

**Youth Culture Lesson**  
**Finding Teachable Moments in Culture**  
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**Tuning in, Tuning Out?**

Kids Viewing More Television than Ever

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**What Happened:**

Children and teens, we know, spend a lot of time in front of screens: Computers, cell phones and other devices all demand time from many youth, but new statistics suggest the big screen—the television set—is still No. 1 for many children.

Researchers from the Nielsen Company say children are watching more television these days than they have for eight years. Very young children—those between the ages of 2 and 5—spend 32 hours a week in front of the television set.

Older kids, between the ages of 6 and 11, watch slightly less television: about 28 hours a week. Teens tend to watch still less TV, but spend more time on the computer or playing games.

That equates to far more than the 1 to 2 hours of maximum daily television the American Academy of Pediatrics recommends for children. Children who watch lots of television tend to be overweight, and many media experts are worried that watching too much of the wrong sort of television could have negative impacts on children's development.

Many people say some television can be good and educational, but according to KidsHealth.com: "As kids get older, too much screen time can interfere with activities, such as being physically active, reading, doing homework, playing with friends and spending time with family."

**Talk About It:**

How much television do you watch every day? What sorts of things do you like to watch? What are your favorite programs?

Do you watch different things when you're alone than if you're with family members? What do your friends like to watch?

What do you like about television? Can it be fun? Can it be educational?

What's the most television you've ever watched during the day? How did it make you feel physically? Did you get headaches? Did you feel lethargic? Icky?

**What the Bible Says:**

"Remember how short my time is!" (Ps. 89:47).

"Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil" (Eph. 5:15-16).

"Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things" (Phil. 4:8).