

Get Involved in TV-Turnoff Week!

Taken from their website:

The nonprofit organization, TV-Turnoff Network, encourages children and adults to watch much less television in order to promote healthier lives and communities. Founded in 1994, TV-Turnoff Network is dedicated to the belief that we all have the power to determine the role that television plays in our own lives. They state, "Rather than waiting for others to make 'better' TV, we can turn it off and reclaim time for our families, our friends, and for ourselves." Their website, located at tvturnoff.org, offers resources for families and teachers, including a 30-page Online Activity Guide full of fun activities for kids. The guide is FREE.

TV-Turnoff Network states that "Television cuts into family time, harms our children's ability to read and succeed in school, and contributes to unhealthy lifestyles and obesity."

Still not convinced that turning off the TV is a worthwhile commitment? Consider these statistics logged by the TV-Turnoff Network:

- On average, children in the US will spend more time in front of the television (1,023 hours) than in school this year (900 hours)
- Forty percent of Americans frequently or always watch television during dinner.
- As US Surgeon General Dr. David Satcher said at the Kick Off of TV-Turnoff Week 2001, "We are raising the most overweight generation of youngsters in American history...This week is about saving lives."

Over 70 national organizations support TV-Turnoff Week including the American Medical Association, American Academy of Pediatrics, National Education Association, and President's Council on Physical Fitness and Sports.

Participants of the TV-Turnoff Week include children and adults from every background, social and economic group. They participate through churches, schools, community groups, families or individually.

Turning off the television leaves us with more time to think, read, create, play games, and do. Here are eight tips for TV-proofing your home:

1. Move the television set(s) to a less prominent location in the home.
2. Hide the remote control.
3. Remove TV sets from your children's rooms.
4. Keep the TV off during meals.
5. Avoid using TV as a babysitter. Involve kids in chores and meal preparation.
6. Designate certain days of the week as TV-free days.

7. Cancel your cable subscription. Use the extra money to purchase a game or a good book.
8. Consider living without a television. You'll wonder how you ever had time to watch so much!

Check out the official website to view this year's TV-Turnoff week:

<http://www.tvturnoff.org/index.htm>

For more information, e-mail: email@tvturnoff.org, visit <http://www.tvturnoff.org>, or call (202) 333-9220.