Your Own TV Doctor

Decide how you feel as you watch TV. Write down the mood the TV program puts you in, something like:

- bored
- happy
- scared
- sad
- excited
- grumpy



Talk about these moods with your family at the end of the day.

TV Program Classifications

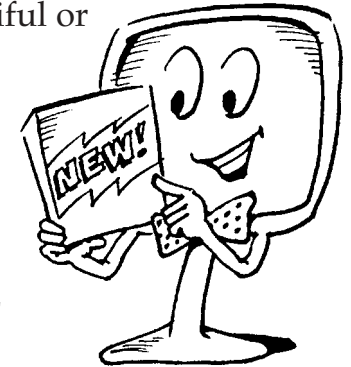
TV programs are given a certain 'rating' or classification so that young people can find programs for their age group.

P	for preschool children
C	for children 6–12 years
G	for general exhibition
PG	parental guidance recommended for persons under 15 years
M	recommended for mature audiences
MA15+	recommended for mature audiences over 15. MA programs must not be screened before 9 pm and must carry warnings about content, such as violence and language
MAV	recommended for mature audiences over 15. MAV programs must not be screened before 9:30 pm

Become a TV Commercial Detective

Spot the gimmicks! Watch and look for some of the tricks used to help sell products.

- Do things look bigger, better or tastier than they usually are?
- Do the sound effects and music make the product more attractive?
- Are the backgrounds or settings beautiful or glamorous?
- Are the real things not as good as they seem to be in commercials?
- Is the name or logo of the product repeated often?
- Anything else?



Be choosy about the TV you watch

Give the programs that you watch an honest rating.

C – Can't be missed

S – So-so

W – Waste of time

Stop watching the W and S programs.

Find something else to do instead.