

The Influence of Violent Media on Attitudes and Behaviors

Derek Owens

Violence Prevention Educator



Agenda

1. Intro / Agenda *5 mins*
2. Definitions / Facts *10 mins*
3. Circle of Influence Activity *15 mins*
4. What can I do as a parent? *15 mins*
5. Questions *5 mins*





Definitions

Violence:

- a) extremely forceful actions that are intended to hurt people or are likely to cause damage
- b) actions or words that are intended to hurt people

Media:

- a) any means of communication, such as radio and television, newspapers, magazines, and the Internet, that reach or influence people widely

Sources: <https://www.dictionary.com/browse/media> ; <https://dictionary.cambridge.org/us/dictionary/english/violence>



Forms of Violence | Forms of Media

- Physical violence
- Sexual violence
- Emotional violence
- Psychological violence
- Spiritual violence
- Cultural violence
- Verbal Abuse
- Financial Abuse
- Neglect

- TV
- Movies
- Music
- Social Media
 - Facebook, YouTube, Instagram, Twitter, etc.
- Video Games
- News Media (print, radio, etc.)
- Magazines



A few stats

- Children and adolescents in the US spend an average of 7.5 hours a day engaging with entertainment media (i.e. TV, movies, internet, video games, music)
 - Surpasses all other activities besides sleep
- The amount spent on video games has nearly doubled since 2010
- By age 18 the average person has seen over 200,000 violent acts on TV
- 4 of the 5 most popular video games in 2018 involved first person violence - two of them were rated “M” for mature



Sources: <https://kaiserfamilyfoundation.files.wordpress.com/2013/04/8010.pdf> ; http://www.theesa.com/wp-content/uploads/2018/05/EF2018_FINAL.pdf ; <https://www.aafp.org/about/policies/all/violence-media.html> ; <https://www.ranker.com/list/most-popular-video-games-today/ranker-games>



Violent media and real world violence

- Violent attitudes and behaviors are increased with exposure to *MANY* risk factors, one of which is “exposure to violent media”
- Violent video games have been shown to decrease feelings of empathy and “prosocial” behaviors
 - Examples of prosocial behaviors are: helping, sharing, donating, cooperating, and volunteering
- Media violence desensitizes people to real world violence
 - Because young people’s brains are still developing they are at particular risk for desensitization



Source: <https://www.wbur.org/hereandnow/2013/02/21/video-games-guns>

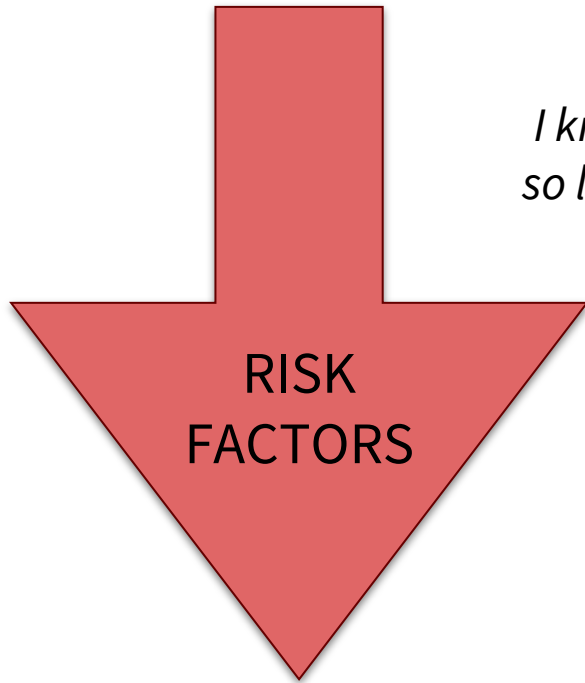


So... No violent media = No violence?

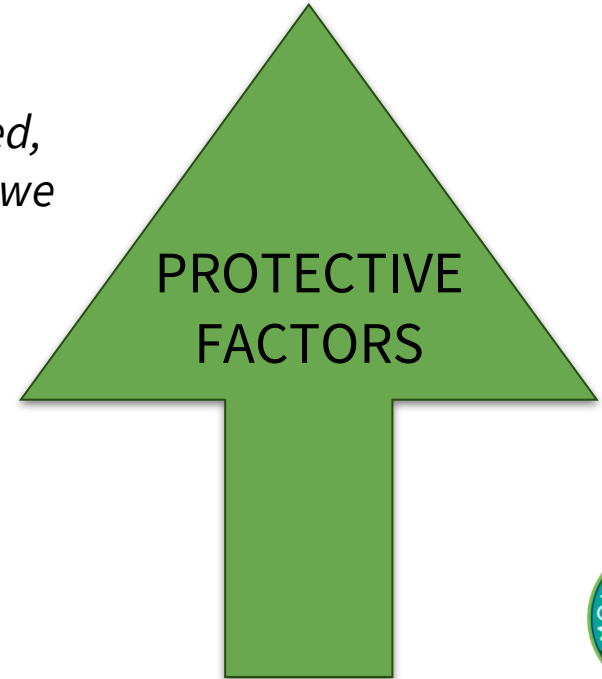


- Short answer, no.
- *MANY* risk factors that increase the likelihood that someone will perpetrate violence
 - Exposure to violent media is only one

Then what can I do?!



*I know you're concerned,
so let's figure out what we
can all do to help!*

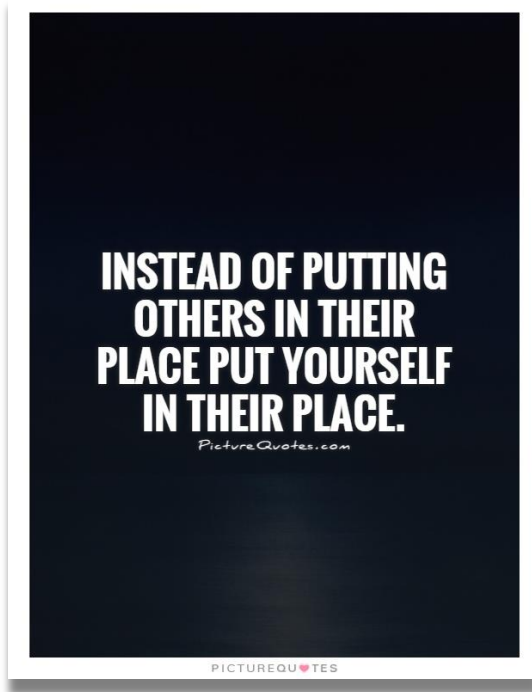


A few to focus on:

- Exposure to violent media
- Lack of nonviolent social problem-solving skills
- Poor parent-child relationships
- Family conflict
- Cultural norms that support aggression toward others
- Harmful norms around masculinity and femininity



Steps you can take as a parent



- Spend time watching your children engage with various forms of media
 - Help them process violent scenes in movies / TV
- Have conversations about the differences between real and fantasy violence
- Discuss with your children ways that problems can be solved without violence
- Model empathy and talk to your children about how to be empathetic and why empathy is important



**ANY
QUESTIONS?**

Derek Owens
derek@mtryrapecrisis.org

Monterey Office
(831) 373-3955

