

# Parenting *ideas* INSIGHTS

## Building parent-school partnerships

WORDS Lakshmi Singh

# Beyond their years

As TVs, tablets, smart phones and other digital devices become more commonplace, so do the myriad types of content available on them. Lakshmi Singh looks at the important role parents need to play in monitoring and controlling the exposure of early-primary school children to content beyond their years.

The TV left on the latest hit crime drama while you're cooking.

The family iPad unlocked with access to Game of Thrones.

The gaming device on which Dad has been spotted playing Grand Theft Auto.

The drive to school with the radio playing songs full of sexual promise and expletives.

These are just some ways in which young children might interact with content that is beyond their comprehension.

As the saying goes, 'children are not mini-adults' and seven to eight-year-olds in particular do not have the worldly knowledge or mental capacity to set apart events happening a world away from them, nor the maturity to rationally process content beyond their years.

More than just putting parental locks and passwords on devices, experts say it is imperative that parents take a more firsthand approach in guiding their seven to eight-year-olds through the M-rated content maze.

### Fiction vs. reality

Although most kids between seven and eight years of age know the difference between fiction and reality, the 'type' of reality portrayed in reality TV shows may not be something that

they easily grasp, says Lynne Jenkins, author and clinical psychologist.

"If what they are watching is scripted to be more dramatic, then that is how it is for them, unless an adult lets them know otherwise," she says.

The strung-out tensions between contestant teams, fabricated cat-fights and prolonged focus on habits that annoy each other could all come across as normal, unless kids are told otherwise, she says.

"Of course in real life kids will come across bitchiness and things like that, but I don't think shows like these are necessary to teach those lessons," says Nathalie Brown, child behaviourist at Melbourne based consultancy Easy Peasy Kids.

She cites *The Bachelor* as such a show that has settings which are very far from reality.

"It's a reality show but not a real concept. One man and twenty women ... it's not going to happen in real life."

The dramatic statements made on the show can also create false impressions and wrongly influence young minds, she says.

"Do we want little girls thinking that this is the be-all and end-all if you don't have a man in your life?"

### Concepts beyond their understanding

While children of this age may be exposed at school to some adult concepts like the dangers of smoking, they don't necessarily understand in great detail the information presented in health programs, for example says Jenkins.

"They will need a sensible adult to explain what they are seeing in a way that won't cause them to take on too much information that they aren't really ready for, or don't really need to know about yet. For example, at seven or eight children don't really need to know about drugs leading to death and disease. That can be something to be discussed at least in senior primary."

In a similar vein, rite-of-passage concepts are better passed down from parent to child, says Brown.

"I believe it is okay for children to have knowledge on puberty but that initial talk should be from their parents, not from a movie. It depends on emotional maturity; if it comes up in a movie it may just go right over their heads or scare the living daylights out of them."

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# ... beyond their years ...



The same concept also applies to games and apps, she says. "Children believe what they see. Parents have to communicate that a movie or game is not real life," she says.

Even if exposure is inadvertent, the impact can be very obvious, she says.

"If a child is constantly playing or watching violence their understanding in handling their own emotions can become aggressive. What a child sees repeatedly is what they learn. It becomes acceptable to be aggressive and they can become desensitised to violence."

### Conflicting values of shows/themes

Certain themes like revenge may not be ideal to teach your seven to eight-year-old, but they do get portrayed in movies. The important point is that labels need to be given to shows and games that deal with such plots and an explanation given as to what the characters are doing.

"Revenge does occur, this is how the movie plot is dealing with it, it is something the parents have to discuss with their child," says Brown.

Sometimes culture and religious beliefs mean parents limit or screen what their children can watch. Here, an honest explanation as to why parents believe their children shouldn't be viewing or interacting with such programs may be in order, especially if there is a risk that they may go behind your back and source it, says Jenkins.

"If [the reason given] is something like: 'Just because' or 'Because I said so' a child with a certain personality might go looking for it

themselves to find out why they can't watch it. If, however, a parent acknowledges that their child would like to watch the show and explains that the reasons have to do with their family values or culture for instance, it might be better received," she says.

### More harm than good?

The brain of a child who's seven or eight does not have the necessary processes in place to exercise the judgement necessary to make sense of M-rated games, says Brown.

"Again it depends on the emotional maturity of the child and how much the parents have explained to them. I find that a lot of the parents aren't even aware that the ratings are there for a reason."

At this age, looking for big banks to loot and zombie monsters to kill will not be something a child can do with the strategic mindset or understanding demanded by these games, she says.

However, they might have a more poignant influence psychologically and result in the child having nightmares.

"These graphics at the moment are so realistic, bloody and gory," she laments.

Regular exposure to M-rated content where the language might be peppered with profanities and disrespect may also impact an impressionable seven or eight-year-old's speech, says Jenkins.

"If they are exposed to expletives regularly, whether on a show or in their house, they will absorb them as 'normal'. This 'sponge-like' phenomenon applies more to younger children, but if a seven or eight-year-old has

been exposed to such things for most of their life, they will become normal for them. And if they start watching this material at age seven or eight and the adults in their life don't say that they can't watch it, or don't turn it off, or at least don't comment that it is wrong, then the kids won't have the understanding that using expletives is not okay."

### Words of wisdom from the experts

- 1 Set boundaries from early on in children's lives. Instil the message that we only watch G or PG material in our family.
- 2 Watch news programs when kids have gone to bed. This is especially important if a child (of any age) is anxious or has a predisposition to anxiety or worry. If they do come across tragic events, reassure them that even though these events have happened in real life, the child, their family and friends are safe.
- 3 Be prepared to keep pace with children as they grow older. Assess whether an M-rated show might be appropriate for a particular child's personality, intelligence and maturity by watching it first. Be available for explanations and fast-forward any questionable parts.
- 4 Always encourage open discussion about content your children interact with, allowing them the confidence to ask questions when confused.
- 5 Don't allow TVs and other devices in kids' bedrooms.
- 6 Use parental locks and passwords but try to invest more in gaining their trust.

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