



March 24, 2024

Dear Parents & Guardians,

We live in a time where we have so many conveniences and choices for our viewing entertainment with digital media - movies, television programs, streaming series (including documentaries) and more. It is important to ensure a safe and enriching environment for your child's digital media consumption. Our human brains are not fully developed and mature until our mid to late 20s. How children and adolescents interpret content and images will be different from a full-grown adult's brain because their brains are still not fully developed. This is why ratings were developed for guidance of what is most appropriate for specific aged audiences by professionals who understand this. The general guidance ratings for what is appropriate for what age levels are: G (general audience), PG (Parental Guidance), PG 13 (Parents strongly cautioned that the content may not be appropriate for children under 13 years old), R (Restricted for adults, and Mature Audience (material specifically for adults). These ratings are not exhaustive indicators of all content appropriateness but at least it's a good start. For instance, historically, these ratings have only rated violence for the level of gory violence displayed - not all the other factors that affect an underdeveloped mind such as glorified violence, excessive violence, violence used as humor, etc. have been integrated into these ratings. A good website to get further guidance from is commonsensemedia.org.

As primary educators of your children, here are several actions you can take to promote the well-being of your child, nurture their developing brain, and contribute positively to our community regarding digital viewing habits

Set Boundaries: Establish clear rules and time limits for screen time. Encourage a balance between digital and offline activities.

Watch Together: Co-viewing allows you to monitor content and engage in discussions about what your child is watching. Use it as an opportunity to reinforce positive messages and address any concerns.

Stay Informed: Keep yourself updated on popular trends, apps, and platforms your child may be using. Familiarize yourself with parental controls and privacy settings.

Encourage Critical Thinking: Teach your child to evaluate media critically. Discuss the messages portrayed in shows, games, and advertisements, and help them develop media literacy skills.

By working together, we can ensure that our children have access to digital media that is both entertaining and educational, while also promoting your families' and Nazareth School's core values.

Have a Blessed Easter.

Jeanne Mossuto
Nazareth School Counselor

Respect
Patience

Hospitality

Love

Justice

Compassion